

**eTeens PROGRAMME
(Secondary Schools)**

2019 INFORMATION SHEET FOR SCHOOLS

Introduction

1. The Empowered Teens (*eTeens*) programme is a school-based STIs (Sexually Transmitted Infections) / HIV (Human Immunodeficiency Virus) prevention programme developed by the Health Promotion Board in collaboration with the Ministry of Education for all Secondary 3 students.

Aims

2. The *eTeens* programme aims to provide students with accurate information to enable them to make wise, informed and sensible decisions. It raises awareness and provides knowledge about the following:

- a) the different STIs and HIV/AIDS;
- b) modes of transmission for STIs and HIV/AIDS;
- c) modes of protection against infection, specifically abstinence and the correct and consistent 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

3. The *eTeens* programme comprises two components - a mass talk and 1 classroom-based lesson¹.

- a) The mass talk is conducted by a speaker engaged by the Health Promotion Board (HPB) from an approved panel. The presentation follows an approved presentation guide.
- b) The duration of the mass talk is about 1 hour. The talk is delivered through a multi-media presentation, a video screening as well as presentation of key learning points.
- c) The 1 hour lesson reinforces skills of responsible decision-making, negotiation and assertiveness.

Method of Implementation

4. All schools are to implement *eTeens* programme for all Secondary 3 students. Schools can contact HPB to arrange for the mass talk (see below for contact details). For

¹ The softcopy of the classroom-based lesson resource is available from:
<https://library.opal.moe.edu.sg/cos/o.x?c=/library/reslib&uid=0&ptid=84&func=view&id=266600&ext=.zip>

As at 7 Nov 2018

optimal learning, the classroom-based lesson should be carried out within a month after the mass talk as information is still fresh in students' mind.

5. As part of the implementation of the *eTeens* programme, we seek the help of selected schools to administer the pre- and post-programme feedback forms for the mass talk and classroom-based lesson. The feedback forms will be forwarded to you upon confirmation of the dates for the mass talks and classroom-based lessons for your school.

Parents' Information and Consent

6. Schools are to inform parents about the *eTeens* Programme. A letter for parents with an opt-out section is provided. Please ensure opt-out forms that are collected are duly completed, with the reason(s) for opting out clearly stated. These completed forms are to be kept by the school for monitoring and evaluation purposes, including updating Guidance Branch during the Annual Implementation Survey for Sexuality Education.

Contact details

7. Please contact the following officers should you have further enquiries:

Zone	Lead	Email	Contact
North	Ms Pearlin Cheng	Pearlin_cheng@hpb.gov.sg	6435 3702
South	Ms Venassa Chin	Venassa_chin@hpb.gov.sg	6435 3052
East	Ms Lydia Chua	Lydia_chua@hpb.gov.sg	6435 3200
West	Ms Nim K. Sandhu Ms Bernice Sim	Nimrta_kaur_sandhu@hpb.gov.sg Bernice_SIM_from.TP@hpb.gov.sg	6435 3018