COMPREHENSIVE TOBACCO-FREE SCHOOL POLICY

4.23 – TOBACCO AND TOBACCO PRODUCTS

1. INTENT

All students shall possess the knowledge and skills necessary to avoid all tobacco use, and school leaders shall actively discourage all use of tobacco products by students, staff, parents or guardians, and school visitors. To achieve these ends, district/school leaders shall prepare, adopt, and implement a comprehensive plan to prevent tobacco use that includes:

1. Develop and enforce a school policy on tobacco use.
2. Provide instruction about the short- and long-term negative physiological and social consequences of tobacco use, social influences on tobacco use, peer norms regarding tobacco use, and refusal skills.
3. Provide tobacco-use preventive education in kindergarten through 12th grade; this instruction should be especially intensive in junior high or middle school and should be reinforced in high school.
4. Provide program–specific training for teachers.
5. Involve parents or families in support of school-based programs to prevent tobacco use.
6. Support cessation efforts among students and all school staff who use tobacco.
7. Assess the tobacco-use prevention program at regular intervals.

2. RATIONALE

Tobacco use is the single most preventable cause of death in the United States. Because four out of every five persons who use tobacco begin before they reach adulthood, tobacco-prevention activities should focus on school-age children and adolescents. Many children and adolescents do not understand the nature of tobacco addiction and are unaware of, or underestimate, the important health consequences of tobacco use.

Research conclusively proves that:

- Youth are sensitive to nicotine and can become dependent earlier than adults. Because of nicotine addiction, about three out of four teen smokers end up smoking/vaping into adulthood, even if they intend to quit after a few years.
- Youth and young adults see smoking/vaping in their social circles and many communities where they live. Smoking/vaping is often portrayed as a social norm and young people exposed to these images are more likely to smoke.
- Early cardiovascular damage is seen in most young smokers, those most sensitive die very young.
- Secondhand smoke is a threat to the personal health of everyone, especially persons with asthma and other respiratory problems.
- Tobacco use most often begins during childhood or adolescence.

Additional reasons why schools must strongly discourage tobacco use:

- the purchase and possession of tobacco products is illegal for persons under age 18
- use of tobacco interferes with attendance and learning
- smoking is a fire safety issue for schools
- spit tobacco is a health and sanitation issue
- the health consequences of e-cigarettes is unknown

3. DEFINITION

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Tobacco - For the purposes of this policy *tobacco* includes any product containing, made, or derived from tobacco intended for human consumptions, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means. Additionally, the definition of *tobacco* includes any component, part, or accessory of a tobacco product including but not limited to: any lighted or unlighted cigarette, cigar, pipe; any other smoking, vaping, aerosol product; and spit tobacco, also known as smokeless, dip, chew, snus, and snuff, in any form. *Tobacco* encompasses all e-cigarette products, Other Tobacco Products (OTPs), and Electronic Smoking Devices (ESDs).

Smoking/Vaping – For the purposes of this policy smoking/vaping means inhaling, exhaling, burning, or carrying any lighted tobacco product, includes cigarettes, cigars, pipe tobacco, or any other lighted combustible plant material; inhaling, exhaling, or carrying any functional or non-functional e-cigarette or ESD product.

E-Cigarette – An electronic oral device that provides a vapor of nicotine or another substance that, when used or inhaled simulates smoking; including all ESDs.

Property/Grounds- Any and all facilities and buildings leased or owned by the school district including any and all agency-owned or agency-leased vehicles to include school buses.

4. TOBACCO USE PROHIBITED

Smoking/vaping, and/or the use of other tobacco products, or non FDA approved nicotine cessation products is prohibited by any individual at all times, including non-school hours:

- in or on any property owned or leased by the school/district, including school buses or any school vehicles
- on school property, athletic grounds, or parking lots
- at any school-sponsored events on or off property/grounds
- applies to students, all school staff, parents, and visitors

In addition, no student may leave the school grounds at any time in the school day to use a tobacco product. No student is permitted to possess any tobacco, e-cigarette product, or paraphernalia including but not limited to lighters, refillable e-cigarette containers, or liquid (e-juice).

