

Dear Sir/ Madam



***eTeens***  
**STI (Sexually Transmitted Infections) / HIV (Human Immunodeficiency Virus)**  
**Prevention Programme in Schools**

The Health Promotion Board (HPB) has been conducting an STI/HIV Prevention Programme in schools since 1993. The programme aims to raise awareness on STI/HIV, inform students about ways to prevent infection and discourage risky sexual behaviours.

2. In view of the increasing number of STIs reported among youth aged 10-19 years<sup>1</sup>, HPB, in collaboration with the Ministry of Health (MOH)<sup>2</sup> and the Ministry of Education (MOE), developed an STI/HIV programme titled *eTeens*<sup>2</sup> for students in secondary schools and JC/CIs.
3. *eTeens* comprises an assembly talk and classroom-based learning. It covers information on the transmission modes of STI, the signs, symptoms and consequences of contracting STI/HIV, effective methods of preventing infection including abstinence from pre-marital sex, being faithful to one partner in the context of marriage as well as condom use. It also teaches life-skills such as decision-making, assertiveness and negotiation skills. *eTeens* is conducted in schools by trained personnel<sup>3</sup> from HPB and teachers. A factsheet on the programme, which is available on the MOE website<sup>3</sup>, is enclosed.
4. If you do not wish your son/daughter/ward to attend this programme, please complete the form on the next page and return it to the school. For any clarification regarding this programme, please email us at [hpb\\_yhp@hpb.gov.sg](mailto:hpb_yhp@hpb.gov.sg).

Thank you.

A handwritten signature in black ink, appearing to be 'Cheong-Lim Lee Yee', written over a horizontal line.

Yours sincerely

Mrs Cheong-Lim Lee Yee  
Deputy Director  
Educational Institution Outreach Department  
Youth Health Division  
Health Promotion Board

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<sup>1</sup> Reported cases of STIs among youth aged 10-19 years increased from 238 cases in 2002 to a peak of 820 cases in 2007.

<sup>2</sup> Previously known as Breaking Down Barriers (BDB).

<sup>3</sup> [www.moe.edu.sg/education/programmes/social-emotional-learning/sexuality-education](http://www.moe.edu.sg/education/programmes/social-emotional-learning/sexuality-education)

**eTeens Opt-out Form**

**Please complete this section if you DO NOT wish your child to attend the eTeens Programme and return it to the school.**

I, (name) \_\_\_\_\_, (NRIC) \_\_\_\_\_, do not wish my son/daughter/ward\*, (name) \_\_\_\_\_ of class \_\_\_\_\_, to attend the eTeens STI/HIV Prevention Programme conducted by the Health Promotion Board.

My reason(s) for opting out:

My child is too young.

I would like to personally educate my child.

I am not comfortable with the topics/content to be covered. Religious reasons

I have previously taught my child the topics/content to be covered. I do not think it is necessary for my child to attend.

Others (please state): \_\_\_\_\_

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

# ***eTeens***

*Wise. Informed. Sensible. Empowered*

## **AIMS OF *eTEENS***

1. The Empowered Teens (*eTeens*) programme aims to provide students with accurate information to help them make good decisions in their life choices. It raises awareness and knowledge about the following:
  - a) awareness of the different sexually transmitted infections (STIs) and HIV/AIDS;
  - b) modes of transmission for STIs and HIV/AIDS;
  - c) modes of protection against infection, specifically abstinence and the correct use of condoms;
  - d) skills for decision-making, assertiveness, negotiation to say “no” to peer pressure to have pre-marital sex; and
  - e) consequences and impact of STIs/HIV.

## **FORMAT OF PROGRAMME**

2. The *eTeens* programme comprises two components: a mass talk segment and a classroom-based programme:
  - a) The mass talk segment is conducted by a facilitator engaged by the Health Promotion Board (HPB) from an approved panel. The presentation follows an approved facilitation guide.
  - b) The duration of the mass talk is about 45 minutes. It includes a multi-media presentation, video screening as well as facilitation of key learning points.
  - c) The classroom-based programme for Secondary schools comprises 3 lessons which teach decision-making, negotiation and assertiveness skills. The suggested time for each lesson is about 40 minutes. The classroom-based programme for JC/CI 1 students is a 1-hour lesson, which teaches students the financial, physical and psychological impacts of STI/HIV infection on self and family.
  - d) Training for teachers to conduct the classroom-based programme is provided for by MOE and HPB.