

Dear Parent or Guardian,

Your teen's health class is studying the family, which is defined as the basic unit of society. Because families have such a strong influence on a child's life and personality, in this chapter we consider the family as a social system with interconnected parts. Students will learn that the level of each family member's physical, mental and emotional, and social health affects the health levels of all other members of the family.

Some questions your teen will explore as we study this chapter are: *What important functions does the family serve? What are the responsibilities of family members? What are some of the causes of family stress, and how can I cope with family stress? Where can families find help when they have problems?*

Discussing the role that each individual plays in keeping a family healthy is one way that teens can become aware of their own responsibility to their families. To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Ask your son or daughter to explain how a family functions as a system. Discuss how such activities as work, sports, school, and television can affect your family system.
- With your teen, watch a television show that focuses on family life. Then discuss ways in which the family portrayed in the show is or is not realistic.
- Ask your son or daughter to describe some characteristics of a healthy family system. Discuss the ways the members of your family support one another's emotional needs.

Please plan other activities you think will help your son or daughter remain a positive contributor to the family unit. 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