

Life

Skills Training

Promoting Health and Personal Development

Dear Family,

Teen smoking continues to be a major health problem in our society. Children are starting to experiment with tobacco at younger ages than ever before. In order to combat this alarming trend, schools have begun to participate in smoking prevention programs in elementary schools.

We have been studying about smoking in school. In order to help students understand the risks involved in tobacco use, the class was given the opportunity to discuss and view pictures of different types of tobacco. In addition, the class discussed tobacco legislation and had the opportunity to create their own laws related to tobacco.

You can begin now to prevent your child from smoking in the future. Contact agencies such as the American Lung Association, the American Cancer Society and/or the American Heart Association to find out if they are offering any workshops for parents and children. These associations might also be able to send you materials such as pamphlets, stickers, and key chains. Have your child interview family members who smoke to find out how and when they started, if they have any negative health problems related to smoking, and if they regret starting in the first place.

Children whose parents smoke are more likely to smoke themselves. Therefore, setting a good example by not smoking is one of the most important things you can do to decrease your child's risk of becoming a smoker. However, if you smoke but have tried to quit, discussing your efforts to quit can help your child understand how difficult it is to quit and can also decrease your child's risk of starting to smoke.

Thank you for your help.

Sincerely,