

Dear Parent or Guardian,

Your teen's health class is presently learning about the complexities of adolescence. This turbulent time, marking the transition from childhood to adulthood, is a period of physical, mental/emotional, and social development. Your son or daughter will examine each aspect of adolescent growth and change. Your teenager will also consider the process by which an adolescent progresses toward physical and emotional maturity. Dating relationships, marriage, and the differences between the two will be explored, with a focus on identifying the type of commitment and necessary components for a successful marriage. In addition, the difficulties of teen parenthood and the responsibilities of parenthood will be discussed. Your teen will also consider the physical, mental, and social transitions that take place in middle and later adulthood.

Some questions your teen will explore in this chapter include: *What physical, mental, emotional, and social changes occur during adolescence? When will I reach physical and emotional maturity? What kind of life choices will I be facing? What is the difference between a dating relationship and marriage? What factors contribute to a successful marriage? How difficult are teen marriages? What are the responsibilities of parenthood? What kinds of changes take place in middle and late adulthood?*

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 physical and emotional changes they have experienced as adolescents. Ask your son or daughter to make a list of advice they might pass on to someone just beginning the transition from childhood to adolescence.
- Discuss with your teen the consequences of adolescent sexual activity. Reinforce the value of abstinence and ask your teen to explain the advantages of choosing sexual abstinence before marriage.
- Talk with your teen about the cornerstones of a successful marriage. Discuss parental responsibilities and the role of family members in promoting a healthy family.

Please plan other activities that will help your son or daughter understand the nature of adolescence. 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