

# Chapter 21 Parent Letter and Activities

Dear Parent or Guardian,

Before they reach the end of high school, American teens are often faced with the decision of whether or not to drink alcoholic beverages. This decision comes at an age when many teens are susceptible to images of drinking portrayed in movies, television, advertisements, as well as the images portrayed by other teens. For this reason, it is important that they have accurate information regarding alcohol. In this chapter, we will investigate alcohol, the consequences of alcohol use, and the benefits of remaining alcohol free.

The following topics will be explored in this chapter:

- The Health Risks of Alcohol Use.
- Choosing to Live Alcohol Free.
- The Impact of Alcohol Abuse.

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics: Find examples of alcohol advertisements in magazines or other print media that you have around your home, or discuss ads for alcoholic beverages that you have seen on television and billboards. Ask your teen how advertisers seek to portray alcohol. How do these images portray an unrealistic picture of drinking? Help your teen research some organizations that provide treatment for alcohol addiction, both for the addicted person and that person's family. Consider using the Internet, the library, and the telephone directory to locate these resources. With your teen, investigate the possibility of joining SADD (Students Against Destructive Decisions) or establishing a chapter of SADD in your teen's school if one does not already exist.

Please plan other activities you think will help your teen understand and practice the concepts presented in this chapter. 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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