

# Parent Letter and Activities

Dear Parent or Guardian,

Few topics are as important to teenagers as the one we are currently studying in your child's health class: looking and feeling good. Specifically, students are learning about ways to keep skin, hair, nails, mouth, teeth, eyes, ears, and feet healthy. They are also learning about the importance of good posture and how to achieve it.

Some questions your child will be answering as we study these topics are: *Why does my face break out? How can I keep from having bad breath? What's the right way to clean my ears?* and *Why do adults always want me to stand up and sit up straight?*

These and similar questions are highly personal and sometimes uncomfortable. We are exploring them in a straightforward, positive manner that respects privacy, avoids embarrassment, and gives your teenager solid, real-world information that promotes healthy living.

Your help and encouragement in this matter are 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 teenager:

- Ask your child what appearance problems are of greatest concern to him or her.
- Go to the library with your child, and start a joint research project on a health or appearance problem that is bothering your teen. Locate articles that discuss the problem, and be supportive of his or her efforts to solve it.
- Have your child accompany you to the grocery store or drug store. Discuss the types of ingredients used in products. Compare the advantages and disadvantages of various personal care products that are available.
- Review magazine advertisements and analyze what techniques are used by the media to persuade teens to use their personal care products. Help your teen recognize the influence of body image in advertisements directed at teens.

Please feel free to engage in any other activities you believe will be helpful. Above all, be supportive of your child in what can be an awkward time. You may contact me for further information.

Sincerely,

Health Teacher