

# Chapter 13 Parent Letter and Activities

Dear Parent or Guardian,

The current focus of your teen's health class is personal care and healthy behaviors. Health care issues regarding care of the skin, hair, teeth, mouth, eyes, and ears, will be addressed in depth. Because personal appearance is such a high priority for teens, your son or daughter will engage in learning activities designed to help teens identify healthful behaviors that impact appearance and protect the health of their bodies.

Some questions your teen will explore in this chapter include:

- Healthy Skin, Hair, and Nails.
- Healthy Teeth and Mouth.
- Healthy Eyes and Ears.

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 effects of the sun's ultraviolet rays on the skin. Discuss with your son or daughter the times and places when he or she faces excessive exposure to the sun. Make a list of guidelines to protect the skin and reduce exposure. Ask your teen to describe how gum disease develops. Discuss proper dental hygiene and ask your son or daughter to outline his or her daily measures to prevent teeth and mouth problems. Discuss with your teen the role of diet, eye protection, rest, and eye exams in protecting vision. Ask your son or daughter if he or she has been experiencing any vision problems. Ask your son or daughter to explain how sudden noises of high decibel levels or extended exposure to high decibel levels can permanently damage hearing. Discuss why loud music or noise from tools, such as leaf blowers, grinders, and even lawn mowers, should be avoided or protected against with earplugs or ear coverings.

Please plan other activities you think will help your teen develop and maintain positive personal health habits. 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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