

**Communicable Diseases Agency  
eTeens for Junior Colleges and Centralised Institutes (JCs/MI)**

Dear Parent/Guardian,

The Communicable Diseases Agency (CDA), in collaboration with the Ministry of Education (MOE), conducts a programme titled Empowered Teens (eTeens) to educate all Junior Colleges/Millennia Institute (JCs/MI) Year 1/IP Year 5 students about preventing STI (Sexually Transmitted Infections)/HIV (Human Immunodeficiency Virus). The programme which was previously managed by the Health Promotion Board (HPB), 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) Sexually transmitted 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), consequences and impact
- b) Skills for respecting boundaries, (e.g. decision-making, assertiveness, negotiation to say 'no' to peer pressure)
- c) Managing relationships and risky situations in a healthy way, including avenues for help-seeking

3. The programme includes a presentation on a scenario involving teenagers, responsible decision-making to respect the boundaries of self and others and interview segments.

4. Additional information is available on the MOE website <https://go.gov.sg/moe-sexuality-education>

5. If you do not wish your child/ward to attend this programme, please complete the opt-out form on page 2 of this document and return it to the school. For further clarifications about this programme, please email us at [Eileen\\_Chee@cda.gov.sg](mailto:Eileen_Chee@cda.gov.sg).

Yours Sincerely,



Robin Lee (Mr)  
Deputy Director  
Training and Education Division, CDA

**Communicable Diseases Agency**  
**eTeens for Junior Colleges and Millennia Institute (JCs/MI)**  
**eTeens Opt-out**

**Please complete this section if you DO NOT wish your child/ward 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 Communicable Diseases  
Agency.

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