<u>Annex B</u>



## 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 website<sup>1</sup>.

5. If you <u>do not</u> 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

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

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

## 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

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