



Introduction

Dear Student & Adult Leader,

Do you want to change the world?

Why not start with your school?

Having a tobacco free school environment is important in achieving a positive physical, mental, and social health environment for students, staff, the school district, and community.

What is a 100% Tobacco Free School (TFS) Policy?

A 100% Tobacco Free School (TFS) policy prohibits tobacco use by staff, students and visitors twenty-four hours a day, seven days a week, inside Board-owned buildings or vehicles, on school owned property, and during school-sponsored student trips and activities.

How do schools implement 100% Tobacco Free Schools?

A 100% TFS policy is adopted at the local district level or by a local School Based Decision Making Council. Broad-based community support is important in not only passing strong policies but also implementing them as well.

Find Your Voice

A Comprehensive School Health Approach

The statistics are staggering, 80% of current adult smokers started smoking before the age of 18. The average age when someone tries tobacco for the first time is 13. Up to ½ of students who experiment with smoking become regular smokers. According to the 2010 Youth Tobacco Survey, 37% of Kentucky high school students and 17% of Kentucky middle school students currently use some form of tobacco.

- Does your school have a 100% Tobacco Free School Policy?
- Are adults allowed to use tobacco products at outdoor school events?
- Do school personnel have a designated area to use tobacco products on school campus?

Let's Discuss. What are ways that your school can encourage a healthy school environment with a Tobacco Free School Policy? Are there any areas where your school is not enforcing current tobacco policies? Are there ways for your school to strengthen tobacco policy? Remind students that a healthy school environment includes a tobacco free environment before, during and after the school day.

STUDENTS TAKING CHARGE

A 100% Tobacco Free School policy prohibits tobacco use by staff, students and visitors twenty-four hours a day, seven days a week, inside Board-owned buildings or vehicles, on school owned property, and during school-sponsored student trips and activities.

The tobacco free schools initiative uses a comprehensive school health approach to prevent and reduce youth tobacco use by changing the school environment through programs, practices, and policies. These changes are making a difference. Kentucky's youth tobacco use rates are down which is the direction they need to continue with your help. Let's work together and continue knocking even more percentage points off Kentucky's youth tobacco use rates.

Provides positive role modeling by adult employees and visitors.

A 100% Tobacco Free School (TFS) policy represents a firm commitment by school administration, teachers and parents to prohibit tobacco use by students, employees and visitors. Compliance with TFS policy confirms this commitment and provides genuine opportunities for adults and peers to serve as role models for not using tobacco. A 2003 study found that students were more likely to smoke in locations where they saw other students and adults smoking. It is important that all school staff serve as positive role models for students by not using any tobacco products in their presence.

1. Reinforces lessons learned in the classroom.

Tobacco use prevention education is an essential element for comprehensive school health programs. School hallways and bulletin boards often display prevention messages. Students get mixed messages if they step outside their classrooms to view clusters of teachers, visitors or staff using tobacco on school grounds. Schools and school events that are not tobacco free send conflicting messages to students about tobacco use.

2. Provides a safe environment for students by reducing exposure to secondhand tobacco smoke.

Youth are especially sensitive to the effects of secondhand smoke. Passing outdoor smoking areas can trigger an asthma attack or worsen breathing problems for many students. As little as 30 minutes of exposure to secondhand smoke can affect the coronary arteries of healthy, young nonsmokers. It causes acute and chronic respiratory disease, ear and upper respiratory infections- all primary causes of school absences.

3. Protects students from developing an addiction to a dangerous drug.

The use of tobacco is not just a "bad habit"- it is a powerful addiction. The Food & Drug Administration classifies nicotine as a drug. As cited by the Surgeon General's report, tobacco use has been found to play a pivotal role as a gateway drug for other drug dependencies such as alcohol and street drugs.

4. Complies with Federal Legislation prohibiting smoking inside school buildings.

The Pro Children Acts of 1994 and 2001 state the following: "No person shall permit smoking within any indoor facility utilized for services to kindergarten, elementary, or secondary education or library services to children." Children's services for routine health care or day care or early childhood development are included. This applies to all schools and programs that are funded by federal, state or local governments.

