

**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), conduct a programme titled Empowered Teens (*eTeens*) to educate secondary 3 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 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 teenagers weigh considerations in different scenarios and eventually make responsible decisions. Presenters are engaged by the HPB and follow a presentation guide approved by MOE.
  - b) The classroom-based lesson by an MOE-SEd 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 for 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 at <https://go.gov.sg/bbsse-teens2023> or scan the QR code. For further clarifications about this programme, please email us at [hpb\\_yhp@hpb.gov.sg](mailto:hpb_yhp@hpb.gov.sg)

Yours



sincerely

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



<https://go.gov.sg/bbsse-teens2023>

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<sup>1</sup> <https://go.gov.sg/moe-sexuality-education>