

# Letter Writing Project: Smoking or Health?

In this assignment you will be writing a letter to yourself about choosing not to smoke.

## Letter Basics

Write the letter as a personal letter..... Dear Me, Love Me, etc.

Correct grammar and spelling are required

Your letter must have at least five sections!

The letter must be neat and in ink if written. Computer generated letters are encouraged.

Fill in the worksheet with the requested facts and turn it in with your letter.

**NOTE:** Letters not following guidelines will be marked down.

The assignment has a value of 100 points.

## OUTLINE:

**Section #1 Introduction...** Explain why you are writing the letter and add any personal information you may wish to tell yourself a year from now.

**Section #2 The Basic Facts...** Explain how advertising attracts people to smoke, especially young people like you. Remind yourself that only 25% of people still smoke. Smokers are mostly “D” students. Few are “A” students . **Include a list of tobacco ingredients.** Point out that more and more places, public and private, are smoke-free every year. Make sure to discuss all the items on the worksheet.

**Section #3 Nonfatal Problems...** Discuss ten or more of the nonfatal problems smokers face, such as **Yellow Teeth, Cost, Coughing up Phlegm**, etc. Explain at least **five** of these problems.

**Section #4 Killer Problems...** Discuss the life threatening problems of smoking including **Lung Cancer, Emphysema, Beurger’s Disease, Heart Disease and Voice Box Cancer and the others on the worksheet ( there are ten in all )** . You must explain what each disease is and what it does to the body.

**Section #5 My Decision...** List at least 7 reasons to not smoke. Then, state your personal decision about smoking and why you will say no to this addictive drug. Use a personal story if you wish.

## Extra Credit Ideas:

- ✓ Make reference to two smoking information **web sites** in your letter
- ✓ Download a picture of a diseased organ ( Lung, Kidney, etc. ) from the Internet caused by smoking and include it with your letter
- ✓ Write a poem about smoking and turn in with your letter

# Tobacco Letter Worksheet

Fill in the blanks with information you are learning about tobacco.

## **Basic Facts about Smoking ( Section 2 )**

- ❖ **How many people smoke in the U.S.A.?**
  - ❖ **How many are teenagers?**
  - ❖ **How many people die each year because of smoking?**
  - ❖ **How are people attracted to smoking?**
  - ❖ **How does secondhand smoke affect people?**
  - ❖ **What kind of people still smoke?**
  - ❖ **Why do people keep smoking?**
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## **Problems of Smoking ( Section 3 )**

- Yellow Teeth**
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  - Bad Breath**
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## Internet Resources You May Want to Check Out and Use

- [www.lungusa.org/tobacco/index.html](http://www.lungusa.org/tobacco/index.html)
- [www.cancer.org/eprise](http://www.cancer.org/eprise)
- [www.notobacco.org](http://www.notobacco.org)
- [www.wholetruth.com](http://www.wholetruth.com)
- [www.smokehelp.org](http://www.smokehelp.org)
- [www.cdc.gov/tobacco/educationalmaterials](http://www.cdc.gov/tobacco/educationalmaterials)
- [www.thetruth.com](http://www.thetruth.com)
- [www.bu.edu.cohis/smoking](http://www.bu.edu.cohis/smoking)
- [www.student.biology.arizona.edu/honors96/group7](http://www.student.biology.arizona.edu/honors96/group7)
- [www.tobaccofree.com](http://www.tobaccofree.com)
- [www.pbs.org/inthemix/shows/show\\_smoking.html](http://www.pbs.org/inthemix/shows/show_smoking.html)