

NAME: _____

MOD: _____

DATE: _____

DUE: _____

SMOKE TOBACCO LETTER TO A LOVED ONE

DIRECTIONS: Choose a person you care about in your life that smokes cigarettes. (If you do not know a smoker, think of a friend's family member, relative, or a stranger who smokes) Using the information that you learned in class, you will write a letter to this person telling them how you feel about them smoking. Some ideas to include in your letter are:

- How them smoking makes you feel: physically, mentally, emotionally, socially
- Any effects on your belongings: clothes, house, car, furniture smelling like smoke
- Why you want them to quit: smoking related diseases, second hand smoke effects
- Benefits to quitting: instant health improvements, financial impact, everyday functioning improvements
- Where they can go for help to quit: Resources, websites, doctors, products
- How you could help them quit: quitting as a team, using a decoy (toothpick, lollypop, etc), point systems
- A goal celebrate quitting: save money used to buy cigarettes for a: trip, gift, tickets to concert/sports event

*Why having them quit is important to you and what it would mean to you if they quit (must close letter with this)

Your letter will be turned in to Mr. Iseman for a homework grade. When you get your letter back you may give it to the person you wrote it for if you would like to.

***EXTRA CREDIT: if you give the letter to the person you wrote it for, write a reflection discussing their response and any effects your letter had on that person.