

**Chapter****11****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 diseases and other conditions. 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 teen will answer as we explore this topic are: *How do medicines differ from drugs? How do medicines affect the body? What is the difference between drug misuse and drug abuse? What are the risks of using marijuana? How do inhalants affect the body? What are some ways to avoid drugs? What are the benefits of living drug free?*

Answering these questions will help your teen develop a healthy respect for the benefits of medicines and the dangers of drugs. As you know, drug misuse and drug abuse are serious problems confronting the teens 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 teen:

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

Please feel free to engage in any other activities you believe will encourage your teen 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