



**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 website<sup>1</sup>.
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](mailto:hpb_yhp@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

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<sup>1</sup> <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