

Parent Letter and Activities

Dear Parent or Guardian,

Our health class is currently studying social health. Since good communication is the cornerstone of any relationship, students begin by identifying and applying effective communication skills. Other topics include family relationships and how families nurture their members; friendship and the effects of peer pressure; ways to avoid risk behaviors; and methods for preventing and resolving conflicts at home and at school.

Some questions your teen will answer as we study these topics include: *What are the advantages of expressing myself clearly? How can I become a better listener? What can members of a family do to strengthen their relationships? What are the qualities of a good friend? How can I deal with negative peer pressure? What should I do to avoid high-risk activities and situations? How can I recognize a situation that may be building toward a conflict?*

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:

- Play a game together in which one person uses facial expressions and body language to communicate a thought or feeling, while the other person tries to interpret the expressions and body language. Discuss what we can learn from these nonverbal cues.
- Discuss people you both know that are especially good communicators. What communication skills do they use most effectively?
- Members of families usually play several different roles. Together, identify the roles each of you has in your family, such as mother, brother, uncle, sister, and so forth. Discuss how you fulfill each of the roles you have.
- How many different kinds of families do you know? Make a list to find out. Then discuss similarities and differences of these families.

Please feel free to engage in any other activities that you believe will encourage your teen to develop better relationships with friends and within the family. As always, do not hesitate to contact me for further information.

Sincerely,

Health Teacher