

# **eTeens**

*Wise. Informed. Sensible. Empowered*

## **AIMS OF ETEENS**

1. The Empowered Teens (eTeens) 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:
  - a) awareness of the different sexually transmitted infections (STIs) and HIV/AIDS;
  - b) modes of transmission for STIs and HIV/AIDS;
  - c) modes of protection against infection, specifically abstinence and the correct 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 OF PROGRAMME**

2. The eTeens programme comprises a mass talk for JC1 students, and a mass talk with a classroom-based lesson for Secondary 3 students.
  - a) The mass talk is conducted by a facilitator engaged by the Health Promotion Board (HPB) from an approved panel. The presentation follows an approved guide.
  - b) The duration of the mass talk is about 45 minutes. The talk is delivered through a multi- media presentation, a video screening as well as presentation of key learning points.
  - c) The lesson for Secondary schools reinforces skills on responsible decision-making, negotiation and assertiveness. The suggested time for the lesson is one hour.
  - d) The lesson is conducted by teachers who are MOE-trained to teach Sexuality Education.