Health Promotion Board
eTeens for Secondary Schools

Dear Parent/Guardian,

The Health Promotion Board (HPB), in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), conducts a programme titled Empowered Teens (eTeens) to educate Secondary 3 students about preventing STI (Sexually Transmitted Infections)/ HIV (Human Immunodeficiency Virus). The programme provides information on the 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)   Sexually transmitted infectious diseases (STIs and HIV): what it is, how it spreads, how to prevent infection mainly through ABC (abstinence, being faithful, correct, and consistent condom use), consequences and impact

    b)   Skills for decision-making, assertiveness, negotiation to say 'no' to peer pressure

    c)   Managing relationships and risky situations in a healthy way

3.   The programme includes a mass talk and a classroom-based lesson:

    a)   The mass talk includes a presentation on different scenarios involving teenagers and responsible decision-making to respect the boundaries of self and others.

    b)   The classroom-based lesson by an MOE Sexuality Education trained (SEd) teacher 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 by MOE.

4.   Additional information is available on the MOE website https://go.gov.sg/moe-sexuality-education.

5.   If you do not wish your child/ward to attend this programme, please complete the opt-out form attached in the provided link. For further clarifications about this programme, please email us at Eileen_Chee@hpb.gov.sg and Shaheerah_Kamas@hpb.gov.sg

Yours Sincerely,

Robin Lee (Mr)
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Communicable Diseases
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