



德明政府中学

Dunman High School

10 Tanjong Rhu Road Singapore 436895 Tel: (65) 6345 0533 Fax: (65) 6344 2316

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## Health Promotion Board eTeens for Junior Colleges and Millennia Institute (JCs/MI)

Dear Parent/Guardian,

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 all Junior Colleges/Millennia Institute (JCs/MI) Year 1/IP Year 5 students about preventing STI (Sexually Transmitted Infections)/HIV (Human Immunodeficiency Virus). 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) 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 presentation on different scenarios involving teenagers and responsible decision-making to respect the boundaries of self and others.

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 on page 2 of this document. For further clarifications about this programme, please email us at [Eileen.Chee@hpb.gov.sg](mailto:Eileen.Chee@hpb.gov.sg) and [Shaheerah.Kamas@hpb.gov.sg](mailto: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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## Health Promotion Board

eTeens for Junior Colleges and Millennia Institute (JCs/MI)

eTeens Opt-out

**Please complete this section if you DO NOT wish your child/ward 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): \_\_\_\_\_

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Signature of Parent/Guardian

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Date