

Dear Parent or Guardian,

Your teen's health class is currently learning about specific health skills that will help prepare teens for independence and maturity. We will focus on social health skills, mental and emotional health skills, and total health skills. In addition, we will explore the processes of making responsible decisions and setting personal goals.

Some questions your teen will explore as we study this chapter are: *How can I develop life skills that will help me make better and more informed health choices? What is the relationship between self-esteem and health? Why does making healthy decisions involve practice? How can I set healthy goals for myself and work toward achieving those goals?*

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 refusal skills are. Encourage your son or daughter to identify situations in which he or she has to say no to a high-risk behavior. Also, share situations in your own life when you have had to say no to activities that compromise your values.
- Ask your son or daughter to explain the six steps in the decision-making process. Encourage your teen to apply the process to a current problem or dilemma that requires a decision.
- Encourage your teen to identify several short-term goals and long-term goals. Together, discuss the importance of these goals and explore what your son or daughter can do to achieve those goals.

Please plan other activities you think will help your son or daughter develop the skills involved in making healthful choices. 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