5. TFS policies work in conjunction with state and federal laws.

Federal law requires federally funded school districts to ban smoking in their “indoor facilities.” However, the law specifically allows states and school districts to have more restrictive laws.

6. Support compliance with state laws designed to limit access to tobacco by underage youth.

State law prohibits the sale or distribution to and possession of tobacco products by people under age 18. School districts that are not tobacco free provide opportunities for the illegal sale or distribution of tobacco products to underage youth through social sources on school grounds.

7. Prepares students for the reality of tobacco free workplaces and communities.

Schools need to prepare students for the reality of smoke-free workplaces, restaurants, airplanes, malls, and communities

8. Protect schools from the risk of future liability.

Individuals have recovered damages in lawsuits because their employers failed to provide a safe, smoke-free work environment. With the rise in the number of children with asthma, there may be grounds for future lawsuits against schools, particularly if an asthma attack or other respiratory problems are triggered because a child is exposed to tobacco smoke in a school setting.

9. Reduce the risk of fires due to “smoking materials.”

Smoking material fires are the leading cause of fire deaths in the US. Lighted cigarettes can be easily tossed in the school trash cans, dumpsters, landscaping, and other flammable areas placing schools and school children at increased risk of injury due to fires.

Make it Happen: Chart your course. Keep a record of when your group meets, activities you organize, outside groups you speak with, and results. Remember to include teachers and students as well as people outside your school such as a public health nurse, local health department Tobacco Coordinator, parents, local business persons, and anyone passionate about preventing tobacco use among youth.

Policy 3 Example

100% Tobacco Free Schools Model Policy

A 100% tobacco free school policy represents a firm commitment by school administration, teachers, and parents to prohibit tobacco use by students, school staff, and visitors. This 100% tobacco free school policy provides a safe environment for students by reducing exposure to secondhand smoke.

STUDENTS

Tobacco

Students shall not be permitted to use or possess any tobacco product on property owned or operated by the Board, inside Board-owned vehicles, on the way to and from school, or during school-sponsored trips and activities. Students who violate these prohibitions while under the supervision of the school shall be subject to penalties set forth in the local code of acceptable behavior and discipline.

PERSONNEL

03.1327

- CERTIFIED PERSONNEL -

Use of Tobacco

USE OF TOBACCO PROHIBITED

Tobacco use is prohibited twenty-four (24) hours a day, seven (7) days a week, inside Board-owned buildings or vehicles, on school owned property, and during school-related student trips.

PERSONNEL

03.2327

- CLASSIFIED PERSONNEL -

Use of Tobacco

USE OF TOBACCO PROHIBITED

Tobacco use is prohibited twenty-four (24) hours a day, seven (7) days a week, inside Board-owned buildings or vehicles, on school owned property, and during school-related student trips.

STUDENTS TAKING CHARGE

Visitors to the Schools

USE OF TOBACCO PROHIBITED

Tobacco use is prohibited twenty-four (24) hours a day, seven (7) days a week, inside Board-owned buildings or vehicles, on school owned property, and during school-related student trips.

Also recommend adding:

- Specific language from the “Visitors to the Schools” policy (10.5) into “School Facilities: Rental Application and Contract” (05.31).
- “Prohibit the use of unregulated high-tech smoking devices, commonly referred to as electronic cigarettes or “e-cigarettes.” These products closely resemble and purposefully mimic the act of smoking by having users inhale vaporized liquid nicotine created by heat through an electronic ignition system.”

A 100% tobacco free school policy represents a firm commitment by school administration, teachers, and parents to prohibit tobacco use by students, school staff, and visitors. This 100% tobacco free school policy provides a safe environment for students by reducing exposure to secondhand smoke.

Investigate Your School

Assessment Tool for Becoming a 100% Tobacco Free School District

A 100% Tobacco Free School policy prohibits tobacco use by staff, students and visitors twenty-four hours a day, seven days a week, inside Board-owned buildings or vehicles, on school owned property, and during school-sponsored student trips and activities.

