

## eTeens

*Wise. Informed. Sensible. Empowered*



### AIMS OF eTEENS

1. The Empowered Teens (*eTeens*) programme aims to provide students with accurate information to help them make good decisions in their life choices. It raises awareness and knowledge about the following:
  - a) awareness of the different sexually transmitted infections (STIs) and HIV/AIDS;
  - b) modes of transmission for STIs and HIV/AIDS;
  - c) modes of protection against infection, specifically abstinence and the correct use of condoms;
  - 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.

### FORMAT OF PROGRAMME

2. The *eTeens* programme comprises a mass talk and a classroom-based lesson:
  - a) The mass talk is conducted by a facilitator engaged by the Health Promotion Board (HPB) from an approved panel. The presentation follows an approved guide.
  - b) The duration of the mass talk is about 45 minutes. It includes a multi- media presentation, video screening as well as presentation of key learning points.
  - c) The classroom-based lesson reinforces skills of responsible decision-making, negotiation and assertiveness. The suggested time for the lesson is about one hour.
  - d) Training for teachers to conduct the classroom-based programme is provided for by MOE and HPB.

### 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) \_\_\_\_\_, (NRIC) \_\_\_\_\_, 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