

Dear Parent or Guardian,

Your son or daughter has started a new course in health. The “health” that we will be studying means much more than not being sick and being physically fit. Being healthy also means feeling good about oneself and getting along with others. It involves physical, mental/emotional, and social well-being—the three sides of what we call the health triangle. Over the next weeks, students will be learning how to balance their health triangle in order to achieve wellness.

Some questions your teen will explore as we study this chapter are: *How does lifestyle influence health? What is the relationship between attitudes and health? How can I become health-literate? Why should I take responsibility for my own health, and how can I do that?*

Your involvement and participation in your child’s health education is important. To help you do this, I will send you a letter like this one for every major topic that we study. In the letter, appropriate activities that you and your son or daughter can do together will be suggested. To begin this process, please plan to complete one or more of the following activities with your teenager:

- Ask your son or daughter to explain the three sides of the health triangle. Then have him or her draw a triangle that best depicts the “average” teen. Together, discuss how teens can make choices to keep their health triangle in balance.
- With your teen, plan a healthful activity that includes all members of the family. Ask your teen to explain how the activity contributes to emotional and social health as well as physical health.
- Ask your son or daughter to explain what abstinence involves and how it affects all aspects of health. Together, discuss the importance of choosing abstinence.

Please plan other activities you think will help your son or daughter develop and maintain healthful habits and attitudes. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your child’s health education.

Sincerely,

Health Teacher