

Parent Letter and Activities

Dear Parent or Guardian,

In your teen's health class, we are currently studying tobacco and how it affects users and nonusers alike. Specifically, students will learn about the effects on the body of tobacco use and exposure to tobacco smoke. As you know, tobacco is an extremely dangerous substance, one that is highly addictive because of the nicotine it contains. Tobacco use is strongly associated with heart disease, various kinds of cancer, and other very serious diseases. Therefore, our focus throughout our studies will be on tobacco's harmful effects and the benefits of a tobacco-free life.

Some questions your teen will answer as we study this important topic include: *What is in tobacco that causes health problems? What parts of the body are affected by tobacco? How can I take care of my lungs? How do people become addicted to tobacco? How can I remain tobacco free? What are some ways of breaking the tobacco habit?*

To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your teen:

- Make yourself available to answer questions and discuss concerns your teen may have about tobacco.
- Together, look through magazines for cigarette advertisements. Discuss what images the ads use to persuade people to smoke. Discuss what the images show and what they do not tell the reader about the effects of smoking.
- If you were once a smoker, share the reasons why you started smoking, and discuss the method(s) you used to quit. If you still smoke, talk about its effects on your life today.
- Make a list of the people you know in common that have quit smoking. Then survey them to find out why and how they quit.

Please engage in any other activities that you believe will help your teen avoid tobacco use. Thank you for supporting our classroom work. As always, do not hesitate to contact me for further information.

Sincerely,

Health Teacher