

## **AIMS OF BDB**

1. 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:

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

## **FORMAT OF PROGRAMME**

2. The 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 component for the secondary version comprises 3 modules which cover decision-making, assertive and negotiation skills. The suggested time for each module is about 45 mins. The class-based component for the JC/CI version comprises a 1 hour one 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.