



# Life Skills Training

Dear Family:

Although fewer young people smoke in the UK compared to 10 years ago, rates are still too high. It's important that we try to prevent our children from starting to smoke. By not smoking they are more likely to live longer and have better health. It will also mean that they are less likely to become addicted to other things like alcohol and drugs.

Your child has been studying about smoking in school. Today in class we did some experiments that showed how smoking causes COPD and what happens to the heart of a person who smokes. The class also saw what happens to the lungs if they smoke a cigarette. You might want to ask your child about what they learnt today.

Your child might be interested in getting some more information about why smoking is unhealthy. This will help prevent them from taking up the habit in the future. There is lots of free information available online at [www.askfrank.com](http://www.askfrank.com), or your local health centre or library might have activity booklets.

We know that children whose carers smoke are more likely to smoke themselves. It can be a hard habit to break, but there is help available. If you smoke and would like support to quit you might find it useful to talk to your GP or check out some of the information online at [www.nhs.uk](http://www.nhs.uk).

If you would like any more information or have any comments, please leave a message with the school office and I'll call you back.

Best wishes