



**Empowered Teens (*eTeens*)  
STI (Sexually Transmitted Infection) /HIV (Human Immunodeficiency Virus)  
Prevention Programme**

Dear Sir/ Madam

1. Health Promotion Board (HPB), in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), conduct a programme titled Empowered Teens (*eTeens*) to educate secondary 3 students about preventing STIs/HIV. The programme provides information on transmission and prevention of STIs/HIV, and helps guide students to make good life choices to avoid risky sexual behaviors.
2. The following topics are taught:
  - a) Infectious diseases (STIs and HIV);
  - b) Modes of transmission for STIs and HIV;
  - c) Modes of protection against infection, specifically abstinence and the correct and consistent use of condoms to prevent disease;
  - 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.
3. The programme includes a 1-hour talk and a 1-hour classroom-based lesson:
  - a) The talk includes a multi-media presentation using a video and presentation to convey key learning points. The video depicts how teenagers weigh considerations in different scenarios and eventually make responsible decisions. Presenters are engaged by the HPB and follow a presentation guide approved by MOE.
  - b) The classroom-based lesson by an MOE-SEd trained teacher reinforces skills of responsible decision-making, negotiation and assertiveness, based on the values which students have been brought up with, in the family and the community. The training for teachers who conduct the classroom-based lesson is provided for by MOE.
4. Additional information is available on the MOE website<sup>1</sup>.

5. If you do not wish your child/ward to attend this programme, please complete the opt-out form on page 3 of this document. For further clarifications about this programme, please email us at [hpb\\_yhp@hpb.gov.sg](mailto:hpb_yhp@hpb.gov.sg)

Yours sincerely

A handwritten signature in black ink, appearing to read 'Ann' followed by a period.

Ann Low (Ms)  
Covering Director, Preventive Health Programmes Division  
Health Promotion Board

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<sup>1</sup> <https://go.gov.sg/moe-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) \_\_\_\_\_, 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