

# **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) 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 an assembly 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. The video depicts how two teenagers at a birthday party weigh different considerations when resisting peer pressure, and eventually make responsible decisions.
  - c) 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 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.

Dear Sir/ Madam



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

1. To reduce the number of STIs reported among youth aged 15-19 years<sup>1</sup>, 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. (For 2021, the programme will be extended to include Secondary 4 students who have not completed the programme in 2020.) 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<sup>2</sup>, is enclosed.
3. If you do not wish your child/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

Gary Khoo  
Director  
Preventive Health Programmes Division  
Health Promotion Board

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<sup>1</sup> There were 437 and 388 reported cases of STIs among youth aged 15-19 years in 2018 and 2019 respectively.

<sup>2</sup> [www.moe.gov.sg/education/programmes/social-and-emotional-learning/sexuality-education/scope-and-teaching-approach-of-sexuality-education-in-schools](http://www.moe.gov.sg/education/programmes/social-and-emotional-learning/sexuality-education/scope-and-teaching-approach-of-sexuality-education-in-schools)

**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