

Dear Parent or Guardian,

Your teen's health class is studying the steps each person can take to remain safe and secure both at home and away from home. Because many accidents follow a specific pattern, called the accident chain, we will stress the importance of taking safety precautions and being alert to unsafe habits.

Some questions your teen will explore as we study this chapter are: *How does knowing about the accident chain help prevent accidents? What safety precautions might prevent home fires? When I am camping with my friends, what safety tips will help us stay safe? How can I protect my safety and the safety of others during a natural disaster? What attitudes and behaviors will help keep me safe when driving a car or riding a motorcycle? How can I protect myself from becoming a victim of violent crime?*

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, review the family's plans for emergency escape in case of a fire. If your family does not have an escape plan, work together to design one. Make sure there are two routes of escape from each room.
- Ask your teen to explain road rage. Together, discuss strategies that can help drivers avoid others who are exhibiting signs of road rage.
- Ask your son or daughter to explain the mental and emotional strategies that are important in self-defense. Discuss how assertiveness and a self-protective attitude can help a person remain safe.

Please plan other activities you think will help your son or daughter develop and maintain safe habits. 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