Dear Sir/ Madam

*eTeens*
STI (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\(^1\), HPB, in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), developed a 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* for Secondary 3 students comprises an assembly talk and a classroom-based lesson. 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 partner in the context of marriage as well as condom use. It also teaches life-skills such as decision-making, assertiveness and negotiation skills. *eTeens* is conducted in schools by trained personnel from HPB and teachers. A factsheet on the programme, which is available on the MOE website\(^2\), 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.

Thank you.

Yours sincerely

Dr Chris Cheah
Deputy Director
Communicable Disease Education
Regional Health and Community Outreach Division
Health Promotion Board

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\(^1\) Reported cases of STIs among youth aged 10-19 years increased from 238 cases in 2002 to a peak of 820 cases in 2007.

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) ________________________________, 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
**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) 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.

**FORMAT OF PROGRAMME**

2. The eTeens programme comprises a mass talk and a classroom-based lesson:

   a) The mass talk is conducted by a speaker engaged by the Health Promotion Board (HPB) from an approved panel. The presentation follows an approved guide.
   b) The duration of the assembly talk is about 1 hour. It includes a multi-media presentation, video screening as well as presentation of key learning points.
   c) The classroom-based lesson reinforces skills of responsible decision-making, negotiation and assertiveness. The suggested time for the lesson is about one hour.
   d) Training for teachers to conduct the classroom-based programme is provided for by MOE and HPB.