

Dear Sir/ Madam



**“BREAKING DOWN BARRIERS”
STI (SEXUALLY TRANSMITTED INFECTIONS) /
AIDS (ACQUIRED IMMUNE DEFICIENCY SYNDROME)
PREVENTION PROGRAMME IN SCHOOLS**

The Health Promotion Board (HPB) has been conducting a STI/AIDS Prevention Programme in schools since 1993. The programme aims to raise awareness on STI/AIDS, inform students about ways to prevent infection and discourage promiscuous sexual behaviours.

2. In view of the increasing number of STIs reported among youths aged 10-19 years¹, HPB, in collaboration with the Ministry of Health and the Ministry of Education (MOE), developed a STIs/HIV programme titled “Breaking Down Barriers” (BDB) for students in secondary schools and JC/CIs.

3. BDB comprises an assembly talk and class-based learning. It covers information on the transmission modes of STI, the signs, symptoms and consequences of contracting STI/AIDS, effective ways of protection including abstinence from pre-marital sex, being faithful to one partner in the context of marriage as well as condom use. It also teaches life-skills such as decision-making, assertiveness and negotiation skills. BDB is conducted in schools by trained personnel from HPB and teachers. A factsheet on the programme, which is available on the MOE website², is enclosed.

4. If you do not wish your son/daughter/ward to attend this programme, please complete the form on the next page and return it to the school. For any clarification regarding this programme, please email us at hpb_yhp@hpb.gov.sg.

Thank you.

A handwritten signature in black ink, appearing to be 'S. J.', is written over a horizontal line.

Yours sincerely

Mrs Cheong-Lim Lee Yee
Deputy Director
Educational Institution Outreach Department
Youth Health Division
Health Promotion Board

¹ Reported cases of STIs among youths aged 10-19 years increased from 238 cases in 2002 to a peak of 820 cases in 2007.

² www.moe.edu.sg/education/programmes/social-emotional-learning/sexuality-education/files/breaking-down-barriers.pdf

BDB OPT-OUT FORM

Please complete this section if you DO NOT wish your child to attend the BDB Programme and return it to the school.

I, (name) _____, (NRIC) _____, do not wish my son/daughter/ward*, (name) _____ of class _____, to attend the BDB STI/AIDS Prevention Programme conducted by the Health Promotion Board.

Reason/s for opting-out:

- My child is too young
- I would like to personally educate my child
- I am not comfortable
- I have previously taught my child these topics
- Religious reasons
- I do not think it is necessary for my child to attend
- Others (please state): _____

Signatory of Parent/Guardian

Date

FACTSHEET ON “BREAKING DOWN BARRIERS” (BDB)

AIMS OF BDB

The BDB programme aims to provide students with accurate information to help them make good decisions in their life. It raises awareness and knowledge about the following:

- a. awareness of the different STIs and of HIV/AIDS
- b. modes of transmission of STIs and HIV/AIDS
- c. modes of protection against STIs / HIV-infection, specifically abstinence, being faithful, and how the condom is used
- d. skills to say no to peer pressure and unwanted sexual advances (decision-making, assertiveness, negotiation)
- e. consequences and impact of STIs / HIV-infection

FORMAT OF PROGRAMME

2. BDB consists of two components: a mass talk segment and a class-based programme:

- a. The mass talk segment is carried out during the assembly slot by a speaker engaged by HPB from an approved panel. The presentation follows an approved script.
- b. The duration of the mass talk is about 1 hour. It includes a multi-media presentation, video screenings as well as a short question and answer segment.
- c. The class-based component for the secondary version comprises 3 lessons which cover decision-making, assertive and negotiation skills. The suggested time for each lesson is about 45 mins. The class-based component for the JC/CI version comprises a 1 hour lesson, which covers mainly the impact of STI/HIV on self and family. This includes the financial, physical and psychological aspects.
- d. Training for teachers to conduct the class-based programme is provided for by MOE and HPB.