



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), conduct a programme titled Empowered Teens (*eTeens*) to educate secondary 3 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 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 two teenagers at a birthday party weigh considerations when resisting peer pressure and eventually make responsible decisions. Presenters are engaged by the Health Promotion Board (HPB) and follow a presentation guide approved by MOE.
 - b) The classroom-based lesson 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 website¹.
5. 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

Yours sincerely

A handwritten signature in black ink, appearing to read "Ann Low".

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

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

eTeens Opt-out Form

If you DO NOT wish your child to attend the **eTeens** Programme, please complete the Opt-out form at <https://go.gov.sg/2022sedoptout>