

Chapter 2 Parent Letter and Activities

Dear Parent or Guardian,

Your teen's health class is presently learning about taking charge of their health. One of the keys to good health is the development of communication skills. Because human interaction is based on the exchange of thoughts, feelings, and beliefs, an understanding of personal values is crucial. Your teen will also learn about making responsible decisions, setting goals, and making informed consumer choices regarding health products and services, as well as how to protect themselves from fraud.

In this chapter, your teen will explore the following topics:

- Building Health Skills.
- Making Responsible Decisions and Setting Goals.
- Being a Health-Literate Consumer.
- Managing Consumer Problems.

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics: Ask your son or daughter to explain how he or she utilizes refusal skills when necessary. Ask your son or daughter to name some short- and long-term goals and explain what steps he or she is taking to achieve these goals. Ask your teen to explain how advertising affects consumer choices about health products. Discuss what can be done in case of a consumer problem and ask your teen to name the organizations that may be helpful reaching a resolution.

Developing positive health skills is a life-long endeavor. Hopefully, we can work together to help your teen establish an understanding of how to take charge of his or her health. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health studies.

Sincerely,

Health Teacher

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