

# Chapter 1 Parent Letter and Activities

Dear Parent or Guardian,

As part of the academic curriculum, your teen is starting a new course on understanding health and wellness. Three elements of health will be covered: physical, mental/emotional, and social health. These three health elements are interconnected and make up the *health triangle*. The purpose of this course is to help your child gain the knowledge and skills needed to create and maintain a balanced *health triangle*.

In this first chapter, your teen will explore the following topics:

- Your Total Health.
- What Affects Your Health?
- Health Risks and Your Behavior.
- Promoting Health and Wellness.

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 health triangle. Discuss how everyday behaviors affect the different sides of the health triangle. Encourage your teen to generate health-related questions she or he hopes to have answered during this course. Read the health textbook's table of contents and discuss where these issues might be addressed. Discuss resources in your community that teens can use to research health-related topics. If you include the Internet in these resources, be sure to ask your teen about various strategies for evaluating the reliability of information he or she obtains there.

I hope that this course will prove to be fun and informative for you and your teen. 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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