Dear Sir/ Madam

**e Teens**

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\(^1\), HPB, in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), developed an STI/HIV programme titled *e Teens*\(^2\) for students in secondary schools and JC/CIs.

3. *e Teens* 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. *e Teens* is conducted in schools by trained personnel from HPB and teachers. A factsheet on the programme, which is available on the MOE website\(^3\), 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.

Thank you.

Yours sincerely

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

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\(^1\) Reported cases of STIs among youth aged 10-19 years increased from 238 cases in 2002 to a peak of 820 cases in 2007.

\(^2\) Previously known as Breaking Down Barriers (BDB).

\(^3\) [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
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.