

**Chapter****13****Parent Letter and Activities**

Dear Parent or Guardian,

Your child's health class is currently studying alcohol. Specifically, we are examining how alcohol affects the human body and how alcoholism develops. We will conclude by emphasizing the benefits of being alcohol free.

Some questions your teen will answer as we study this topic are: *What are the effects of alcohol on the body? What problems does alcohol cause in teens? What are the dangers of drinking? What are sources of help for alcohol addiction? What are reasons to avoid alcohol use? What are some alternatives to alcohol for fun and relaxation?*

As your teen answers these questions, he or she will develop a thorough understanding of the risks of alcohol use and the benefits of being alcohol free. The risks of alcohol use, from automobile accidents to alcoholism, are many. Yet many teens feel pressured—by their peers and by advertising—to experiment with alcohol. Our course will help students to resist peer pressure and to focus on activities that do not involve alcohol use.

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 alcohol use.
- Ask your teen to tell you about the effects of alcohol on coordination. How does alcohol affect someone's ability to ride a bike, for example, or to participate in sports?
- Visit the library or look on the Internet together, and locate an article about alcohol use. Read the article independently, then discuss it together.
- Look at advertisements for alcohol products in magazines together. Ask your teen to identify the different ways in which the alcohol industry encourages people to buy and use its products.
- Role-play situations that will help your child develop refusal skills when someone tries to persuade him or her to drink.

Of course, feel free to engage in any other activities you think will encourage your teen to choose to be alcohol free. Your input and example in making this choice are vital. Thank you for supporting our classroom work. As always, you may contact me for further information.

Sincerely,

Health Teacher