



BUKIT VIEW SECONDARY SCHOOL

Engaged Learners. Empathetic Citizens. Ethical Advocates.

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17 Jan 2025

Health Promotion Board eTeens for Secondary Schools

Dear Parent/Guardian,

1. 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 (SEd) 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 attached and return it to your child's Form Teacher by 27 Jan 2025. 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

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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 by 27 Jan 2025.

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): _____

Thank you.

Parent/Guardian's Name & Signature: _____

Parent/Guardian's Email address: _____

Parent/Guardian's Contact No. (mobile) _____

Child/Ward's Full Name: _____ Child/Ward's Class: _____

Child/Ward's Race: _____ Child/Ward's Religion: _____

Date: _____

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