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| For Sec 3s only |
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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 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 on page 2 of this document. 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)
Deputy Director
Communicable Diseases
Preventive Health Programmes and Rewards Division, HPB

Health Promotion Board
eTeens for Secondary Schools
Opt-out Form

Please complete this section if you DO NOT wish your child/ward to attend the eTeens Programme and return it to the school.

I, (name) _____, **do not wish** my son/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