

Recommendations for Schools including Alternatives to Suspension

School policies on student use and possession of tobacco have often involved punitive discipline approaches. Substance violations typically lead to suspensions, increasing student absenteeism without addressing root causes. For students who are caught using or possessing tobacco products, including e-cigarettes (otherwise known as vaping), staying connected to school and accessing support services is vital for long-term well-being.



REFRAME – Shift student tobacco use, including use of e-cigarettes, from a discipline issue to an opportunity to provide support.



REVISE POLICY – Update your district’s tobacco free school policy to include the following language:

- a) “Any tobacco product” includes but is not limited to cigarettes, cigars, spit tobacco, snus, tobacco strips and sticks, dissolvable tobacco products, hookah, e-cigarettes, electronic nicotine delivery devices and any new and emerging tobacco products.
- b) “Any person” includes students, staff, visitors, all groups using school property and ANY other persons. Include all alternative and vocational programs in this prohibition.
- c) “Any time” means 24 hours/day, 7 days/week, 365 days/year.
- d) “Any location” includes the school’s property, grounds, buildings and vehicles, even when school is out of session or the event is sponsored by another organization (e.g., a sporting event, all district event, etc.)
- e) “Any event” includes ALL school-sponsored events, whether on or off school property.

Source: MI Department of Health and Human Services Tobacco Control Program



Screen students caught using tobacco or electronic cigarettes for substance use and mental health. Refer to services as needed and offer alternatives to suspension.



Support participation in intervention groups, treatment services and student assistance programs, including alternatives to suspension programs.

Alternatives to School Suspension

My Life, My Quit- National Jewish Health (who also offers the Michigan Tobacco Quitline)

My Life, My Quit is a youth quit tobacco and vaping program that offers free and confidential help from a quit coach specially trained to listen to teens, help teens navigate social situations that involve tobacco or vaping, and find healthy ways to cope with stress. My Life, My Quit offers:

- The first comprehensive program designed just for teens
- Teen focused messages and educational materials created with youth input
- Five real time coaching sessions via live text messaging, online chat or phone
- On-going text messages for encouragement throughout the quit process
- A water-marked certificate of completion of the program that can be given to school administrators

TOLL FREE: 1-855-891-9989 mylifemyquit.com

Second Chance - Colorado Department of Public Health and Environment

Second Chance is a web-based tobacco education program for middle and high school youth who have violated a tobacco policy at school or a law in the community. It is a FREE on-line, interactive, and self-directed program intended to be used as an alternative to suspension. The program may also be helpful for teens that are experimenting with tobacco but have not violated tobacco policy. Second Chance is not a cessation program.

<https://www.rmc.org/what-we-do/substance-abuse-prevention-education/second-chance/>

Aspire – MD Anderson Cancer Center

Aspire is a bilingual, online tool that helps middle and high school teens learn about being tobacco free. It explains the dangers of tobacco and nicotine use, so they never start using tobacco. Or, if they already do, it gives information and ways to quit. Students can earn a certificate of completion upon finishing the program. Click on “Student Log In” to begin. Teachers/administrators can see students’ progress by logging in to the Admin site.

<https://www.mdanderson.org/about-md-anderson/community-services/aspire.html>

This is Quitting – The Truth

A free, electronic nicotine delivery devices digital quit program for youth. Students can access the program by texting ‘QUIT’ to 706-222-QUIT. <http://www.thisisquitting.com/>

FDA/Scholastic The Real Cost of Vaping campaign: Curriculum and activities for grades 9-12

<http://www.scholastic.com/youthvapingrisks/>

Prime for Life – Prevention Research Institute

Prime For Life is an evidence-based motivational prevention, intervention and pretreatment program specifically designed for people who might be making high-risk choices.

https://www.primeforlife.org/programs/prime_for_life_prevention

CATCH My Breath – University of Texas Health Science Center at Houston School of Public Health

A best-practices youth E-cigarette and JUUL prevention program. <https://catchinfo.org/modules/e-cigarettes/>