

Dear Parent or Guardian,

Your child's health class is currently studying the topic of how the body grows and changes from conception through adolescence.

In exploring the various aspects of development, your child will consider such important questions as *What determines my physical appearance, my personality, and my behavior? What changes will I go through as a teenager? What is responsibility?* and many others. These are challenging questions. With your help, however, your child can explore them with confidence and find answers that will help him or her grow into a responsible adult. Your participation in this exploration of growth and development is vital.

To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your child.

- Talk with your child about his or her inherited traits. Share stories about relatives who may have some of the same traits as your child.
- Talk in positive ways about the physical and mental changes that you have seen your child go through in the last five years.
- Discuss ways of increasing your child's responsibilities at home. Create a written contract that you both sign.

Please engage in other activities that you feel will help your child understand how he or she is growing and changing. Your support is crucial to your child's understanding these changes and personal responsibility. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher