

Dear Sir/ Madam



***eTeens***  
**STIs (Sexually Transmitted Infections) /**  
**HIV (Human Immunodeficiency Virus)**  
**Prevention Programme in Schools**

1. In view of the increasing number of STIs reported among youth aged 10-19 years<sup>1</sup>, HPB, in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), developed an STIs/HIV prevention programme titled *eTeens* for students in secondary schools and JC/CIs. The programme aims to raise awareness on STIs/HIV, inform students about ways to prevent infection and discourage risky sexual behaviours. Abstinence and upholding family values are the key messages in the programme.

2. *eTeens* comprises of an assembly talk. It covers information on the transmission modes of STIs, the signs, symptoms and consequences of contracting STIs/HIV, effective methods of preventing infection including abstinence from pre-marital sex, being faithful to one's partner in the context of marriage as well as condom use. *eTeens* is conducted in schools by trained personnel from HPB. A factsheet on the programme, which is available on the MOE website<sup>2</sup>, is enclosed.

3. If you do not wish your son/daughter/ward to attend this programme, please complete the form on the next page and return it to the school. For any clarification regarding this programme, please email us at [hpb\\_yhp@hpb.gov.sg](mailto:hpb_yhp@hpb.gov.sg).

Thank you.

Yours sincerely

Ms Nirmala Palaysamy  
Deputy Director  
School Partnerships  
School Health and Outreach Division  
Health Promotion Board

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<sup>1</sup> Reported cases of STIs among youth aged 10-19 years increased from 238 cases in 2002 to a peak of 820 cases in 2007.

<sup>2</sup> [www.moe.edu.sg/education/programmes/social-emotional-learning/sexuality-education](http://www.moe.edu.sg/education/programmes/social-emotional-learning/sexuality-education)

**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) \_\_\_\_\_, (NRIC) \_\_\_\_\_, 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

# ***eTeens***

*Wise. Informed. Sensible. Empowered*

## **AIMS OF *eTEENS***

1. The Empowered Teens (*eTeens*) programme aims to provide students with accurate information to help them make good decisions in their life choices. It raises awareness and knowledge about the following:
  - a) awareness of the different sexually transmitted infections (STIs) and HIV/AIDS;
  - b) modes of transmission for STIs and HIV/AIDS;
  - c) modes of protection against infection, specifically abstinence and the correct use of condoms;
  - d) consequences and impact of STIs/HIV;
  - e) state the ways of managing the challenges of the impacts

## **FORMAT OF PROGRAMME**

2. *eTeens* (JC/CI) consists of a mass talk of about 45 minutes. The talk will be delivered through a multi-media presentation, a video screening and presentation of key learning points. It will be conducted by a facilitator engaged by the Health Promotion Board (HPB) from an approved panel.