

Parent Letter and Activities

Dear Parent or Guardian,

Your child's health class is studying drugs, tobacco, and alcohol. The topics include safe medicine use, the effects of tobacco and alcohol on the body, the dangers of drug abuse, substance addiction and recovery programs, and ways to avoid health-damaging substances.

Questions your child will consider include *How can I use medicines safely? How does smoking cigarettes affect the body? How does drinking alcohol affect a person's health? What are some ways I can avoid using drugs, tobacco, and alcohol?* and many others. With your help, your child can explore these questions with confidence and find answers that will help him or her make important decisions throughout life.

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 ways you use prescription and over-the-counter medicines safely. Study the label of an over-the-counter medication together.
- Talk with your child about the physical and mental effects of tobacco, alcohol, and drug use. Discuss ways your child can refuse these substances.
- Share your own experience with refusing tobacco, alcohol, and drugs. Work with your child to think of healthy alternatives to using these substances.

Please engage in other activities that you feel will help your child develop ways to avoid using drugs, tobacco, and alcohol. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher