

NOTE TO HOME

Number Nine: Adolescent Health Issues

Points Covered in this Lesson:

- ✓ Discussed the physical changes that a person goes through when they reach adolescence.
- ✓ Discussed making healthy choices.
- ✓ Discussed the HIV/AIDS virus.
- ✓ Discussed Sexually Transmitted Diseases (STDs).
- ✓ Discussed the fact that the only guaranteed way to avoid these diseases is to practice abstinence.

Possible Discussion Topics at Home:

- ✓ Talk about different healthy choices that we can make. What are some specific examples?
- ✓ Talk about abstinence in relation to STDs: ask your child what is the only guaranteed way to avoid these diseases? Answer: practice abstinence.