

Family Communication

November 21

Great American Smokeout Day®



Dear Eagles (Insert School Name or Mascot Here) Family,

Good morning Eagles (insert school name or mascot here)! Today is The Great American Smokeout! Nicotine is the MOST addictive substance on the face of the earth (that we know of). Did you know that out of 100 people who start using nicotine, over 68 of them will become addicted! It takes about 10 years for your average smoker to quit. Quitting smoking is not easy. It takes time. And a plan.

That is why we observe the Great American Smokeout event. If you or someone you know has become addicted to nicotine, let this be your day to start your journey toward a smoke-free life. You and your children will have the opportunity to learn more _____ (insert text from checked boxes below).

- From our counselor, teacher, or nurse
- During a homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the www.KnowYourNeuro.org website
- Other _____

Vaping and e-cigarettes have given rise to a new trend that is starting in middle school! Use this day as an opportunity to discuss how addictive nicotine is and what your family rules are about smoking and vaping. et more information about increasing executive functioning skills like empathy at www.KnowYourNeuro.org.

For questions or more information, please contact me.

School Official's Signature and Contact Information