

# Parent Letter and Activities

Dear Parent or Guardian,

In health class we are currently studying how human beings develop, from conception through adulthood. Students will study the physical, mental/emotional, and social changes that usually take place during adolescence. They will learn about the effect of the endocrine system on growth and development and how the male and female reproductive systems work.

Some questions your teen will answer as we study these topics include: *What physical changes occur during adolescence? What are the major glands of the endocrine system, where are they located, and what do they do? What parts make up the male and female reproductive systems, and what are their functions? How does a baby develop before birth? What factors affect a baby's development? What are the stages of life? How do people deal with death and their feelings about death?*

These changes can sometimes be unsettling and confusing for teens. During adolescence, teens begin to change—not only physically, but mentally, emotionally, and socially as well. Learning what to expect can help your teen experience adolescence with confidence. 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 teen:

- Together, look at photos and/or videotapes that show your teen at earlier ages. Discuss the physical changes that have taken place since the pictures were taken.
- Discuss how your teen's interests have changed in the last five, six, or more years. Encourage your teen to describe current interests and to speculate about what might become interesting in the future.
- Share some aspects of your adolescent years with your teen. For example, discuss some of the activities you and your friends enjoyed. Discuss some of the feelings and emotions you experienced.

Please feel free to engage in any other activities that you believe will help your teen understand the process of growing and developing into a healthy adult. One of the greatest gifts you can give your teen is support and understanding during adolescence. As always, do not hesitate to contact me for further information.

Sincerely,

Health Teacher