

# Chapter 18 Parent Letter and Activities

Dear Parent or Guardian,

Your teen's health class is presently learning about the complexities of adolescence and the life stages that follow. Adolescence is a turbulent time of physical, mental/emotional, and social development. Your son or daughter will examine each aspect of adolescent growth and change. Your teen will also consider the process by which an adolescent progresses toward physical and emotional maturity. She or he will also learn about adulthood, marriage, parenthood and the changes that come with middle and late adulthood.

Your child will explore the following topics in this chapter:

- Changes During Adolescence.
- Adulthood, Marriage, and Parenthood.
- Health Through the Life Cycle.

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics: Ask your teen to explain the physical and emotional changes he or she has experienced as an adolescent. Ask your son or daughter to make a list of advice he or she might pass on to someone just beginning the transition from childhood to adolescence. Discuss with your teen the benefits of establishing healthy values and setting goals. Talk with your teen about the cornerstones of a successful marriage. Discuss parental responsibilities and the role of family members in promoting a healthy family. Encourage your teen to have a discussion with a grandparent or older adult, and ask that person for his or her perspective on life in its current stage.

Please plan other activities that will help your son or daughter understand the nature of adolescence. 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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