

A Letter of Advice

3E Ramos Blessy Rose

Dear Chris,

How are you doing? I have heard that you have started smoking lately and I am worried about you. Do you know that smoking is bad for your health and it may lead to many problems? Let me tell you the bad effects of smoking and give you some advice to stop this addiction.

First, smoking is harmful to our health and it may even cause you serious illness! For instance, smokers have a higher risk of lung cancer, heart disease and many other fatal diseases. It may cause you your life and destroy your dreams. Last week, I read a piece of news about a 16-year old teenage smoker who lost his life because of lung cancer. Smoking really does a lot of harm and I don't want you to be sick.

Second, many teenagers have the wrong idea that smoking can help them escape from their problems and they can stop smoking whenever they want. This is a misconception because once they have started, it is very difficult to quit. You should know that it is easy to become addicted to smoking and this may become a lifelong habit.

As your friend, I really want you to quit smoking and live a healthier life. I think you should talk to your family about your problems. I am sure they will help you. Also, you have to choose your friends carefully. Moreover, you can talk to your teachers at school and ask them for help. The social workers can also give you some useful advice.

Lastly, let me remind you that smoking brings many harmful effects and you have to quite smoking. You need to ask your family, teachers or social workers for help. I hope my advice is helpful. Take care and write back soon!

Best wishes,
Rose

Teacher's Feedback : You have explained the harmful effects clearly and given practical advice to the problem. Your ideas are well-organized and your tone is appropriate. Good job! (Miss Jacqueline Chun)