

Dear Parent or Guardian,

Your teen's health class is currently studying relationships. Students will learn how their relationships with others help meet many of their basic human needs. They will also learn about healthy life skills—communication, speaking, listening, and body language—that are fundamental to building healthy relationships.

Some questions your teen will explore as we study this chapter are: *How do relationships affect the three sides of a person's health triangle? What are the important traits of a healthy relationship? In what ways do people communicate with one another? What are some of the obstacles to effective communication, and how can I overcome them?*

To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Ask your teen to explain what a role is. Discuss the various roles each of you play in the course of a day, such as mother, husband, student, son, and daughter. Point out how some of these roles you play may come into conflict with one another. Discuss how these conflicts can be peacefully resolved.
- Let your teen lead the rest of the family in a game of nonverbal communication. Have family members use gestures, facial expressions, and behaviors—but no words—to communicate various messages.
- Have your teen explain reflective listening to you and to other family members. Together, practice using reflective listening when you and your teen are making decisions together.

Please plan other activities you think will help your teenager develop and maintain positive relationships with the people in his or her life. 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