

Dear Parent or Guardian,

Your teen's health class is studying the male and female reproductive systems. As most students of this age have already begun to develop secondary sex characteristics, they will learn how these changes are connected to the development of their reproductive systems. Students will learn how proper care and respect for their reproductive organs, including routine self-examinations, will improve their chances of becoming healthy parents in the future.

Some questions your teen will explore as we study this chapter are: *How does testosterone affect physical changes in the male body? What is the sperm cell, and what part does it play in pregnancy? How should a male care for his reproductive system? What is menstruation? What problems are connected with the female reproductive organs? Why is it important to perform regular self-examinations of certain reproductive organs?*

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

- With your son or daughter, role-play a discussion about the reproductive system between a teen and an adult. Let your teen play the adult while you take the role of the teen asking questions.
- Both the male and female genitalia are often described using slang and derogatory terms. Ask your teen how he or she feels about these terms. Discuss your opinion of these terms and why you think they are used.
- Ask your son or daughter to describe the specific self-examination (breast exam for females and testicular exam for males) that he or she should routinely make.

Please plan other activities you think will help your son or daughter develop and maintain healthful attitudes and habits while he or she continues to mature sexually. 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