

Chapter 6 Parent Letter and Activities

Dear Parent or Guardian,

Your teen's health class is currently studying relationships. Because interaction with people is a necessary and important part of life and personal development, your son or daughter will examine the dynamics of social interaction. Your teen will look at relationships with family members, friends, and peers, and identify qualities and character traits that promote healthy interaction.

The following topics will be discussed in this chapter:

- Foundations of a Healthy Relationship.
- Respecting Yourself and Others.
- Communicating Effectively.

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics: Ask your teen to outline the different types of relationships in which every person plays a role, focusing on friendships, family, and community relationships. Ask your son or daughter to explain how these relationships impact everyday life. Ask your teen to explain the character traits he or she looks for in friends and how these traits are important to healthy relationships. Have your teen reflect on the positive character traits he or she brings to a relationship. Discuss the role of communication styles in building and maintaining relationships. Role-play different communication styles, contrasting passive, aggressive, and assertive methods. Do a similar role-play with listening skills. Present various situations to your teen, and ask him or her to explain how constructive feedback can be used to improve a relationship.

Please plan other activities you think will help your teen develop and maintain positive relationships. 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](#).