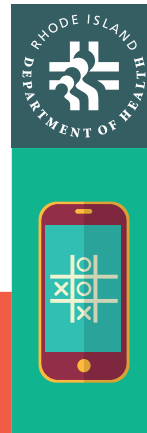


Strategies to Create Tobacco-Free Campuses:

A Guide for K-12 Schools



This guide summarizes three strategies that K-12 faculty, staff, and administrators can implement to create tobacco-free campuses: policy changes, prevention education, and cessation support. These strategies, recommended by the Rhode Island Department of Health (RIDOH) and aligned with national best practices, help to reduce vaping/e-cigarette use in schools and mitigate tobacco-related disparities that disproportionately impact Rhode Island youth and young adults.

RIDOH's [Tobacco Control Program](#) (TCP) is available to assist Rhode Island educators with tobacco use prevention at their schools. Please contact [Jillian Angell](#), RIDOH Youth and Young Adults Coordinator, with questions and requests.

Strategy 1: Policy Changes

Replace punitive measures for tobacco/nicotine possession with restorative practices.

- [Rhode Island Tobacco Free Schools Campus Model Policy](#)

- This policy provides guidance for schools regarding tobacco and nicotine. It is intended for schools to use as is or with adjustments to fit their and their students' needs. This updated ready-to-use model policy for schools includes newly accepted State laws, like the [Tobacco 21 law](#), and updates smoke-free campus policies (currently required for all Rhode Island K-12 schools) to be inclusive of all nicotine-containing products, including electronic nicotine delivery systems (ENDS) such as vaping devices.
- The policy outlines three alternative-to-suspension options based on the school's capacity. One option includes the American Lung Association's (ALA) evidence-based program, Intervention for Nicotine Dependence: Education, Prevention, Tobacco, and Health (INDEPTH)TM.

- [INDEPTHTM](#)

- This evidence-based alternative to suspension program helps schools address the teen vaping problem in a more supportive way. By implementing an interactive education program like INDEPTHTM, schools are demonstrating an understanding of the tobacco industry's predatory tactics and helping students find healthier alternatives to vaping while teaching them about nicotine dependence.
- The program consists of four 50-minute sessions, which can be facilitated in one-on-one or group settings.

- [Tobacco Free Campus Signage \(indoor and outdoor\)](#)

- These free signs, provided by Tobacco Free Rhode Island, can be downloaded and printed for indoor and outdoor use. Both English and Spanish versions are available.
- RIDOH also provides free signs to all Rhode Island schools upon request. Signs for indoor use are made of heavy cardstock and signs for outdoor use are made of pre-drilled metal. Both English and Spanish versions are available. Call **401-222-5960** to request signs.



Strategies to Create Tobacco-Free Campuses:

Strategy 2: Prevention Education

Educate youth on tobacco/nicotine to keep youth tobacco- and nicotine-free.

- [CATCH My Breath](#)

- This free vaping prevention program is evidence-based and aligned with nationally-accredited standards. Read the [CATCH My Breath One-Pager](#) for a program summary and the [CATCH My Breath program overview](#) to learn more about program contents, learning outcomes, and educational strategies.

- **Facilitator training takes less than an hour.** Educators will be ready to teach program lessons in their classes after watching a recorded training video.

- **Educators will have access to facilitation materials** including presentations, talking points, handouts, editable PDFs, knowledge check activities, and instructional supplements designed to be compatible with other classroom subjects such as sciences and humanities.

- **The program is a total of four lessons**, available for grades 5-12 and tailored for each grade. Each lesson takes 35-40 minutes to facilitate. One lesson per week is recommended but this frequency can be at the educator's discretion.



Strategy 3: Cessation Support

Refer students to tobacco/nicotine quit resources, available to all Rhode Islanders.

For Youth (recommended for ages 13-17):

- [My Life, My Quit™](#)

- This is a free, confidential, voluntary quit service intended for teens ages 13-17.

- Teens can call, text, or chat to connect to a live Tobacco Treatment Specialist 24/7:

- Call: **855-891-9989**

- Text: **'START'** to **36072**

- Chat: [MyLifeMyQuit.com](#)

- My Life, My Quit™ is the only free quit service for teens that connects teens with live specialists. Counselors receive additional training in working with teens and coaching them through quitting vaping.

- Print resources can be downloaded and printed directly from the My Life, My Quit™ website. Posters, brochures, palm cards, and flyers are also available by contacting RIDOH's Tobacco Control Program.



For Adults (recommended for ages 18+):

- [Rhode Island Nicotine Helpline](#)

- This free service is available to all Rhode Islanders. Participants can call or visit:

- Call: **1-800-QUIT-NOW**

- Visit: [QuitNowRI.com](#)

- If medically eligible, participants may receive up to 6 weeks of free nicotine replacement therapy, such as patches, gum, or lozenges. Participants also receive free coaching from a certified Tobacco Treatment Specialist to help in creating a quit plan via phone, web, or live coach texting.

- Participants do not have to be ready to quit when they contact the Nicotine Helpline. Specialists help callers create a plan tailored to their individual needs to increase motivation to quit.

Strategies to Create Tobacco-Free Campuses:

Additional Resources

Local and Statewide Resources

These local and statewide organizations provide information on tobacco prevention education, policy, and quit resources available to Rhode Islanders:

- [Rhode Island Regional Coalitions](#)
- [Rhode Island Student Assistance Services](#)
- [Tobacco Free Rhode Island](#)

National Resources

These national organizations have prevention materials, toolkits, and resources to help educators support students who are smoking, vaping, or using substances at school:

- [American Academy of Pediatrics, Behavioral Cessation Supports for Youth and Young Adults](#)
- [Centers for Disease Control and Prevention, Empower Vape-Free Youth™](#)
- [Food and Drug Administration, Tobacco Education Resource Library](#)
- [National Institutes of Health, Mind Matters Series](#)
- [Stanford University, Tobacco Prevention Toolkit](#)
- [Truth Initiative, What Should Educators Do if They Catch Students Vaping at School?](#)

ENDS/Vaping Health Effects

These national organizations provide information about the health effects of electronic nicotine delivery systems (ENDS) such as vaping devices on youth:

- [American Lung Association, Kids and Smoking](#)
- [Centers for Disease Control and Prevention, What You Can Do to Protect Youth from the Harms of Vaping](#)
- [Food and Drug Administration, E-cigarettes, Vapes, and other Electronic Nicotine Delivery Systems \(ENDS\)](#)

Alternative-to-Suspension Programs

These websites provide information about alternative-to-suspension programs in US schools:

- [Alliance for a Healthier Generation, Resources for Tobacco-Free and Vaping-Free Schools](#)
- [Schools Supporting Students to Quit Tobacco Use as an Alternative to Suspension: Lessons from the Field](#)
- [Stanford University, Safety First: Comprehensive Drug Education and Intervention Lessons](#)

RIDOH's [Tobacco Control Program](#) (TCP) is available to assist Rhode Island educators with tobacco use prevention at their schools. Please contact [Jillian Angell](#), RIDOH Youth and Young Adults Coordinator, with questions and requests.

11/30/2023

