



**Health Promotion Board
eTeens for Junior Colleges and Millennia Institute (JCs/MI)**

Dear Sir/ Madam

1. 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 JC/MI 1 students about preventing STIs/HIV (Sexually Transmitted Infections)/HIV (Human Immunodeficiency Virus). The programme provides information on transmission and prevention of STIs/HIV, and guides students to make responsible decisions 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 mass 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, and emphasises the importance of responsible decision-making and seeking help. Presenters are engaged by HPB and follow a presentation guide approved 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 on page 2 of this document. For further clarifications about this programme, please email us at hpb_yhp@hpb.gov.sg.

Yours sincerely

Ann Low (Ms)
Covering Director, Preventive Health Programmes Division
Health Promotion Board

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