

Chapter**5****Parent Letter and Activities**

Dear Parent or Guardian,

Your child's health class is currently studying the topic of social health. By social health, we mean *the ability to get along with the people around you*. A person's social health is tied directly to his or her relationships with others, including family, friends, and peers.

In exploring the various aspects of social health, your teen will consider some important questions, such as: *What are different types of relationships? How do character traits such as respect, trustworthiness, responsibility, fairness, caring, and citizenship help build strong relationships? How do families meet each other's physical, mental/emotional, and social needs? How can I strengthen family bonds? What are the responsibilities involved in getting married and being a parent?* and many others.

These are challenging questions. With your help, however, your teen can explore them with confidence and find answers that are rich and rewarding. Your participation in this exploration of social health is vital. It provides you with a wonderful opportunity to interact with your child. Moreover, when you, your teen, and I work cooperatively, we set a good example of social health.

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:

- Work with your teen to think of examples of good character traits. Talk about how character and values play important roles in healthy relationships.
- Help your teen get to know your extended family by working together to make a family tree.
- Play a "bell/buzzer" game to help your teen learn about marriage and parenthood. You make true and false statements about these topics, to which your teen can respond with a bell or buzzer noise.
- Ask your teen what qualities represent good parenting and what qualities represent poor parenting. Share your ideas, and search for common ground. Use this as an opportunity to explain why qualities your teen may view as negative are, in fact, positive parenting.

Please engage in other activities you feel will help your teen develop good social health. Your support is critical to your teen's understanding and applying these vital life skills. Thank you very much for your continued involvement. Please feel free to contact me.

Sincerely,

Health Teacher