

Dear Parent or Guardian,

Your teen's health class is beginning a chapter that focuses on peer relationships. For teenagers, peers—that is, other teens—are especially important. As we discuss peer relationships, we will consider friendships, dating relationships, and the choice not to date. Students will also learn about peer pressure and will explore specific approaches to resisting negative peer pressure.

Some questions your teen will explore as we study this chapter are: *What are the different kinds of friendships? What are some of the negative effects of cliques? What are the factors in a healthy dating relationship? Is all peer pressure negative? How can I resist peer pressure to participate in an activity that goes against my values?*

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 identify three different kinds of friendships. Encourage your teen to identify peers with whom he or she has each kind of friendship. In turn, share information about your own friendships.
- Let your teen identify specific kinds of negative peer pressure. Together, role-play effective ways to say no to that kind of pressure.
- Ask your teen to explain why some communities enforce teen curfews. Together, discuss your ideas about the usefulness of curfews for teenagers.

Please plan other activities you think will help your son or daughter develop and maintain positive peer relationships. 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