

Chapter**2****Parent Letter and Activities**

Dear Parent or Guardian,

Your child's health class is currently studying health skills, or life skills. These skills include decision making, goal setting, communication skills, refusal skills, and stress management. They also include analyzing influences, accessing information, and practicing healthful behaviors.

Some questions your child will be answering as we study these skills are: *How can I make healthy, responsible decisions? How can I improve my speaking and listening skills? What are some positive ways to manage stress in my life? How can I get the health information I need?*

These are challenging yet extremely important questions. Being able to answer them will help your teen establish a foundation of health skills to use every day. These skills will help your teen maintain, protect, and improve his or her health. They will provide benefits not just during the teen years but also throughout life.

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:

- Refusal skills are communication strategies that help people say no effectively. Help your teen develop these important skills by role-playing. Acting out the role of another teen, try to convince your teen to do something, and give your child the opportunity to practice using refusal skills.
- Play a "stress/de-stress" game with your teen. Take turns identifying stressors and ways to cope with or minimize them.
- Make a map of your teen's "support network." Identify the family members, teachers and counselors, health care providers, religious leaders and others to whom your teen can turn in times of distress or when he or she needs to find reliable health information.

Please engage in any other activities you believe will be helpful. Your support is critical to your teen's understanding and applying these vital health skills. Please feel free to contact me for further information.

Sincerely,

Health Teacher