

Dear Parent or Guardian,

In health class we are currently studying personal responsibility and decision making. Students are learning about taking responsibility for their own personal health, how to recognize and manage good health habits, and how to change harmful ones. We will also take a look at how behavior affects health and how to avoid taking unnecessary risks. We will discuss how to make responsible decisions. Finally, we will take a look at the value of setting short-term and long-term goals.

Some questions your teen will answer as we study these topics are: *What does it mean to be responsible? What responsibilities do I have concerning my own health and the health of others? How can I establish good health habits and change harmful ones? What is a risk behavior, and what are cumulative risks? What kinds of decisions affect my health? How do my values affect my decisions? What are the benefits of setting both short-term and long-term goals?*

Your help and encouragement are important. Please set aside some time during the next few weeks to complete one or more of the following activities with your teen:

- After watching a favorite television program together, discuss some of the decisions the characters made and the consequences of their decisions.
- Put together a first-aid kit for your home and your car.
- Discuss habits each of you may have. Make a list of any harmful habits, and pledge to help and support each other in changing those habits.
- Assist your teen in obtaining and maintaining his or her personal immunization records and in setting up his or her regular physical, dental, and eye examinations.
- Discuss and compare the values that most influence the decisions you each make. Discuss where these values come from and why they are important.

Please feel free to engage in any other activities that you believe will encourage your teen to become a more responsible adult and that will improve his or her decision-making skills. Thank you for supporting our classroom work. As always, do not hesitate to contact me for further information.

Sincerely,

Health Teacher