

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 two components: a mass talk segment and a classroom-based programme:
 - a) The mass talk segment is conducted by a facilitator engaged by the Health Promotion Board (HPB) from an approved panel. The presentation follows an approved facilitation guide.
 - b) The duration of the mass talk is about 45 minutes. It includes a multi-media presentation, video screening as well as facilitation of key learning points.
 - c) The classroom-based programme for Secondary schools comprises 3 lessons which teach decision-making, negotiation and assertiveness skills. The suggested time for each lesson is about 40 minutes. The classroom-based programme for JC/CI 1 students is a 1-hour lesson, which teaches students the financial, physical and psychological impacts of STI/HIV infection on self and family.
 - d) Training for teachers to conduct the classroom-based programme is provided for by MOE and HPB.

At Commonwealth Secondary School, the *eTeens* programme will be implemented as follows in 2013:

Topics/Lessons	Programme Learning Objectives	Time Period
Mass Talk by HPB appointed vendor	<ul style="list-style-type: none"> • Awareness of the different STIs and HIV/AIDS • Modes of transmission • Modes of protection, specifically on how the condom is used • Consequences and impact of STIs/HIV 	Term 2
Classroom-based Lesson 1: Decision-Making	<ul style="list-style-type: none"> • Understand there are consequences in any decision one makes regarding sexual intercourse • Realise that decision-making is a process that can be learnt • Understand that one needs correct and accurate information to make the right decisions regarding one's sexual health • Learn to make decisions that will reduce the risk to their sexual health. 	Term 3-4
Classroom-based Lesson 2: Assertiveness	<ul style="list-style-type: none"> • Understand what assertive behaviour is • Practise responding to persuasion assertively 	Term 3-4
Classroom-based Lesson 3: Negotiation	<ul style="list-style-type: none"> • Practise negotiating one's way out of a negative situation by applying skills learnt from Lesson 2 • Learn risk reduction for STIs/HIV and assess situations to aid the control of impulses in sexual behaviour 	Term 3-4