



## Parent Assignment #1: Grade 3

### Smoking



*Every year*, smokers across the nation take part in the Great American Smokeout® by smoking less or quitting for the day on the third Thursday of November. The event challenges people to stop using tobacco. The Smokeout has helped bring about dramatic changes in American's attitudes about smoking, which have led to community programs and smoke-free laws that are now saving lives in many states. The event began in 1970's when smoking and secondhand smoke were commonplace. Each year, the Smokeout also draws attention to the deaths and chronic diseases caused by smoking.

*Every single day* in the United States, close to 3,000 young people under the age of 18 start smoking cigarettes. It's hard to imagine...with anti-smoking laws increasing and social acceptance on the decline, one would think our kids would be getting the idea that smoking is a dumb idea. Many of them *are* getting the idea, but clearly not enough.

It's up to parents to help their children understand from an early age that smoking is dangerous and deadly. Parents have more influence on their children than anyone else, so start the dialogue with your child early, and mention your feelings about smoking often. Let them know how serious the addiction to nicotine is and educate them about the risks associated with smoking. Condition them to have a healthy hatred for smoking. The more you can do early on in your child's development to turn them away from smoking, the better their chances will be of avoiding it altogether.

Kids who use tobacco are more likely to:

- Develop respiratory problems such as asthma and coughing.
- Have trouble with athletic performance. Lung capacity is affected, along with endurance.
- Have yellowed teeth. Tobacco stains teeth and causes bad breath.
- Stink! Cigarette smoke clings to clothing, and the smell of stale smoke is strong and unpleasant.
- Use other drugs such as alcohol, marijuana and cocaine.
- Become addicted to tobacco and find it very difficult to quit.

Many kids are smoking by the time they're 11 years old, and are addicted by the age of 14. Encourage your child to avoid picking up that first cigarette.

Remember! Your input is important. Help your child build a foundation that will keep them smoke free for life. Let them know early and let them know often that smoking is destructive and deadly. Set them up for a healthy life by educating them young about the dangers of smoking.

## **Assignment**

Ask your child to review the day's lesson, and handouts with you. Discuss their feelings about the lesson, and any issues that may have come up for them that day in school.

Choose one or more of the following:

1. Speak directly about the risks associated with smoking. If you have friends or relatives who have died of a smoking-related illness, share the truth about it with your child.
2. Help your kids develop a healthy self-image. If they feel confident and sure of themselves, they'll be better able to resist social pressure to smoke. Spend a day doing healthy alternative activities and encourage your child to make positive life choices.
3. Discuss ways that they can say no to smoking. Help them prepare for situations by running through potential scenarios they might experience with friends. Do a little role playing. Ask questions like "What would you do if your best friend asked you to smoke?" Help them come up with ways to say no without losing friends.
4. Let your child know that smoking in movies and on TV is NOT cool. Seeing their favorite stars smoking can be very influential to a young person, so be aware of what your child is watching and be ready to counteract it. Discuss a favorite movie or TV star who smokes and the consequences for that person.
5. If you or a family member smokes, it becomes harder for your child to choose healthy alternatives. As role models, family has a great influence in a child's development. Dedicate the Great American Smokeout as an opportunity to quit, and ask your child to help encourage and support not smoking. Explain why smoking is bad for your health and work out a plan (with your child) to keep you, or the family member 'on track' and smoke-free.

Source: <http://quitsmoking.about.com>



Livingston Youth and Community Services

**Parent Assignment #1: Grade 3 Tobacco**

Student's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Which assignment did you choose, and why? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Was this lesson helpful? Yes/ No

Please explain \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**Raffle Entry**

**Parent Assignment #1: Grade 3 Tobacco**

Student's Name: \_\_\_\_\_ Parent's Name: \_\_\_\_\_

School: \_\_\_\_\_ Grade 3

Please complete this sheet and return to LYCS, PO Box 822, Livingston, NJ 07039,  
Fax: 973-992-9318, email: [lycs@livingston.org](mailto:lycs@livingston.org), or leave at reception in school