

**Chapter****14****Parent Letter and Activities**

Dear Parent or Guardian,

Few topics are as important to teens as the one we are currently studying in your child's health class: personal care. Specifically, students are learning about ways to keep skin, hair, nails, mouth, teeth, eyes, and ears healthy.

Some questions your child will be answering as we study these topics are: *How can I care for my skin and deal with skin problems? How can I care for my hair and deal with hair and scalp problems? What causes tooth decay and gum disease? How can I care for my teeth and gums? How do my eyes work and how can I protect them? How do my ears work and how can I protect them?*

These and similar questions are highly personal and sometimes uncomfortable. We are exploring them in a straightforward, positive manner that respects privacy, avoids embarrassment, and gives your teen solid, real-world information that promotes healthy living.

Your help and encouragement in this matter are vital. 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:

- Ask your child what appearance problems are of greatest concern to him or her.
- Go to the library with your child, and start a joint research project on a health or appearance problem that is bothering your teen. Locate articles that discuss the problem, and be supportive of his or her efforts to solve it.
- Have your child accompany you to the grocery store or drug store. Discuss the types of ingredients used in personal care products. Compare the advantages and disadvantages of various products that are available.
- Review magazine advertisements and analyze techniques used by the media to persuade teens to use their personal care products. Help your teen recognize the influence of body image in advertisements directed at teens.

Please feel free to engage in any other activities you believe will be helpful. Above all, be supportive of your child in what can be an awkward time. You may contact me for further information.

Sincerely,

Health Teacher