Communicable Diseases Agency (CDA)
eTeens for Secondary Schools

Dear Parent/Guardian,

The Communicable Diseases Agency (CDA), in collaboration with 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, which was previously managed by the Health Promotion Board (HPB), 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 respecting boundaries (e.g. decision-making, assertiveness, negotiation to say 'no' to peer pressure); and

c) Managing relationships and risky situations in a healthy way, including avenues for help-seeking.

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 on page 2 of this document and return it to the school. For further clarifications about this programme, please email us at Eileen_Chee@cda.gov.sg

Yours Sincerely,



Robin Lee (Mr)
Deputy Director
Training and Education Division, CDA

Communicable Diseases Agency
eTeens for Secondary Schools
Opt-out Form

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 Communicable Diseases Agency

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