

Dear Parent or Guardian,

One of the keys to building and maintaining healthy personal relationships is the development of communication skills. Because human interaction is based on the exchange of thoughts, feelings, and beliefs, an understanding of personal values is crucial. This is especially true for teens who are developing an awareness of self and adjusting to the demands of society. Your teen's health class is currently examining life skills that will help prepare them for independence and maturity. We are focusing on identifying and building positive character traits and practicing behaviors that demonstrate respect for self and others. Basing decisions on personal and family values will provide your teen the basis for goal setting, conflict resolution, refusal skills, and stress management.

Some questions your teen will explore in this chapter include: *What skills are needed to build and maintain healthy relationships? How can refusal skills be developed? What is conflict resolution, and how can I use it to solve disagreements? How can I use self-management skills to take responsibility for my health and promote healthful behaviors? What part do values play in the decision-making process? How can I learn to make short-term and long-term goals? What is good character? How can I demonstrate good character? What does it mean to be a role model?*

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

- Ask your son or daughter to explain how he or she utilizes refusal skills when interacting with peers. You may want to role-play a few difficult situations and collaborate on ways to implement refusal skills.
- Ask your son or daughter to name some short and long-term goals. Ask him or her to explain the action-plan steps that are being followed to attain these goals. Discuss the importance of goals and the value of an action plan.
- Ask your teen to identify a number of good character traits. Have your son or daughter explain why those particular traits were chosen. Discuss why such characteristics are beneficial.
- Discuss with your teen the concept of being a role model. Ask your teen to name people he or she looks up to. Then ask him or her to name people who might be perceived as role models.

Developing positive health skills is a life-long endeavor. Hopefully, we can work together to help your teen establish an understanding of the role character plays in making healthful life choices. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health studies.

Sincerely,

Health Teacher