

Dear Sir/ Madam



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

1. 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) and the Ministry of Education (MOE), developed an STIs/HIV prevention programme titled *eTeens* for students in secondary schools and JC/CIs. The programme aims to raise awareness on STIs/HIV, inform students about ways to prevent infection and discourage risky sexual behaviours. Abstinence and upholding family values are the key messages in the programme.
2. *eTeens* for JC/CI 1 students comprises an assembly talk. It covers information on the transmission modes of STIs, the signs, symptoms and consequences of contracting STIs/HIV, effective methods of preventing infection including abstinence from pre-marital sex, being faithful to one's partner in the context of marriage as well as condom use. *eTeens* is conducted in schools by trained personnel from HPB. A factsheet on the programme, which is available on the MOE website<sup>2</sup>, is enclosed.
3. If you do not wish your child/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.

Yours sincerely

Dr Chris Cheah  
Deputy Director  
Communicable Diseases Education  
Preventive Health Programmes Division  
Health Promotion Board

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<sup>1</sup> Reported cases of STIs among youth aged 10-19 years increased from 379 cases in 2014 to a peak of 442 cases in 2016.

<sup>2</sup> [www.moe.gov.sg/education/programmes/social-and-emotional-learning/sexuality-education//scope-and-teaching-approach-of-sexuality-education-in-schools](http://www.moe.gov.sg/education/programmes/social-and-emotional-learning/sexuality-education//scope-and-teaching-approach-of-sexuality-education-in-schools)

### **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) \_\_\_\_\_, do not wish my son/daughter/ward\*,  
(name) \_\_\_\_\_ of class \_\_\_\_\_, to attend the  
eTeens STIs/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) consequences and impact of STIs/HIV;
  - e) ways of managing the impact of STIs

## **FORMAT OF PROGRAMME**

2. *eTeens* (JC/CI) consists of an assembly talk of about 1 hour. The talk will be delivered through a multi-media presentation, a video screening and presentation of key learning points. It will be conducted by a speaker engaged by the Health Promotion Board (HPB) from an approved panel.
  - a) The video depicts the health, social and financial implications of STIs/HIV on an individual and his family, and emphasises the importance of responsible decision-making.