This tool will help assess the current tobacco use policy and help determine what needs to be done in order to achieve a “gold standard” policy. At the end of each section, then determine the areas of strengths and the areas that can be improved upon.

Characteristics of Current Tobacco Policy

1. Does your school district have a 100% tobacco free school policy? ___Yes ___No
(Refer to definition on pages 24-25). If yes, skip to section B. Policy Communication
2. Does the policy apply to: (Circle all that apply): students staff visitors
3. According to the school district policy, are students, staff and/or visitors permitted to use any tobacco products during regular school hours? If yes, write down the specifics here:
4. According to the school district policy, are students, staff and/or visitors permitted to use any tobacco products after regular school hours, such as football games? If yes, write down the specifics here:
5. In your opinion, what do you think is/are reason(s) that your school district does not have a 100% tobacco free school policy?
6. Describe the changes that you think need to be made to the current tobacco policy in order for it to meet the “gold standard” of 100% tobacco free school policy.

Strengths:

Areas for Improvement:

Policy Communication

1. Describe how students, staff and visitors are made aware of the school district's tobacco policy. Circle all that apply.

- Signs stating the policy visible in the school
- Meeting among staff or with parents
- Verbal announcements at school or sponsored events
- Other: _____
- Student & employee handbooks
- Written information
- School Website

2. In your opinion, how effective are the strategies used to communicate the school district's tobacco policy? Very Effective Somewhat Effective Not Effective

3. Describe the changes that you think need to be made to improve communication of the school district's tobacco policy for students, staff, and visitors?

Strengths:

Areas for Improvement:

Policy Enforcement

1. What is the title of the person/people at the school district level in charge of enforcing and monitoring the tobacco policy? If no one in charge, state this.
2. How difficult has it been for your school district to consistently enforce the current tobacco policy? Not difficult Some difficulty Very difficult
3. Describe the changes that you think need to be made to improve communication of the school district’s tobacco policy for students, staff, and visitors?

Students	None	A Few	Some	Most	All of Them
Staff	None	A Few	Some	Most	All of Them
Visitors	None	A Few	Some	Most	All of Them

4. Describe the primary problems your school district faces in enforcing the current tobacco policy. (Example: students smoking in restrooms, visitors smoking in undesignated areas)
5. What actions are taken when students violate the policy? You will normally find this information in your student handbook.
6. What actions are taken when school staff violates the policy? You will normally find this information in employee handbook.
7. What actions are taken when visitors are found in violation of the tobacco policy?
8. Describe the changes that need to occur in order for enforcement of the school district’s tobacco policy to be most effective.

Strengths:

Areas for Improvement:

Support for a 100% Tobacco Free Policy for your School District

1. Are you aware of any feedback – positive or negative – from students, staff or community regarding the current tobacco policy for the school district policy? Yes No

2. Is there interest from students, staff or the community about implementing a 100% tobacco free school policy? yes no
If yes, summarize:

3. Have there been any past efforts to develop a 100% tobacco free school policy for the district? yes no
If yes, summarize:

4. If your opinion, how many students, staff and community members would support a 100% tobacco free school policy?

Students	None	A Few	Some	Most	All of Them
Staff	None	A Few	Some	Most	All of Them
Community	None	A Few	Some	Most	All of Them

5. Describe the strategies needed to increase student, staff, and community member support for 100% tobacco free school policy in your school district.

Strengths:

Areas for Improvement:

Review each section and determine which area(s) would be best to begin to develop or strengthen your school's current tobacco prevention policy.

STUDENTS TAKING CHARGE

Tobacco Prevention Plan for Improvement

Create Your Comprehensive Action Plan

Now that you have completed your investigation, it's time to create your comprehensive tobacco free school action plan.

Practice Ideas:

Start a Teens Against Tobacco Use (TATU) club: Ask if you can start a TATU club at your school. Be active in educating students, parents, school staff, and community about the dangers of tobacco use and exposure to secondhand smoke. Visit feeder schools and act as a resource for other schools and community.

Guest Speakers and Partners: Invite guest speakers or partners to speak about tobacco. (local health department, addiction services, American Lung Association, American Cancer Society, local hospital or clinic, etc.)

Tobacco Cessation Classes: Partner with your local health department or hospital/clinic to offer tobacco cessation classes for students and school personnel who use tobacco and are willing to quit.

Offer alternatives: Make tobacco alternatives available for those trying to quit (suckers, gum, water)

Start a Buddy System: Start a peer buddy system for those students or school personnel that are trying to quit tobacco.

Tobacco Fact Sheets: create and keep tobacco fact sheets in accessible places at your school for students, school personnel or visitors.

Betcha Can't Eat Just One!: The purpose of this activity is to illustrate how cravings can be induced and to explain the differences between wants and chemical addiction. Just one potato chip teases the taste buds and creates a sensation of want. Though not a perfect analogy, this exercise can serve as a springboard for discussing the concept of addiction them to take and eat only one chip. Once everyone is seated, ask the following questions:

- "How many of you would like another chip?"
- "How do cravings for potato chips differ from cravings for tobacco products?" (nicotine is a physically addictive drug)

- “How might your body react if you stopped eating potato chips today?” (withdrawal symptoms)
- “How might your body react if you were addicted to nicotine and tried to stop using tobacco?” (this includes cigarettes, smokeless tobacco, dissolvables, etc.)
- “Discuss the withdrawal symptoms that people experience when they try to stop smoking such as:”

eating more than usual	dizziness
restlessness	stomach or bowel problems
impatience	headaches, sweating
frustration, anger, difficulty concentrating	insomnia
excessive hunger	heart palpitations
depression	tremors
loss of energy, fatigue	having a strong desire to use tobacco

Tell your students that it would be difficult to go through any of these symptoms, but when you try to give up using nicotine, you may suffer through a combination of these symptoms.

Integrate Tobacco Education into the Curriculum:

Class	Idea
Media studies	Tobacco industry marketing
Math	What it costs to smoke and how much money is saved after x number of days or weeks smoke-free
Biology	The science behind smoker’s cough
Health	Why or how tobacco use causes certain diseases (oral cancer, lung cancer, high blood pressure, stroke)
Art	Create eye-catching anti-tobacco posters to hang around your school
Chemistry	The content of tobacco smoke or cigarettes
English	Have students write an essay on how they are affected by tobacco or how they feel about 24/7 tobacco free school
Foreign Language	Study the culture of smoking in that country (statistics, laws, opinions, etc.)
Drama	Write scripts for fun anti-tobacco skits that can be presented to middle or elementary students

Program Ideas:

Body Outlines: Get together with your team or TATU (Teens Against Tobacco Use) club members and use sidewalk chalk to place 21 body outlines on the sidewalk around your school. Be sure to include notes or signs so everyone else knows that the outlines represent the number of deaths per day in Kentucky from tobacco.

White-out or Black-out Day: To give other students and staff a visual idea just how many Kentuckians are killed by tobacco each year, TATU club members will “white-out people”. You start in the school office by randomly picking 21 names from a student list.

Then every hour throughout the day, club members “white-out” a group of students by painting a white X on their face or putting a sign around their neck saying: My name is _____, I died at _____ o’clock from tobacco. Your school might do a Black-out Day and use black arm bands instead. Consider ending the day with an assembly and have all “dead” students on stage or with a message on closed circuit TV at the end of the day.

1.2.3 Drop Dead: Recruit 21 students to stand on the stage during an assembly or ballgame. Have them all drop to the ground at the count of 3 to visually demonstrate the number of Kentuckians killed by tobacco each day. To increase the visual impact, have each student hold a white handkerchief or sheet to cover themselves while lying on the stage. If you really want to make a statement, take this demonstration to a local shopping mall and have a group of students “drop dead” while others hand out flyers that state facts about tobacco stats and harmful effects. Be sure to explain what this demonstration represents.

Grim Reaper: To represent the 21 Kentuckians who die each day from the harms of tobacco products, blitz your city with grim reapers. Here’s how: use black construction paper and cut out 21 grim reapers shapes. On the center of each image write the number “21” in white. Students then hit the streets with their TATU advisor and leave the grim reapers in prominent places...shop windows and doors, hanging from trees, park benches, etc.. Follow this up with a media release explaining what “21” means.

Popsicle Stick Cemetery: For this you will need 150 Popsicle sticks. Create 150 Popsicle stick crosses. Find a grassy area near a well trafficked area of the school and use the crosses to create a mini cemetery. Make sure other students know what this means – create a sturdy sign with a message such as “Tobacco Industry Graveyard: Tobacco products kill 150 Kentuckians weekly”. Attach a wooden stake and secure it in the ground beside your graveyard.

Gasping for Air: Tobacco use or exposure to secondhand smoke can cause the many cases of emphysema or COPD and some Asthma exacerbations. This activity will help students understand what it feels like to have emphysema. Give participants a straw and have them place it in their mouth. While pinching their nostrils, closed participants will breathe through the straw for 30 seconds. After the activity, explain that this is what it feels like to have one of these conditions. Ask students to explain what it felt like. Ask them to consider what it would feel like to walk up a flight of stairs or perform other simple tasks while breathing like this.

Jar of Tar: Materials: clean jar with a lid, 1 cup of molasses poured into the jar. Hold the “jar of tar” and ask students how long they would need to smoke to get this much tar in their lungs. Explain that a pack a day smoker inhales this tar every year. Tar contains substances that cause damage to the lungs like emphysema, COPD, or lung cancer. Tar also causes damage to the hair cells (celia) in the respiratory tract, causing them to lay flat instead of standing up and sending mucus and pollutants back up the tract. Mucous collects and the smoker has to cough to get the mucous out. This is what causes the smoker’s cough.

Tobacco Prevention

[4] Ultimate Goal: The school board will adopt a 100% Tobacco Free School Policy.

- Prohibiting all students from possessing any tobacco products. (short term)
- Educating students and staff about the health risks of tobacco use. (short term)
- Banning all tobacco promotion and advertising in all district facilities and at all events. (intermediate term)
- Posting signs throughout campus to make visitors aware of the policy. (short term)
- Sending home parent packets detailing the policy at the beginning of the school year. (short term)
- Educating staff and administrators regarding enforcement and compliance. (long term)
- Maintaining a 100% tobacco free school policy. (long term)

Tobacco Prevention Plan for Improvement

Anticipate Challenges

Challenge #1: Smoking by visitors on school grounds or at school-sponsored events.

The expectation that an event or a facility is tobacco free has become more common in many social situations as we have become more aware of the health risks of secondhand smoke. As malls, movie theatres, restaurants, and air travel have become smoke-free, there has not been a drop in patronage. The school policy does not require people to quit using tobacco, it simply asks them to refrain from using tobacco on school property and at school sponsored events.

Several factors can contribute to this situation:

- **Lack of awareness:** Adult visitors who violate the tobacco-free policies usually do not knowingly do so. Many of the tobacco free school policies are new and visitors may not be aware of the changes.
- **Difficulties in suppressing the urge to use tobacco at events:** Heavily addicted users may find it difficult to refrain from tobacco use for extended periods of time – such as at athletic events or at school plays or concerts. However, they can still adhere to school policy by walking off the school grounds to use tobacco. That’s more than what is possible on long airline flights.
- **Hesitancy to confront violators:** School district personnel are sometimes hesitant to confront violators. Some fear that violators who are confronted may cause trouble for the schools within the larger community. Others feel that “it is not their job” to police enforcement.

Solutions:

- **To the Community-at-large:** Many districts communicate their policies by publishing them in the local newspapers. Others send notification of the policy with “parent packets” at the beginning of the year. Consequences of violation are described along with other school discipline policies. Ongoing reminders are in parent newsletters throughout the year and/or through parent organizations such as PTA/PTO.
- **Onsite policy communication:** Adequate signage is an essential part of communicating tobacco free policies. It is advisable to liberally post signs around campus. If violations continue in a particular building or in an area on school grounds, placement and visibility of signage in these areas should be checked to ensure signs are plentiful and visible.

Since smoking by visitors at athletic events is the most commonly reported problem, it is important to place signs at the entrance to stadiums and on bleachers. Before and during every athletic event, staff should make announcements over the loudspeaker stating that the school is tobacco-free and that use of tobacco products is not allowed on the premises. Announcements should remind visitors that this policy exists to protect the health of students. These same announcements can be made at plays, concerts, dances, and all school events. Written event programs should also provide an opportunity to convey and reinforce tobacco free policies.

- Inform potential contractors of the policy in all interviews, and include a no-tobacco use clause in all contracts.
- Framing of policy presentation: Regardless of the method of communication, the manner in which a policy is presented has an effect on its acceptance. Some districts emphasize that adhering to the policy is important for the example it sets for students. Most adults don't want their kids smoking, so they understand framing the policy as a children's health issue as effective. "For the safety and health of our children, this is a tobacco free environment" is a frequently repeated message.
- Gentle reminders: It is almost inevitable that district personnel will need to remind visitors of the tobacco free policy. Using, a gentle verbal reminder or pointing at tobacco free signage at the same time is all that is needed. Most people at the event are school supporters with children, siblings, or friends at the school. Rather than being angry, they are more likely to be embarrassed. One administrator states, "For the sake of our students, we ask that you not smoke on school property. This is a tobacco free campus."
- Nonverbal reminders: Another strategy is to hand violator's information cards that inform them of the tobacco free policy. The person approaching the violator does not have to say anything.
- Enlist the help of others: Reminding violators of the tobacco free policy is not just the task of school personnel. Encourage members of student organizations, PTA/PTO members, and other groups attending events to remind spectators of the policy. When using volunteers – especially students – provide some guidance on tactful, non-confrontational approaches.

Challenge #2: Students using tobacco on school property.

There are various reasons why students are using tobacco on school property despite the existence of school policies prohibiting tobacco use sides fitting in.

- **Rebellion:** Students also may be violating the policy out of rebellion or a desire to challenge authority. Tobacco is represented as “adult behavior” and teens may perceive tobacco use as a way to assert their independence. Unfortunately, tobacco is a gateway drug and is often a precursor to underage drinking and use of other drugs such as marijuana or cocaine.
- **Lax enforcement:** The problem is exacerbated when schools do not strictly enforce their tobacco free policies with students. Behavior change is best achieved when consequences are immediate and consistent.
- **Addiction to nicotine:** Nicotine is a highly addictive drug. Many teenagers who use tobacco say they want to quit. Many make serious attempts to quit, but fail. Some students will risk violating policy to satisfy their addiction.

Solutions:

- **Monitoring student behavior on school grounds:** Staff should monitor hallways as well as school grounds to deter tobacco use. When violations do occur, monitors should be trained to act in accordance to the school/districts’ policy.
- **Approaches to discipline for student violators:** Preventive efforts can help districts avoid or lessen the problem of student violation of tobacco free policies. These can include:
 - **Progressive Discipline:** These programs should include an educational component. The simplest progressive discipline programs specify increasingly stronger actions as the number of violations by a particular student occur.
 - **Educational Alternatives to Suspension (ATS):** These programs are often offered in conjunction with a progressive discipline plan. The focus is compliance with school policy which requires the student to manage his/her tobacco use. The education includes review of the policy, information on the negative effects of tobacco use, help the student to analyze his/her own use, and help the student become interested in cessation. Resources such as Alternatives to Suspension from the American Lung Association are available for such programs.

STUDENTS TAKING CHARGE

- Other Disciplinary Actions: Some districts have elected to adopt a community or school service component to their policy. A “zero-tolerance” approach is not recommended. Evidence indicates that tobacco users rarely benefit from suspension – it merely provides the suspended student a site away from school to continue their tobacco use. CDC best practice guidelines suggest that whatever the disciplinary actions, the student be offered assistance with cessation if he/she is willing to quit.
- Expand district policy to include possession of tobacco: Some districts included not possessing tobacco products on school grounds and have modified their policies to reflect this. They felt this would aid in implementation of their policies.

Challenge #3: Students Leaving Campus to Use Tobacco.

- Students often linger on or around private residential or business property leaving cigarette butts or other trash on these yards or parking areas. Students often cross busy streets in places other than at crosswalks, posing a hazard to themselves as well as to drivers.

Solutions:

- Involve students, parents, and the community in discussions about a tobacco free policy and the implementation of the policy.
- Hold a community forum so everyone can express their concerns to school administrators, board members and students.
- Closing school campuses so students do not leave school grounds.
- Erecting physical barriers that prevent students from leaving campus and disperse them in controlled directions to relieve stress to area businesses and neighborhoods.

Policy: No student, staff member, or school visitor is permitted to use any tobacco product at any time, including non-school hours:

- In any building, facility, or vehicle owned, leased, rented or chartered by the school district;
- On any school grounds and property – including athletic fields and parking lots – owned, leased, rented or chartered by the school district;
- At any school-sponsored or school-related event on-campus or off-campus.

Message To:

Students – 100% TFS policies prepare students for an ever-increasingly tobacco free world, where tobacco is prohibited in worksites, restaurants, airplanes, malls and more. Employers are becoming more reluctant to hire smokers, due to increased absenteeism, health care costs and possible disability.

Teachers – Tobacco use prevention education is an essential element of comprehensive school health programs. Curriculums often teach resistance skills to help students say no to alcohol, tobacco, and other drugs. Students get a mixed message if they step outside their classrooms to view students and/or teachers using tobacco on school grounds.

Principal – A 100% TFS policy represents a firm commitment by school administration to prohibit tobacco use by students, employees, and visitors. Since students look to adults they respect, compliance with 100% TFS policy provides genuine opportunities for adults and peers to serve as role models for not using tobacco.

Parents – Children are especially sensitive to the effects of secondhand smoke, whether the smoke is indoors or outdoors and even limited exposure can be harmful. As little as 30 minutes of exposure to secondhand smoke can affect coronary arteries of healthy, young nonsmokers. It causes acute and chronic respiratory disease, ear and upper respiratory infections – all primary causes of school absences.

Custodial staff – “Smoking material” fires are the leading cause of fire deaths in the U.S. “Smoking materials” are lighted tobacco products, not lighters or matches. Lighted cigarettes can be easily tossed into school trash cans, especially in bathrooms, placing schools and school students at increased risk of injury due to “smoking material” fires.

School Nurse – Passing an outdoor smoking area can trigger an asthma attack or worsen breathing problems for students with certain health conditions. Litigation related to tobacco addiction and exposure to environmental tobacco smoke is growing. With the rise in the number of students with asthma, there may be more cause for concern, particularly if asthma or other respiratory problems are triggered because a student is exposed to tobacco smoke in a school setting.

Tobacco Prevention Resources

Kentucky Tobacco-Free Schools

<http://www.site.kytobaccofreeschools.com/>

Campaign for Tobacco-Free Kids

<http://www.tobaccofreekids.org/>

Centers for Disease Control and Prevention: Smoking & Tobacco Use

<http://www.cdc.gov/tobacco/index.htm>

The Guide to Community Preventive Services

Tobacco Use Prevention and Control

<http://www.cdc.gov/tobacco/stateandcommunity/comguide/index.htm>

Centers for Disease Control and Prevention: Adolescent and School Health

<http://www.cdc.gov/HealthyYouth/index.htm>

National Association of State Boards of Education (NASBE)

Policies to Prevent Tobacco Use, Comprehensive School Tobacco—Use Prevention Policy

http://nasbe.org/index.php?option=com_content&view=article&id=119:policies-to-prevent-tobacco-use&catid=78:model-policies&Itemid=372

Help Overcome Tobacco in Kentucky: A youth led movement working for a tobacco-free Kentucky

<http://www.hotinkentucky.org/index.cfm>

The New York State Tobacco-Free School Partnership

<http://www.tobaccofreepolicy.org/content/media-campaign>

