

**Chapter****3****Parent Letter and Activities**

Dear Parent or Guardian,

Your child's health class is currently learning about becoming an informed health consumer. As the number of health products and services available to teens and all Americans continues to grow, this topic is of ever-increasing importance.

Learning to become an informed consumer involves many important issues. Questions that your teen will be examining in detail include: *How can I be an informed health consumer? What kinds of health care providers are available? How can I protect myself from health fraud? What is the role of government agencies in protecting public health?*

These and similar questions will provide the focus of our study of consumers and health. By encouraging your teen to learn to answer these questions independently, you can help him or her develop skills to make wise choices about the vast array of health care products and services.

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:

- Go shopping with your teen, and comparison shop for a health-related item, such as athletic footwear. Compare the cost, features, quality, and warranties of competing goods. Analyze which product would be the best buy for his or her needs.
- Review with your teen your family's health care providers. Make sure your child knows all the pertinent information, including names, addresses, and insurance information.
- View television commercials or read print advertisements for health products with your teen, and discuss how each ad is designed to appeal to consumers. Look for evidence of health fraud.
- Ask your teen to point out the role of government public health agencies in restaurants, stores, parks, and other places your family visits.

Let me encourage you to engage in any other activities that you think will make your teen an informed consumer of health goods and services. Remember, in the marketplace it is said, "Let the buyer beware." This is a vital lesson we can work together to teach your teen. Please feel free to contact me.

Sincerely,

Health Teacher