

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

Dear Parent or Guardian,

In health class we are currently studying taking responsibility for our health. Students are learning about the types of skills they need to achieve, maintain, and protect good health. They will learn processes for making responsible decisions about their own health and for setting realistic health goals. We will also discuss good character traits and how to develop them.

Some questions your teen will answer as we study these topics are: *Why are health skills important? What skills do I need to improve my health knowledge and related behavior; to maintain and protect my personal health and safety; and to interact with others? What types of decisions affect my health and the health of others? How do values play a role in the decisions I make? What steps are involved in the decision-making process? What are the benefits of setting goals? What types of goals might I set? How can I create and follow a goal-setting plan to reach a goal? What are the elements of good character? How can I develop good character?*

Your help and encouragement are important. Please set aside some time during the next few weeks to complete one or more of the following activities with your teen:

- Compare activities and techniques you use to achieve, maintain, and protect good health.
- After watching a favorite television program together, discuss some of the decisions the characters made and the consequences of their decisions.
- Help your teen create a goal-setting plan to reach a specific health goal.
- Identify and discuss actual examples of behavior that you and/or your teen have witnessed or have heard about that illustrate good character traits: trustworthiness, respect, responsibility, fairness, caring, and citizenship.

Any other activities that you believe will help your teen to develop the skills needed to be healthy, that will improve his or her decision-making and goal-setting skills, and that will help him or her develop good character will be a welcome addition to our efforts here. Thank you for supporting our classroom work. As always, do not hesitate to contact me for further information.

Sincerely,

Health Teacher