

Dear Parent or Guardian,

Your teen's health class is currently studying personal health. Because personal appearance is important to most teens, they will find the topics of this chapter extremely relevant. Specifically, they will learn how to keep their skin, hair, nails, teeth and mouth, eyes, and ears healthy. We will address these topics in a straightforward, positive manner that provides your teen with access to real-world information about healthy choices.

Some questions your teen will explore as we study this chapter are: *What can I do to maintain the good health and appearance of my skin, hair, and nails? How can proper oral health care prevent tooth decay? How does the eye see? How are common eye and vision problems treated? What parts of the ear help the body maintain its balance?*

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

- Let your teen explain what he or she knows about the sun's ultraviolet rays and their effects on the human body. Together, make a list of guidelines for protecting the skin from the sun.
- Ask your son or daughter to describe the signs of gum disease. If you haven't already done so recently, schedule a routine dental checkup for your teen.
- Ask your son or daughter to explain various visual problems that require people to wear glasses. Schedule a routine eye exam if necessary.
- With your teen, discuss some common misconceptions regarding hearing loss.

Please plan other activities you think will help your son or daughter develop and maintain positive personal health 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