

# Chapter 19 Parent Letter and Activities

Dear Parent or Guardian,

Your teen's health class is presently learning about medicines and drugs. One important fact to keep in mind is that although all medicines are drugs, not all drugs are medicines. Your teen will learn about different kinds of medicines and how to use them safely. Your teen will also learn about the consequences of misuse of medications or drugs. By studying the material in this chapter, your teen will gain knowledge that can help her or him make safe decisions when medicines or drugs are involved.

The following topics will be discussed in this chapter:

- The Role of Medicines.
- Using Medicines Safely.

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics: Discuss with your teen any medical problems in the family that require maintenance medications to manage the condition or illness. Ask your teen to explain the roles of vaccines and antibiotics and how they help communities. Together use the Internet or other source to research the world before these medications existed and compare those times to the world we live in today. Emphasize the importance of discussing any medicines you are taking with your doctor or pharmacist before adding a new medicine.

By stressing the benefits of using medicines safely, I hope we can work together to create a safer, stronger, school and community. 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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