

# Parent Letter and Activities

Dear Parent or Guardian,

Your child's health class is currently studying drugs and their effects on human health. We will make an important distinction between medicines and other drugs. Medicines are drugs that are used to treat or prevent disease. These and illegal drugs can be misused and abused. Throughout our study, our emphasis will be on avoiding misuse and abuse of legal and illegal drugs.

Some questions your teenager will answer as we explore this topic are: *How do medicines affect the body? Which kinds of drugs are misused or abused most often? What are the side effects and risks of using marijuana? How can I say no when offered drugs?* and many others.

Answering these questions will help your teenager develop a healthy respect for the power of medicines and the dangers of drugs. As you know, drug misuse and abuse are serious problems confronting the teenagers of our country. By studying these topics seriously and carefully, we will address the problems directly and emphasize the tremendous benefits of choosing to be drug free.

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 teenager:

- Make yourself available to discuss and answer questions about drug use.
- Review with your teenager the importance of precisely following directions on prescription and over-the-counter drugs.
- Volunteer together to take part in a community drug awareness activity.
- Together, study television and magazine advertisements for over-the-counter medications. Ask your teenager to identify the ways businesses urge people to use their products.
- Role-play situations that will give your child opportunities to practice refusal skills when offered drugs.

Please feel free to engage in any other activities you believe will encourage your teenager to think responsibly about drug use in our society. Thank you very much for supporting our classroom work. As always, do not hesitate to contact me for further information.

Sincerely,

Health Teacher