



Ministry of Education
SINGAPORE

2026 SEXUALITY EDUCATION LESSONS IN CCE

SECONDARY 5

UNIT	Lesson Title	Lesson Overview	Lesson Objectives At the end of the lesson, students will be able to:	Time Period (e.g. Term 1 Week 2)
Respectful Relationships & Safety	This is Where I Draw the Line (60 mins)	In this lesson, students will understand that different individuals have different emotional and physical boundaries. This lesson highlights the need to respect the boundaries of others and reinforces the importance of showing respect to the opposite sex by using appropriate words and actions. Students will examine personal boundaries from different perspectives and learn the importance of making sound values-based decisions and acting in consideration of the well-being of themselves and others.	<ul style="list-style-type: none"> understand that we strengthen our character when we commit to sound values-based viewpoints (e.g. respect for life) and decisions, and speak and act in alignment with our beliefs 	Term 2 Week 5

eTeens Programme:

8. eTeens is a programme that was developed by Health Promotion Board, in collaboration with the Ministry of Education, to provide Secondary 3 students with accurate information on STIs, HIV and protection from a health perspective. With the formation of the Communicable Diseases Agency (CDA) on 1 April 2025, the programme would now be managed by CDA's Training and Education Division instead of HPB. eTeens is conducted in two segments – a mass talk segment and a classroom-based programme. The desired outcome of the eTeens programme is that students are empowered to make wise, informed and sensible decisions to protect themselves from sexually transmitted infectious diseases.

9. Students are taught skills such as decision-making, assertiveness and negotiation to say “no” to sex and negative peer pressure. They also learn that the impact of STIs/HIV extends beyond themselves and involves their family, and the importance of responsible decision-making and seeking help. Abstinence and upholding family values are the key messages.

At Greenridge Secondary School, the eTeens programme will be implemented as follows in 2026:

Topics/Lessons	Programme Learning Objectives	Time Period (e.g. Term 3 Week 9)
Mass Talk delivered through a pre-recorded video	<ul style="list-style-type: none"> • Raise awareness and provide knowledge on: <ul style="list-style-type: none"> a) Sexually transmitted infectious diseases (STIs and HIV): what it is, how it spreads, how to prevent infection mainly through ABC (abstinence, being faithful, correct, and consistent condom use), consequences and impact b) Skills for respecting boundaries (e.g. decision-making, assertiveness, negotiation to say ‘no’ to peer pressure) c) Managing relationships and risky situations in a healthy way, including avenues for help-seeking. 	Term 3 Week 6
Classroom-based Lesson	<ul style="list-style-type: none"> • Learn to negotiate their way out of a risky situation by applying skills of assertiveness and responsible decision-making 	Term 3 Week 9