

CHAPTER 26 Illegal Drugs

Dear Parent or Guardian,

Your teen's health class is currently studying illegal drugs. We will emphasize the distinction between legal drugs, which are medicines and any other drugs used to treat or prevent diseases, and illegal drugs, which are substances that no one, of any age, can legally manufacture, possess, buy, or sell.

You are no doubt aware of the serious problems associated with the use and abuse of drugs. By studying these issues carefully and seriously, we will address the problems directly and emphasize the benefits of remaining substance-free.

Some questions your teen will explore as we study this chapter are: *Which drugs are considered illegal? How does the use of illegal drugs affect everyone in society? What effects do illegal drugs have on the body? How do the effects of stimulants differ from those of narcotics? What are the dangers of using steroids? How did designer drugs originate? What are the benefits of making a commitment to being drug-free?*

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

- Ask your son or daughter to describe and explain the short- and long-term problems that are caused by using drugs.
- Discuss with your teen the use of steroids. Talk about why these drugs are attractive to young people, especially athletes. Ask your son or daughter to explain the harmful effects of steroid use.
- Discuss the fun and satisfaction your teen can enjoy by living a drug-free life. Ask your teen to suggest specific actions you can take to support his or her commitment to drug-free living.

Please plan other activities you think will help your son or daughter choose to live a substance-free life. 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