

Chapter 8 Parent Letter and Activities

Dear Parent or Guardian,

The current focus of your teen's health class is peer relationships. During the teen years, children begin relying more and more on friends to provide advice and validation. As teen reliance shifts from parents to peers, it is important that teens begin to develop a more mature understanding of relationship dynamics. In health class, your son or daughter will learn about peer relationships.

Your teen will explore the following topics in this chapter:

- Safe and Healthy Friendships.
- Peer Pressure and Refusal Skills.
- Practicing Abstinence.

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics: Ask your teen to identify three types of friendships. Have him or her name a person with whom he or she maintains each kind of friendship. In turn, share similar information with your teen. Discuss with your son or daughter specific instances when peer pressure may be exerted. Talk about ways the pressure may be applied and methods to resist it. Discuss with your teen the need to establish limits when dating. Talk about situational strategies that will help avoid risky behaviors. Discuss with your teen the moral, legal, physical, and potential life-altering consequences of premarital sexual activity. Ask your son or daughter to explain the benefits of abstinence.

Please plan other activities you think will help your teen develop and maintain positive peer relationships and make healthful choices while dating. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher

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