

**Chapter****5****Parent Letter and Activities**

Dear Parent or Guardian,

In your teen's health class, we are focusing on personal health and consumer choices. Students will learn the best ways to care for their teeth, skin, hair, nails, eyes, and ears. Then we will discuss how to make good decisions when buying health products and services. We will discuss advertising and the other factors that influence consumer choices. Finally, we will compare types of health care providers and facilities and discuss health insurance.

Some questions to which your teen will find answers as we study these topics include: *What is the best way to keep my teeth healthy? How should I clean and protect my skin? How can I care for my hair and nails? How can I keep my eyes and ears healthy? What influences my buying decisions? How can I evaluate media messages? What questions should I ask before I buy a product? Why are product labels important? What types of health care providers and facilities are best for various illnesses and conditions? How is health care paid for?*

Because teens are an important consumer market, many ads are aimed at them. By working together, we can provide your teen with the necessary information to view advertising with a critical eye and to make informed purchasing decisions.

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:

- Visit the pharmacy together and compare two or three health products, such as shampoos, toothpaste, pain remedies, or cold medicines. Decide which products offer the best value for the money and best meet your needs.
- While watching television together, evaluate commercials for health products. Identify ways in which the advertiser tries to persuade people to buy the product.
- Identify the various kinds of health care facilities in your community. Explore together the kinds of health care each provides.
- Discuss your family's method of paying for health care. If you have insurance, you might discuss what type of plan you have. Be prepared to answer questions about what your health insurance covers. Contact the insurance company with questions that you cannot answer.

Other activities that will help your teen become an educated health product consumer are, of course, a welcome addition to our efforts here. Thank you for supporting our classroom work. As always, do not hesitate to contact me for further information.

Sincerely,

Health Teacher