



American Heart Association



# CREATING A TOBACCO-FREE SCHOOL DISTRICT A WIN-WIN-WIN!



## VAPING IS THE NEW YOUTH TOBACCO EPIDEMIC



1 in 5 teens are vaping  
(that's 3.6 million kids)








Nearly half of youth e-cigarette users  
report using a device in school



Nearly half of kids  
want to quit



## YOUTH ARE MORE SUSCEPTIBLE TO THE NEGATIVE EFFECTS OF NICOTINE, WHICH CAN:

-  Harm adolescent brain development
-  Result in addiction
-  Reduce impulse control
-  Negatively affect attention and cognition
-  Increase the risk of mood disorders

## ROLE FOR SCHOOLS: A HOLISTIC APPROACH

**Education:** educate all students on tobacco products

**Policy and Environment:** ensure and enforce a 100% tobacco-free environment

**Supportive Approach:** offer a supportive approach for students who are caught vaping or using other forms of tobacco (supportive disciplinary practices and cessation resources)



## 100% TOBACCO-FREE SCHOOL POLICY ESSENTIALS

- ✓ Prohibits the use of any tobacco product by students, staff and visitors
- ✓ Prohibits the possession by students
- ✓ Applies at all times, on all district property (including vehicles) and at all district-sponsored events, including field trips
- ✓ Provides a progressive, supportive approach for disciplinary actions when students are caught vaping or using other tobacco products
- ✗ **Does not** use exclusionary practices such as suspension or expulsion, unless they are a last resort
- ✗ **Does not** use other punitive measures such as taking away extracurriculars or issuing fines
- ✗ **Does not** involve school resource officers or law enforcement in disciplinary procedures

## SUSPENSION INCREASES THE LIKELIHOOD OF

- ↘ Negative educational outcomes
- ↘ Lower test scores
- ↘ Lower graduation rates
- ↘ A lower likelihood of enrolling in postsecondary education.



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## BENEFITS OF SUPPORTIVE STRATEGIES

Ensuring schools implement supportive strategies instead of punitive disciplinary measures is a Win-Win-Win:

- ✓ **Fosters student academic achievement**
- ✓ **Improves health**
- ✓ **Decreases inequities**

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FOR FREE CAMPUS RESOURCES, VISIT [HEART.ORG/ANTIVAPING](https://www.heart.org/antivaping).