Signage required by A.C.A. 6-21-609 "Prohibition against smoking, the use of tobacco or tobacco products, or the use of e-cigarettes" must be posted:

- in a conspicuous location at every entrance to each building owned or leased by a public school district
- every school bus used to transport public school students

By law all signs must include the following language exactly as it appears below:

6-21-609. Prohibition against smoking, the use of tobacco or tobacco products, or the use of e-cigarettes.

(a) As used in this section, "e-cigarette" means an electronic oral device that provides a vapor of nicotine or another substance that, when used or inhaled simulates smoking, including without limitation a device that:

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(1) Is composed of a heating element, battery, or electronic circuit, or a combination of heating element, battery, and electronic circuit;

(2) Works in combination with a liquid nicotine delivery device composed either in whole or in part of pure nicotine and propylene glycol and manufactured for use with e-cigarettes; and

(3) Is manufactured, distributed, marketed, or sold as an e-cigarette, e-cigar, e-pipe, or under any other name or descriptor.

(b) Smoking tobacco, the use of tobacco or tobacco products, or the use of e-cigarettes is prohibited:

(1) In or on real property owned or leased by a public school district, including a public charter school; or

(2) In or on personal property, including without limitation school buses, owned or leased by a public school district, including a public charter school.

(c) A copy of this statute shall be posted in a conspicuous location at every entrance to each building owned or leased by a public school district and every school bus used to transport public school students.

(d) A person who violates this section commits a violation punishable by a fine of not less than ten dollars ($ 10.00) nor more than one hundred dollars ($ 100).

Recommended additional language to all required signage:

Need help quitting? Call 1-800-QUIT-NOW

School authorities will work with local law enforcement agencies to issue fines and prohibit the possession of tobacco by minors within the immediate proximity of school property/grounds.

Exemption - Only FDA approved cessation products are allowed. This includes: nicotine gum, nicotine lozenge, nicotine patch, pharmaceutical nicotine inhaler (this does not include any form of e-products), and nicotine nasal spray.

5. TOBACCO PROMOTION PROHIBITED

School districts and individual schools will not advertise, accept sponsorships, product advertising or promotional merchandise, giveaways, or sponsorships from any tobacco, e-cigarette, or non FDA approved nicotine cessation product industry, distributor, etc. The promotional prohibition applies to all school-sponsored publications, school-sponsored events and functions both on and off school property/grounds.

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Students exhibiting tobacco, e-cigarette, or non FDA approved nicotine cessation product related gear, paraphernalia, or promotional items; including but not limited to clothing, bags, lighters, free tobacco samples, and other personal articles are prohibited.

6. TOBACCO PREVENTION EDUCATION (for students)

Tobacco-use prevention education will be integrated within the health education program in Pre-K - 12th grade to provide greater understanding of the health hazard of tobacco use. This education program shall include:

- the immediate and long-term undesirable physiological effects
- cosmetic effects
- social consequences
- social norms
- reasons adolescents say they smoke
- social influences that promote tobacco use
- behavioral skills for resisting social influences that promote tobacco use
- general personal and social skills

Because tobacco use often begins in grades sixth through eighth, more intensive instructional programs should be provided for these grade levels.

Table 1. Instructional concepts (kindergarten through grade twelve)

Early Elementary School	**Later Elementary School**
KNOWLEDGE: Students will learn that	**KNOWLEDGE: Students will learn that**
A drug is a chemical that changes how the body works.	Stopping tobacco use has short- and long-term benefits.*
All forms of tobacco contain a drug called nicotine.	Environmental tobacco smoke is dangerous to health.*
Tobacco use includes cigarettes and smokeless tobacco and e-cigarettes	Most young persons and adults do not use tobacco.*
Tobacco use is harmful to health.	Nicotine, contained in all forms of tobacco, is an addictive drug.
Stopping tobacco use has short-term and long-term benefits.	Tobacco use has short-term and long-term physiological and cosmetic consequences.
Many persons who use tobacco have trouble stopping.	Personal feelings, family, peers, and the media influence decisions about tobacco use.
Tobacco smoke in the air is dangerous to anyone who breathes it.	Tobacco advertising is often directed toward young persons.
Many fires are caused by persons who smoke.	Young persons can resist pressure to use tobacco.
Some advertisements try to persuade persons to use tobacco.	Laws, rules, and policies regulate the sale and use of tobacco.
Most young persons and adults do not use tobacco.	
Persons who choose to use tobacco are not bad people.	

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ATTITUDES: Students will demonstrate	**ATTITUDES: Students will demonstrate**
Make a personal commitment not to use tobacco.	Make a personal commitment not to use tobacco*
Take pride in choosing not to use tobacco.	Take pride in choosing not to use tobacco.
	Show support for others' decisions not to use tobacco.
	Take responsibility for personal health.
SKILLS: Students will be able to	**SKILLS: Students will be able to**
Communicate knowledge and personal attitudes about tobacco use.	Communicate knowledge and personal attitudes about tobacco use.*
Encourage other persons not to use tobacco.	Encourage other persons not to use tobacco.*
	Demonstrate skills to resist tobacco use.
	State the benefits of a smoke-free environment.
	Develop counterarguments to tobacco advertisements and other promotional materials
	Support persons who are trying to stop using tobacco.

* These concepts reinforce content introduced during earlier grades.

Middle School/Junior High School	**Senior High School**
KNOWLEDGE: Students will learn that	**KNOWLEDGE: Students will learn that**
Most young persons and adults do not smoke.*	Most young persons and adults do not smoke.*
Laws, rules, and policies regulate the sale and use of tobacco.*	Tobacco use has short- and long-term physiological, cosmetic, social, and economic consequences.*
Tobacco manufacturers use various strategies to direct advertisements toward young persons, such as "image" advertising.*	Cigarette smoking and smokeless tobacco use have direct health consequences.*
Tobacco use has short- and long-term physiological, cosmetic, social, and economic consequences.*	Community organizations have information about tobacco use and can help persons stop using tobacco.*
Cigarette smoking and smokeless tobacco use have direct health consequences.*	Smoking cessation programs can be successful.*
Maintaining a tobacco-free environment has health benefits.	Tobacco use is an unhealthy way to manage stress or weight.*
Tobacco use is an unhealthy way to manage stress or weight.	Tobacco use during pregnancy has harmful effects on the fetus.
Community organizations have information about tobacco use and can help persons stop using tobacco.	Schools and community organizations can promote a smoke-free environment.
Smoking cessation programs can be successful.	Many persons find it hard to stop using tobacco, despite knowledge about the health hazards of tobacco use.

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Tobacco contains other harmful substances in addition to nicotine.	
ATTITUDES: Students will demonstrate	**ATTITUDES: Students will demonstrate**
A personal commitment not to use tobacco.*	A personal commitment not to use tobacco.*
Pride about choosing not to use tobacco.*	Pride about choosing not to use tobacco.*
Responsibility for personal health.*	Responsibility for personal health.*
Support for others' decisions not to use tobacco.*	Support for others' decisions not to use tobacco.*
Confidence in personal ability to resist tobacco use.	Confidence in personal ability to resist tobacco use.*
	Willingness to use school and community resources for information about, and help with, resisting or quitting tobacco use.
SKILLS: Students will be able to	**SKILLS: Students will be able to**
Encourage other persons not to use tobacco.*	Encourage other persons not to use tobacco.*
Support persons who are trying to stop using tobacco.*	Support persons who are trying to stop using tobacco.*
Communicate knowledge and personal attitudes about tobacco use.*	Communicate knowledge and personal attitudes about tobacco use.*
Demonstrate skills to resist tobacco use.*	Demonstrate skills to resist tobacco use.*
Identify and counter strategies used in tobacco advertisements and other promotional materials.*	Identify and counter strategies used in tobacco advertisements and other promotional materials.*
Develop methods for coping with tobacco use by parents and with other difficult personal situations, such as peer pressure to use tobacco.	Develop methods for coping with tobacco use by parents and with other difficult personal situations, such as peer pressure to use tobacco.*
Request a smoke-free environment.	Use school and community resources for information about and help with, resisting or quitting tobacco use.
	Initiate school and community action to support a smoke-free environment.

* These concepts reinforce content introduced during earlier grades.

7. TOBACCO PREVENTION EDUCATION (for teachers/faculty/staff)

Curriculum implementation and overall plan effectiveness are enhanced when teachers are trained to deliver the program as planned. Teachers will become familiar with the underlying theory and conceptual framework of the program as well as with the content of these guidelines.

