



**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 do not 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](mailto:hpb_yhp@hpb.gov.sg)

Yours sincerely

A handwritten signature in black ink, appearing to read 'Ann Low'.

Ann Low (Ms)

Covering Director, Preventive Health Programmes Division  
Health Promotion Board

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

**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