

Chapter**3****Parent Letter and Activities**

Dear Parent or Guardian,

Your child's health class is studying social health. The topics include relationships with family members, friends, and peers; the skills needed to talk and listen; and how to prevent and resolve conflicts.

Questions your child will consider include: *How can I deal with negative peer pressure? How can good speaking and listening skills help me deal with family problems and resolve conflicts? What can I do to keep myself, my school, and my neighborhood safe?* With your help, your child can proceed with confidence and find satisfying answers.

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 child.

- Create a daily "family time." Let each family member take a turn deciding what the family will do together at one of the sessions, such as take a walk, play a game, or discuss a manageable problem.
- Talk with your child about what you consider to be the qualities of a good friend. With your child, make a poster entitled "To have a good friend, be a good friend." Under the title, list pointers about how to act, speak, listen to, attract, and keep good, helpful friends.
- Ask your child about any acts of bullying that he or she has observed at school or on the playground. Talk about ways that conflicts can be resolved. Find out whether the school has peer mediators-students who are trained to help others settle their differences by talking instead of fighting.

Please engage in any other activities that you feel will help your child deal with peer pressure and other social problems. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher