

Dear Parent or Guardian,

Your teen's health class is currently studying mental health. The definition of mental health is complex, but in general it means accepting and liking oneself and adapting to and coping with the emotions, challenges, and changes that are part of everyday life. While studying this chapter, students will learn about the levels of mental health and how these levels are related to self-esteem.

Some questions your teen will explore as we study this chapter are: *What else does mental health mean besides not being mentally ill? What are the basic human needs? What factors influence personality? What are hormones, and how do they affect the body and emotions? How can I learn to handle my emotions?*

During adolescence, teenagers are often troubled by the physical and emotional changes taking place within themselves and their peers. Many will confront difficult mental health issues for the first time. To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Engage in a cooperative activity with your son or daughter, such as planning a meal or rearranging a room. Focus on providing honest and encouraging comments to each other.
- Ask your teen to draw a chart explaining Maslow's hierarchy of needs. Encourage your son or daughter to explain which of these needs are most important to him or her. In turn, express which needs are most important to you. Discuss the similarities and differences between your needs and those of your teen.
- Ask your teen to explain the following statement: Emotions are neither good nor bad. Discuss with your child some healthful ways emotions can be expressed. Make a list of the ways and post it on the refrigerator as a daily reminder to the entire family.

Please plan other activities you think will help your son or daughter develop and maintain healthy mental 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