

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

Dear Sir/ Madam

1. HPB, in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), will be conducting a programme titled Empowered Teens (*eTeens*) to educate JC/CI students about preventing STIs/HIV. The programme provides accurate information to help students make good life choices by raising awareness about how STIs/HIV are prevented to discourage risky sexual behaviours.
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;
  - d) Consequences and impact STIs/HIV;
  - e) Ways of managing the impact of STIs
3. The programme is delivered through a 1-hour talk. A video and presentation are used to convey key learning points. The programme depicts the health, social and financial implications of STIs/HIV on an individual and the family if he/she gets infected with STIs/HIV and emphasises the importance of responsible decision-making and knowing where to seek help. Presenters are engaged by the Health Promotion Board (HPB) and follow a guide approved by MOE.
3. Additional information is available on the MOE website<sup>1</sup>.
4. If you do not wish your child/ward to attend this programme, please opt out. For further clarifications about this programme, please email us at [hpb\\_yhp@hpb.gov.sg](mailto:hpb_yhp@hpb.gov.sg).

Yours sincerely



Ann Low (Ms)

Covering Director, Preventive Health Programmes Division  
Health Promotion Board

---

<sup>1</sup> <https://www.moe.gov.sg/programmes/sexuality-education/scope-and-teaching-approach>

**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): \_\_\_\_\_

Do note that your child will have to attend an opt out lesson during the *eTeens* Mass Talk period in school.

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

\_\_\_\_\_  
Date