

Dear Parent or Guardian,

The topic of sexually transmitted diseases is a serious and essential area of knowledge for teens. An estimated 10,000 young people are infected every day. An estimated 65 million Americans are living with an incurable sexually transmitted disease. Sexually transmitted diseases, including HIV/AIDS, are the current subject of your teen's health class. Your son or daughter will learn about common sexually transmitted diseases, their symptoms, treatment, and how they can be avoided through abstinence.

Some of the questions your teen will explore as we study this chapter include: *What are sexually transmitted diseases (STDs)? Why are teens as a group at high risk for infection? Why is abstinence the only guaranteed way to prevent sexually transmitted diseases? What are the most common sexually transmitted diseases? What are their symptoms and treatments? How can community health policies and practices prevent and treat STDs? What is HIV/AIDS? How does it affect the body? How are teens impacted by the HIV/AIDS epidemic? What is the treatment for HIV-related illnesses? What is the relationship between unsafe sexual behaviors and the risk of HIV?*

Your involvement and participation in your teen's health education is important. To extend our classroom work, please complete one or more of the following activities with your teen:

- Discuss the problems that can result from sexual contact. Discuss common sexually transmitted diseases.
- Discuss with your teen the role abstinence plays in the prevention of sexually transmitted diseases.
- Talk about common STD symptoms and talk with your daughter or son about what should be done if a teen believes he or she is infected.
- Discuss the HIV/AIDS epidemic with your teen and examine the relationship between sexual behavior and risk of infection.

Please plan other activities you think will help your son or daughter develop an understanding of the value and practice of abstinence. 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