LTE Template for National Friendship Day (Sunday, August 7)

Drafted June 15, 2016

Dear Editor,

**START YOUR LTE BY PROVIDING CONTEXT. SUNDAY, AUGUST 7 IS NATIONAL FRIENDSHIP DAY. TALK ABOUT THE IMPORTANCE OF FRIENDSHIP AND WHAT BEING A TRUE FRIEND MEANS TO YOU. DISCUSS HOW BEING A GOOD FRIEND MEANS WANTING THE BEST FOR YOUR FRIENDS, INCLUDING A HEALTHY, TOBACCO-FREE LIFE.**

**TALK ABOUT AN IMPORTANT FRIENDSHIP IN YOUR LIFE (YOU CAN DECIDE WHETHER OR NOT TO USE A NAME) THAT INVOLVED SOMEONE THAT USED OR STILL USES TOBACCO. TALK ABOUT WHY YOU’RE GLAD THEY STOPPED OR HOW YOU WISH THEY WOULD STOP. IF THE FRIENDSHIP GOES BACK A LONG WAY (HIGH SCHOOL, ETC.), YOU COULD ALSO POSSIBLY DISCUSS HOW THEY STARTED. DID THE TOBACCO USE EVER NEGATIVELY AFFECT THE FRIENDSHIP?**

**PROVIDE A FEW GOOD REASONS TO QUIT. YOU CAN FIND EXAMPLES** [**HERE**](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm#benefits)**.**

**NOW ENCOURAGE OTHERS TO TALK TO THE IMPORTANT PEOPLE IN THEIR LIFE ABOUT QUITTING TOBACCO. YOU COULD TALK ABOUT HOW BEING A GOOD FRIEND MEANS SPEAKING UP WHEN YOU’RE CONCERNED, EVEN IF IT MIGHT BE A TOUGH CONVERSATION. EMPHASIZE THE IMPORTANCE OF BEING SUPPORTIVE DURING THEIR QUITTING JOURNEY.**

**CLOSE WITH A LINE ABOUT HOW ALL TOBACCO USERS THAT ARE READY TO QUIT TOBACCO CAN RECEIVE FREE HELP BY CALLING 1-800-QUIT-NOW.**