

Chapter**8****Parent Letter and Activities**

Dear Parent or Guardian,

Your child's health class is studying tobacco. The topics include why tobacco is harmful, the effects of tobacco on the body, and ways to stay tobacco free.

Questions your child will consider include: *How does smoking cigarettes affect the body? What are the dangers of using smokeless tobacco and breathing in secondhand smoke? What are some ways I can avoid using tobacco?* With your help, your child can explore these questions with confidence and find answers that will help him or her make important decisions throughout life.

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 child.

- Talk with your child about the physical and mental effects of tobacco use. Discuss ways your child can stay tobacco free.
- Talk with your child about the pressures he or she faces to use tobacco. Include peer pressure and media advertising in your discussion.
- Share your own experience with refusing tobacco. Work with your child to think of healthy alternatives to using tobacco.

Please engage in other activities that you feel will help your child develop ways to avoid using tobacco. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher