

Parent Letter and Activities

Dear Parent or Guardian,

In health class we are studying how to make good decisions when buying products and services. Students will also be learning about ways to keep their teeth, skin, hair, eyes, and ears healthy.

Some questions your teen will answer as we study these topics include: *How can I evaluate advertising messages? How can I choose personal products wisely? How can I keep my teeth, skin, hair, eyes, and ears healthy? What should I know about wearing glasses or contact lenses? How can I protect my ears from loud noises? What kinds of health care workers can help me stay well? Where can I find help if I become ill or injured?*

Teens make up a large consumer market. However, sometimes teens base their purchasing decisions on current fads and on appealing advertising that is directed at them. By working together, we can provide your teen with the necessary information to make wise purchasing decisions, especially those that deal with health care products and services.

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 teen:

- Visit the pharmacy together and compare two or three health care products, such as shampoos, toothpaste, pain remedies, or cold medicines. Decide which products offer the best value for the money.
- While watching television together, evaluate commercials for health care products. Talk about how the advertiser tries to persuade you and/or your teen to buy the product.
- Conduct a home inventory together to identify items for caring for teeth, skin, and hair. Discuss and evaluate the items you find. Are there other items you should purchase? Are there items you don't need? Are there any old items that should be discarded?
- Provide a copy of your family's health insurance policy for your teen to look over and read. Then discuss the policy together. Be prepared to answer questions about what the policy covers. If questions arise that you cannot answer, contact the insurance company for an answer.

Please feel free to engage in any other activities that you believe will help your teen become a wise and educated health care consumer. Thank you for supporting our classroom work. As always, do not hesitate to contact me for further information.

Sincerely,

Health Teacher