

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

2022 INFORMATION SHEET FOR PARENTS/GUARDIAN

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.

Abstinence and upholding family values are the key messages. The desired outcome of the *eTeens* programme is that students are empowered to make wise, informed and sensible decisions.

At Naval Base Secondary School, the eTeens programme will be implemented as follows in 2022:

Topics/Lessons	Programme Learning Objectives	Time Period
Mass Talk by HPB appointed vendor	<ul style="list-style-type: none"> • Awareness of the different STIs and HIV/AIDS • Modes of transmission • Modes of protection, specifically on how the condom is used • Consequences and impact of STIs/HIV 	Term 2 Week 6
Classroom-based Lesson	<ul style="list-style-type: none"> • Learn to negotiate their way out of a risky situation by applying skills of assertiveness and responsible decision-making 	Term 2 Week 6

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