

Dear Parent or Guardian,

Your teen is starting a new course on health. As we approach different health topics, we will consider the implications of decisions and behaviors for students' physical health, mental and emotional health, and social health. These three health elements and the way that they are interconnected constitute the health triangle. One of the goals of this course is to help students gain knowledge and skills that will support their efforts to create and maintain a balanced health triangle.

Some questions your teen will explore in this first chapter include: *What is good health? What is the health continuum? What kinds of lifestyle factors can affect your health? Why is health education important? What are the nation's health goals? How do heredity, environment, and behavior influence health? What roles can the media and technology play in facilitating health? How are risks and consequences cumulative?*

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics:

- Ask your teen to explain the health triangle. Discuss how everyday behaviors affect the different sides of the health triangle.
- Encourage your teen to generate health-related questions she or he hopes to have answered during this course. Read the health textbook's table of contents and discuss where these issues might be addressed.
- Discuss resources in your community that teens can use to research health-related topics. If you include the Internet in these resources, be sure to ask your teen about various strategies for evaluating the reliability of information they obtain there.

I hope that this course will prove to be fun and informative for you and your teen. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher