



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)

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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://heart.org/antivaping).