



Life Skills Training

Dear Family,

Teenagers who smoke are putting their health at risk. Although the rate of teen smokers is falling, there are still too many who smoke. Smoking is a hard habit to break once you've started so the most effective way is to try to prevent young people smoking in the first place.

We have been learning about smoking in school. It's important at this age that children understand what smoking is really like, and that it isn't as glamorous as they might think from films or on tv. It won't make them look older or more cool. Children need to understand what is in cigarettes and what the risks are. We also talked about the laws that are in place to encourage people to give up smoking or not to start in the first place.

If you and your child want to find out more, there are many organisations that have free resources. The British Lung Foundation, British Cancer Foundation or British Heart Association have lots of family friendly resources and sometimes free materials that can help your child understand how risky smoking is. If you or another family member smoke it might be helpful to talk to your child about whether you've ever tried giving up, or any of the negative effects smoking can have.

If you would like some more information or have any comments about what we're doing, please let me know – you can get a message to me through the school office and I'll give you a call.

Best wishes,