8. PARENT/FAMILY SUPPORT

Parents and families will play an important role in providing social and environmental support for nonsmoking. Schools will capitalize on this influence by involving parents or families in program planning, in soliciting community support for programs, and in reinforcing educational messages at home. Homework assignments involving parents or families increase the likelihood that smoking is discussed at home and motivate adult smokers to consider cessation.

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9. TOBACCO CESSATION PROGRAM

School districts and individual schools shall inform students and staff about tobacco cessation programs available within their community, or the Arkansas Tobacco Quitline 1-800-QUIT-NOW. School counselors and community members are encouraged to establish voluntary tobacco cessation programs within schools. Potential practices to help children and adolescents quit using tobacco include self-help, peer support, and community cessation programs. Effective cessation programs for adolescents focus on immediate consequences of tobacco use, have specific attainable goals, and use contracts that include rewards.

10. COMMUNICATION OF POLICY

The superintendent, principal, or other official shall notify students, staff, families, parents, and visitors of the tobacco free policy through handbook, newsletters, signage, school web pages, local media, or appropriate method of communication. Signs must be posted to meet compliance of A.C.A. 6-21-609.

11. POLICY ENFORCEMENT (for Students)

Students who violate this policy will be subject to disciplinary measures.

- 1st offense - tobacco products will be confiscated and school will contact parents or guardians
- 2nd offense - tobacco products will be confiscated; school will contact parents or guardians, and offer the Second Chance or Aspire smoking prevention and cessation curriculum during one day of in school suspension (ISS)
- 3rd offense - tobacco products will be confiscated; school will contact parents or guardians, and student must complete the Second Chance or Aspire smoking prevention and cessation curriculum during one day of ISS

*All violations are subject to a fine as a violation of A.C.A. 6-21-609(d)

Legal Reference: A.C.A 6-21-609

Date Adopted:
Last Revised:

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8.15 – CLASSIFIED PERSONNEL TOBACCO USE

1. TOBACCO USE PROHIBITED

Smoking/vaping, and/or the use of other tobacco products, or non FDA approved nicotine cessation products is prohibited by any individual at all times, including non-school hours:

- in or on any property owned or leased by the school/district, including school buses or any school vehicles
- on school property, athletic grounds, or parking lots
- at any school-sponsored events on or off property/grounds
- applies to students, all school staff, parents, and visitors

2. POLICY ENFORCEMENT (for Staff)

Staff members who violate this policy will be subject to:

- 1st offense - receive a written warning and referred to cessation program
- 2nd offense - receive a formal reprimand and referred to cessation program
- 3rd offense - meet with school board and referred to cessation program

*All violations are subject to a fine as a violation of A.C.A. 6-21-609(d)

3. POLICY ENFORCEMENT (for Visitors)

Visitors using tobacco products while on school property will be asked to cease their use of tobacco products. If visitors refuse to do so, he or she will be asked to leave the school premises.
*All violations are subject to a fine as a violation of A.C.A. 6-21-609(d)

Legal Reference: A.C.A. 6-21-609

Date Adopted:
Last Revised:

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COMPREHENSIVE TOBACCO-FREE SCHOOL POLICY

3.21 – LICENSED PERSONNEL TOBACCO USE

1. TOBACCO USE PROHIBITED

Smoking/vaping, and/or the use of other tobacco products, or non FDA approved nicotine cessation products is prohibited by any individual at all times, including non-school hours:

- in or on any property owned or leased by the school/district, including school buses or any school vehicles
- on school property, athletic grounds, or parking lots
- at any school-sponsored events on or off property/grounds
- applies to students, all school staff, parents, and visitors

2. POLICY ENFORCEMENT (for Staff)

Staff members who violate this policy will be subject to:

- 1st offense - receive a written warning and referred to cessation program
- 2nd offense - receive a formal reprimand and referred to cessation program
- 3rd offense - meet with school board and referred to cessation program

*All violations are subject to a fine as a violation of A.C.A. 6-21-609(d)

3. POLICY ENFORCEMENT (for Visitors)

Visitors using tobacco products while on school property will be asked to cease their use of tobacco products. If visitors refuse to do so, he or she will be asked to leave the school premises.
*All violations are subject to a fine as a violation of A.C.A. 6-21-609(d)

Legal Reference: A.C.A. 6-21-609

Date Adopted:
Last Revised:

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