

BREAKING DOWN BARRIERS (BDB) PROGRAMME

Overview

The “Breaking Down Barriers” (BDB) programme, developed by the Health Promotion Board (HPB) in collaboration with MOE, focuses on STI/HIV education for Secondary 3 and JC/CI1 pupils. The programme was developed in 2006 to address the rising trend of STIs/HIV among adolescents. Students are given accurate information on STIs and HIV and contraception from a health perspective. At the secondary level, students are also taught the necessary skills to say no to sex. Abstinence as the best option for teens remains a key message.

Aims of BDB

The BDB 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:

- awareness of the different STIs and HIV/AIDS
- modes of transmission
- modes of protection, specifically the use of condom
- skills for decision-making, assertiveness, negotiation to say no to peer pressure and unwanted sexual advances
- consequences and impact of STIs/HIV

Format of programme

The BDB programme consists of two components: a mass talk segment and a class-based component. The mass talk segment is conducted by a speaker provided for by HPB while the class-based component is taught by teachers who are trained by MOE and HPB.