

# Chapter 9 Parent Letter and Activities

Dear Parent or Guardian,

Your teen's health class is currently studying conflict resolution and violence prevention. Teens are more likely than adults to be victims of violence. Homicide is the second leading cause of death among teens. In this chapter your son or daughter will learn about the causes and effects of conflict, and methods of conflict resolution. Your teen will learn about factors that play a role in violence, such as alcohol and drug use, availability of weapons, and gangs. He or she will study ways to reduce the risk of violence, including learning to recognize the warning signs. Causes and effects of violence, as well as the different types of violence and abuse, will be examined. The chapter ends with ways to prevent and overcome abuse and where to go for help.

Your teen will explore the following topics in this chapter:

- Causes of Conflict.
- Resolving Conflicts.
- Understanding Violence.
- Preventing and Overcoming Abuse.

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics: Investigate and discuss the anti-violence programs and policies at his or her school. Review the procedures you have at home to keep your home safe, and review precautions your son or daughter should take to avoid risky situations and to develop safety habits. Ask your teen whether he or she has ever been a victim or perpetrator of violence of any kind. Ask your teen to explain what should be done if he or she witnesses any violence or abuse. If your son or daughter is in a dating relationship, ask whether the relationship is a healthy one. Discuss the signs of an abusive relationship, and encourage your teen to discuss any problems with you or another trusted adult. Brainstorm tips for avoiding date rape, such as avoiding risky situations and alcohol and other drugs.

Please plan other activities you think will help protect your son or daughter from violence and abuse of any kind. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher

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