

CHAPTER 24 Tobacco

Dear Parent or Guardian,

Your teen's health class is currently studying tobacco. We will examine the effects of tobacco on the body and discuss why people can become addicted to it. Because tobacco use has the potential to cause serious harm to a person's health, we will stress the positive value of remaining tobacco-free. Included in the chapter is a discussion of the problems associated with secondhand smoke and tips for those who want to quit smoking.

Some questions your teen will explore as we study this chapter are: *How are teens influenced to smoke? What does smoking do to the body? Is smokeless tobacco a dangerous substance? What does smoking have to do with my appearance and social health? Is tobacco smoke dangerous to nonsmokers? Why should a pregnant woman avoid tobacco use? How can tobacco users become tobacco-free?*

To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Encourage your son or daughter to share some of the reasons other teens give for using tobacco products. Ask your teen to tell you why the addictive qualities of tobacco trap many of these teens into becoming dependent on tobacco.
- Discuss with your son or daughter the benefits of being a nonsmoker. Ask your teen to explain the dangers of using both smoking tobacco and smokeless tobacco.
- Read and share with your teen information about the unhealthy effects of passive smoke. Ask your son or daughter to explain the rights of the nonsmoker.

Please plan other activities you think will help your son or daughter choose to be tobacco-free. 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