

Dear Parent or Guardian,

Your teen's health class is studying the characteristics of growth and development during the adolescent years. As most teens know, the period of adolescence is characterized by rapid and confusing changes. Physical growth often results in clumsiness, and mental and social growth are typically accompanied by extreme emotions.

Some questions your teen will explore as we study this chapter are: *When does adolescence begin? What changes take place during this time? What are the developmental tasks associated with adolescence, and why are they important to self-identity? What are the benefits of choosing abstinence?*

As teens continue to adjust to the changes taking place during adolescence and beyond, their capacity to grow in knowledge and acquire life skills helps prepare them for the next challenge of life—adulthood. 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 the values that are most important to his or her formation of personal identity. Choose an acquaintance who, in both your opinions, has a strong personal identity; together, describe that individual's special characteristics.
- Ask your son or daughter to explain the developmental tasks facing teens and young adults.
- Discuss with your son or daughter the consequences of sexual activity. Reinforce your own support of abstinence for your teen, and encourage him or her to explain the most important advantages of choosing abstinence from sexual activity before marriage.

Please plan other activities you think will help your son or daughter understand the nature of adolescence. Thank you for supporting our classroom work. As always, feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher