

# Chapter 16 Parent Letter and Activities

Dear Parent or Guardian,

As your son or daughter works through the teen years to maturity, a number of physical and emotional changes will take place. This health chapter will address the role the endocrine system plays in regulating hormone secretion, how it affects health, and how it triggers body changes during adolescence. The chapter will also include analysis of the male and female reproductive systems, including anatomical and health maintenance information. Students will learn about health problems relating to reproductive systems, the importance of early warning signs and detection, and methods of preventative care.

Your teen will explore the following topics in this chapter:

- The Endocrine System.
- The Male Reproductive System.
- The Female Reproductive System.

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics: Ask your teen to explain how the endocrine system functions and how it affects body changes during adolescence. Discuss with your teen any questions or concerns he or she may have about proper health care of his or her reproductive system. Ask your daughter or son to describe the method for self-examination for either a breast exam or testicular exam. Discuss with your teen the role abstinence plays in preventing sexually transmitted diseases.

Please plan other activities you think will help your son or daughter develop and maintain healthful attitudes and habits while he or she continues to mature. 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

Please read our [Terms of Use](#) and [Privacy Notice](#) before you explore our Web site. To report a technical problem with this Web site, please contact [Technical Support](#).