



Ministry of Education
SINGAPORE

2025 SEXUALITY EDUCATION LESSONS IN CCE

SECONDARY 3

Unit	Lesson Title/ Duration	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	Love Yourself, Love Others Lesson 1A (60 mins)	This lesson focuses on dating respectfully in healthy relationships. Students will learn about self-esteem, their sources of influence (e.g. friends' perception) on self-esteem, the impact of one's self-esteem on our mental well-being as well as relationships with others. Students will also learn how emotional reactions can affect relationships positively or negatively. Students will also learn that maturity and readiness are important when entering into a dating relationship.	<ul style="list-style-type: none">• know that self-perception and identity have an impact on our self-esteem and how we interact with others and the choices we make, both online and offline• understand that expectations of oneself and others may differ and can affect one's emotions, thoughts and behaviours• recognise what healthy dating relationships involve and know that readiness is important when entering into a dating relationship	Term 2 Week 7

Unit	Lesson Title/ Duration	Lesson Overview	Lesson Objectives At the end of the lesson, students will be able to:	Time Period (e.g.Term 1 Week 2)
	Mending a Broken Heart Lesson 1B (60 mins)	Students will learn how to manage their emotions if they were to face a breakup and know that relationship-building involves personal emotions and vulnerabilities, and changes and challenges. Students will also learn that a decision to end a relationship will have consequences on oneself and others, and that grief and loss due to rejections and broken relationships is normal and that one can recover from the experience. They will learn that there are healthy ways of coping with breakdowns in relationships and that family and friends are important pillars of support.	<ul style="list-style-type: none"> • know that relationship-building involves personal emotions and vulnerabilities, and changes and challenges • know that a decision to end a relationship will have consequences on oneself and others • know that grief and loss due to rejections and broken relationships is normal and one can recover from the experience • know there are healthy ways of coping with broken relationships, and family and friends are important pillars of support 	Term 2 Week 8
	When Respect Takes Centre Stage Lesson 2 (60 mins)	This lesson aims to help students think critically and make informed decisions in the contexts of sexting and voyeurism, and encourages students to exert a positive influence as a respectful online user. It will also deepen students' convictions about making moral decisions by taking into consideration the impact of their decisions and actions on their well-being and safety, their loved ones,	<ul style="list-style-type: none"> • recognise the importance of being informed of social and moral issues of the day and the need to reflect on these issues, and weigh them against our own moral standpoints as we form our perspectives about them • understand that we strengthen our character when we commit to sound values-based viewpoints (e.g. respect for life) and 	Term 2 Week 9

Unit	Lesson Title/ Duration	Lesson Overview	Lesson Objectives At the end of the lesson, students will be able to:	Time Period (e.g.Term 1 Week 2)
		and the community. Students learn that they have a right and responsibility to be safe and protect their personal space and body. They also learn that sexting, voyeurism and other related sexual offences are never justifiable and they can seek help in times of need.	decisions, and speak and act in alignment with our beliefs	

eTeens Programme:

8. *eTeens* is a programme 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. *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.

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 Northbrooks Secondary School, the *eTeens* programme will be implemented as follows in 2025:

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) 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).b) Managing relationships and risky situations in a healthy way.	Term 2 Week 5
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 2 Week 6