

Dear Parent or Guardian,

Your teen's health class is studying the stages of the life cycle that lie in the future for teenagers: early adulthood, including marriage and parenthood; middle adulthood; and late adulthood. Students will learn that just as there are developmental tasks associated with each of the earlier life stages, adults must accomplish their own tasks if they are to achieve total well-being.

Some questions your teen will explore as we study this chapter are: *What is self-actualization? What are the stages of adulthood? What is the role of commitment in a healthy marriage? What are the responsibilities of parenthood? What changes do most people make in middle adulthood and in late adulthood?*

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, discuss the differences between physical maturity and emotional maturity. Encourage your teen to identify specific indicators of emotional maturity and to explore the relationship between the emotional changes of adolescence and the emotional maturity of adulthood.
- Ask your teen to explain this statement: Love may be enough to start a marriage, but it is not enough to keep it together. Together, discuss the factors that influence marital adjustment.
- Ask your son or daughter to tell you about his or her interests, talents, and goals. Identify an older friend or relative who is competent in one or more of those areas and could be a mentor to your teen.

Please plan other activities you think will help your son or daughter prepare for the challenges of adulthood. 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