

Chapter**9****Parent Letter and Activities**

Dear Parent or Guardian,

Your child's health class is studying alcohol and other drugs. The topics include the effects of alcohol on the body, safe medicine use, the dangers of drug abuse, and ways to avoid health-damaging substances.

Questions your child will consider include: *How does drinking alcohol affect a person's health? How can I use medicines safely? What are some ways I can avoid alcohol and other drugs?* With your help, your child can explore these questions with confidence and find answers that will help him or her make important decisions 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 child.

- Talk with your child about ways you use prescription and over-the-counter medicines safely. Study the label of an over-the-counter medication together.
- Talk with your child about the physical and mental effects of alcohol and drug use. Discuss ways your child can refuse these substances.
- Share your own experience with refusing alcohol and other drugs. Work with your child to think of healthy alternatives to using these substances.

Please engage in other activities that you feel will help your child develop ways to avoid using alcohol and other drugs. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher