

Chapter**6****Parent Letter and Activities**

Dear Parent or Guardian,

In health class we are currently studying the development stages of human beings, from conception through adulthood. Students will study the physical, mental, emotional, and social changes that usually take place during adolescence. They will learn about the effect of the endocrine system on growth and development and how the male and female reproductive systems work.

Some questions your teen will answer as we study these topics include: *What is the endocrine system and how does it work? What physical, mental/emotional, and social changes occur during adolescence? What parts make up the male and female reproductive systems, what are their functions, and how can the health of these systems be cared for? What factors affect development before birth? What are the stages of life? What does it mean to be an adult? How does adolescence prepare you for adulthood?*

The adolescent years can be unsettling and confusing for teens. The changes they experience—not only physically, but also mentally, emotionally, and socially—are a lot to deal with. Learning what to expect can help your teen experience adolescence with confidence. Your participation in this exploration of growth and development is important.

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:

- Together, look at photos and/or videotapes that show your teen at earlier ages. Discuss the physical changes that have taken place since the pictures were taken.
- Discuss how your teen's interests have changed in the last two, three, or more years. Encourage your teen to describe current interests and to speculate about what might become interesting in the future.
- Share some aspects of your adolescent years with your teen. For example, discuss some of the activities you and your friends enjoyed. Discuss some of the feelings and emotions you experienced.

Any other activities that you believe will help your teen understand the process of growing and developing into a healthy adult are, of course, a welcome addition to our efforts here. One of the greatest gifts you can give your teen is support and understanding during adolescence. As always, do not hesitate to contact me for further information.

Sincerely,

Health Teacher