



Empowered Teens (eTeens)
STI (Sexually Transmitted Infection) /HIV (Human Immunodeficiency Virus)
Prevention Programme

Dear Sir/ Madam

1. Health Promotion Board (HPB), in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), will be conducting a programme titled Empowered Teens (eTeens) to educate JC/CI students about preventing STIs/HIV. The programme provides information on transmission and prevention of STIs/HIV, and helps guide students to make good life choices to avoid risky sexual behaviors.
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;
 - d) Consequences and impact STIs/HIV;
 - e) Ways of managing the impact of STIs
3. The programme is delivered through a 1-hour talk. A video and presentation are used to convey key learning points. The programme depicts the health, social and financial implications of STIs/HIV on an individual and the family if he/she gets infected with STIs/HIV and emphasises the importance of responsible decision-making and knowing where to seek help. Presenters are engaged by HPB and follow a presentation guide approved by MOE.
4. Additional information is available on the MOE website¹.
5. If you do not wish your child/ward to attend this programme, please complete the opt-out form on page 2 of this document. For further clarifications about this programme, please email us at hpbyhp@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

¹ <https://go.gov.sg/moe-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) _____, 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