

Dear Parent or Guardian,

Your teen's health class is currently studying relationships. Because interaction with people is a necessary and important part of life and personal development, your son or daughter will examine the dynamics of social interaction. Your teen will look at relationships with family members, friends, and peers, and identify qualities and character traits that promote healthy interaction. Your son or daughter will also examine styles of communication, interpersonal conflicts, and conflict resolution.

Some questions your teen will explore in this chapter include: *How do relationships affect physical, mental/emotional, and social health? What are the dynamics of healthy relationships? What character traits promote healthy relationships? How can communication be classified as passive, aggressive, or assertive? How do communication skills help build and maintain healthy relationships? What are the causes of conflict? What are some healthful strategies for resolving conflicts? How can communication skills be utilized to resolve conflicts?*

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

- Ask your teen to outline the different types of relationships in which every person plays a role, focusing on friendships, family, and community relationships. Ask your son or daughter to explain how these relationships impact everyday life.
- Ask your teen to explain the character traits they look for in friends and how these traits are important to healthy relationships. Ask your son or daughter to reflect on the positive character traits he or she brings to a relationship.
- Discuss the role of communication styles in building and maintaining relationships.
- Ask your teen to role-play different communication styles, contrasting passive, aggressive, and assertive methods. Do a similar role-play with listening skills; have your son or daughter demonstrate techniques for active listening.
- Present various interpersonal conflict situations to your teen, and ask him or her to explain how conflict resolution techniques can be used to solve each disagreement to everyone's satisfaction.

Please plan other activities you think will help your teen develop and maintain positive relationships. 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