

eTeens Programme:

8. *eTeens* is a programme developed by Health Promotion Board, in collaboration with the Ministry of Education, to provide Secondary 3 students with accurate information on STIs, HIV and protection from a health perspective. *eTeens* is conducted in two segments – a mass talk segment and a classroom-based programme. The desired outcome of the *eTeens* programme is that students are empowered to make wise, informed and sensible decisions.

9. Students are taught skills such as decision-making, assertiveness and negotiation to say “no” to sex and negative peer pressure. They also learn that the impact of STIs/HIV extends beyond themselves and involves their family, and the importance of responsible decision-making and seeking help. Abstinence and upholding family values are the key messages.

At Hai Sing Catholic School, the *eTeens* programme will be implemented as follows in 2025:

Topics/Lessons	Programme Learning Objectives	Time Period
Mass Talk delivered through a pre-recorded video	<ul style="list-style-type: none"> Raise awareness and provide knowledge on: <ul style="list-style-type: none"> a) Infectious diseases (STIs and HIV): what it is, how it spreads, how to prevent infection mainly through ABC (abstinence, being faithful, correct, and consistent condom use). b) Managing relationships and risky situations in a healthy way. 	Term 1
Classroom-based Lesson	<ul style="list-style-type: none"> Learn to negotiate their way out of a risky situation by applying skills of assertiveness and responsible decision-making 	Term 2