

CHAPTER 25 Alcohol

Dear Parent or Guardian,

Your teen's health class is currently learning about alcohol. Specifically, we will examine how alcohol affects the body, how alcohol negatively impacts all three sides of the health triangle, and how alcoholism develops.

Many teens are pressured into alcohol use by their peers. For this reason, we will focus on why young people choose not to drink, and we will emphasize healthy lifestyle choices that are free of alcohol use.

Some questions your teen will explore as we study this chapter are: *How does alcohol work in the body? Why are young people easy targets for pressure from peers and advertisers who want to encourage alcohol use? What effect does alcohol have on driving? What is fetal alcohol syndrome, and how can it be prevented? What are the stages of alcoholism?*

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 draw a picture of a person. On that picture, have your teen point out the parts of the body that are affected by alcohol consumption.
- Discuss with your son or daughter the personal goals you both have for the next year, for the next decade, and for the rest of your lives. Together, identify how the use or misuse of alcohol might prevent both of you from reaching your goals.
- With your teen, attend a meeting of MADD (Mothers Against Drunk Driving). Discuss the possibility of joining SADD (Students Against Destructive Decisions) or establishing a chapter of SADD in your child's school if one does not exist.

Please plan other activities you think will help your son or daughter choose to be alcohol-free. 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