

Dear Parent or Guardian,

The current focus of your teen's health class is personal care and healthy behaviors. Health care issues regarding care of the skin, hair, teeth, mouth, eyes, and ears, will be addressed in depth. Your teen will study the anatomical aspects of these areas and learn how healthful behaviors can help reduce physical problems and diseases. Because personal appearance is such a high priority for teens, your son or daughter will engage in learning activities designed to help them identify healthful behaviors that impact appearance and protect the health of his or her body. Possible harmful behaviors, such as tanning and listening to music at high decibel levels, will also be addressed.

Some questions your teen will explore in this chapter include: *What are the structures of the skin, and what purpose does each serve? What are some dangers related to body piercing and tattooing? What are common skin problems, and how are they treated? How can hair and nail problems be avoided? What are the parts of a tooth? What is periodontal disease? How can proper oral hygiene help prevent teeth and mouth problems? What are the parts of the eye, and how do they combine to form visual images? How can healthy eyes be maintained and protected? What are some common vision problems and diseases, and how are they treated? What are the parts of the ear and how do they affect hearing and balance? What are some common causes of hearing loss? How can hearing be protected?*

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 effects of the sun's ultraviolet rays on the skin. Discuss with your son or daughter the times and places when he or she faces excessive exposure to the sun. Make a list of guidelines to protect the skin and reduce exposure.
- Ask your teenager to describe the signs of gum disease. Discuss proper dental hygiene and ask your son or daughter to outline his or her daily measures to prevent teeth and mouth problems.
- Discuss with your teen the role of diet, eye protection, rest, and eye exams in protecting vision. Ask your son or daughter if he or she has been experiencing any vision problems.
- Ask your son or daughter to explain how sudden noises of high decibel levels or extended exposure to high decibel levels can permanently damage hearing. Discuss why loud music or noise from tools, such as leaf blowers, grinders, and even lawn mowers, should be avoided or protected against with earplugs or ear coverings.

Please plan other activities you think will help your teenager develop and maintain positive personal health habits. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher