Tobacco-Free Schools Policy

Enforcement Strategies & Communication Tips

Translating Policy to Practice

Tobacco Prevention and Control Program
State of Alaska Department of Health and Social Services

STATE of ALASKA
Department of Health and Social Services

Prevention Promotion Protection
ALASKA DIVISION OF Public Health

Enforcement Strategies: Practical Tips for Enforcing Your Tobacco-Free Schools Policy

A written policy is only effective if it is communicated and enforced. The following document provides a range of options for schools and districts to consider as they decide the best way to enforce tobacco policy in the context of their own schools and communities

Communication

The first step in successful tobacco policy enforcement is communication. Communication through a variety of channels sends clear, consistent messages that tobacco use is not acceptable in the school environment. Communication should be continual and highly visible. The more positive messages, signs, reminders, announcements and newsletter articles, the fewer problems there will be with enforcement. Once the no-use expectation is strongly set forth there should only be a small number of people who may violate the policy (*For more information on communication strategies see "Communication Tips: Get the Word out About Your Tobacco-Free Schools Policy" on page 10).*

Ultimately, each school or district must decide its discipline policies (i.e. consequences) for students, staff and parents. Alaska law prohibits any form of smoking in public or private schools and tobacco possession is against the law for those under 19 but enforcement procedures are not defined.

> One recent study found that "enforcement of school tobacco policies, but not the comprehensiveness of those policies, was associated with fewer observations of tobacco use by minors on school grounds as well as lower rates of current smoking among students."[1]
>
> *Simply Stated:*
> *Enforcement of school tobacco policies—even if they're not perfect, makes a difference!*

Enforcement with Students

Progressive discipline is the key recommendation when it comes to enforcement of tobacco use violations. Progressive discipline means that disciplinary procedures start with less punitive consequences and become more punitive with each violation. Ideally, tobacco prevention education and cessation opportunities are part of the discipline plan especially for first violations. Progressive discipline is important because tobacco use is more than a discipline issue; it is an addiction issue. Research shows adolescents can quickly become dependent on nicotine.[2] Additionally, studies indicate that policies that prohibit tobacco use and assist smokers in overcoming addiction are associated with lower smoking rates.'[3]

There are many discipline strategies that can be utilized in a progressive discipline policy. The right combination should be decided upon at the school or district level to match the schools' philosophy, climate and unique needs.

The following strategies can be combined to create a progressive discipline policy*:

- Verbal warning
- Confiscation of tobacco
- Parent/guardian notification
- Referral to guidance counselor, school nurse, or community program
- Conference with school administrator
- Mandatory alternative to suspension tobacco education program (e.g. "Alternative to Suspension" by American Lung Association)
- Academic assignments focusing on tobacco use
- Referral to student court (if available)
- School/community service
- In-school suspension
- Out of school suspension

*Cessation information should be made available at all levels of the discipline progression.

Progressive Discipline Example for Students

This is one way of combining the previously listed options to create a progressive discipline policy. Schools/districts must decide how quickly to ratchet up the consequences for students caught using tobacco at school.

For all tobacco policy violations

- Confiscate tobacco
- Notify parent/guardian of infraction
- Hold conference with school administrator
- Provide information on cessation

First Offense:

- Refer to school counselor, nurse, or community partner

Second Offense:

- Alternative to suspension program (such as ALA Alternative to Suspension, Talking Circle or other community alternative)

Third offense

- Community service or in-school suspension

Fourth offense

- In-School or Out-of school suspension

Cessation

Because nicotine dependence can start early in an adolescent's tobacco use experience, cessation resources should be offered to the student beginning at the first offense. No one can be forced to quit so the choice must be the student's. Research has shown that most teen smokers do want to quit but have been unsuccessful in their previous attempts. [4]

Cessation programs can be tailored for local communities. Successful programs have utilized tribal elders, wellness circles, flexible scheduling and class credit for students who successfully complete the program.

Check in your local area for quit resources and programs that are available for teens. Some schools or communities may offer N-O-T, a voluntary youth cessation program sponsored by the American Lung Association. Youth can access Alaska's Tobacco QuitLine 1-800-784-8669 (1-800-QUIT-NOW) for quit-assistance materials but not nicotine replacement products. Other options for cessation are free programs that can be accessed on-line such as: Quitnet (quitnet.com) and My Last Dip (mylastdip.com). In addition to these cessation resources, many Alaska school districts have started their own cessation classes drawing on the strengths of their local communities. These programs have partnered with community organizations, regional health corporations and local health providers.

ALASKA'S TOBACCO QUIT LINE
1-800-QUIT-NOW
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

School staff are often tempted to use participation in a cessation program as one of the consequences in a discipline plan. The idea of helping students quit smoking is a good one but cessation programs should not be used as alternative to suspension programs. Tobacco alternative to suspension programs are available and they focus on education and helping students move towards the decision to quit. These programs can be used as a consequence whereas participating in a cessation program should be voluntary.

"Experience tells us that one cannot force a teen, or an adult for that matter to quit smoking or to change any other behavior over the long term. To become successful in being tobacco-free, teens must want to be tobacco-free. Mixing in students who are attending N-O-T as a punishment will damage the group's dynamic."
- American Lung Association, N-O-T Facilitator Guide, 2009.

Alternative to Suspension Programs

The American Lung Association's "Alternative to Suspension" program is a 4-session tobacco education program based on the Social Cognitive Theory. The focus is tobacco use education and helping students move towards their own decision to quit. If possible, it is helpful to implement both the Alternative to Suspension program and the N-O-T program at the same school/location so if a student makes the decision to quit using tobacco there is a ready and supportive resource.

Support/Education/Community Service

Tobacco use is often an indicator of other issues in a student's life. One study found that adolescents who use tobacco are more likely to engage in other behaviors such as risky sexual behaviors, risky alcohol-related behaviors and to not wear seatbelts or bicycle helmets. [5] Students who use tobacco are also more likely to struggle academically. [6]

A meeting with the school counselor can result in referrals to help students deal with stress, and academic or addiction issues that might otherwise have been overlooked. If tobacco use is part of how a student copes with stress, the school counselor can help the student figure out alternative coping strategies. Be sure to prepare the school counselor or nurse for such referrals.

Alternative to suspension programs and community service are recommended steps to take before suspension. It is important that the tobacco user doesn't feel isolated and benefits from positive messages and support to change behavior. Tobacco-related community service opportunities can be set up such as cleaning up cigarette butts, getting involved in activities that support national tobacco-prevention events like Red Ribbon Week or Kick Butts Day, or volunteering to lead tobacco education sessions for younger students. Service can be done at school or with local community organizations. Use student groups and local health agencies to help think of possibilities. The more options offered, the more likely the student will find an activity he/she finds meaningful.

Possession

In 1998, the Alaska legislature passed a law that bans possession of tobacco products by any person under 19 years of age. Enforcement of the law is not defined in the statute but is left to local municipalities.

Enforcement of the youth possession law on school grounds is determined at the district or school level and is not required. Points to consider:

- School tobacco policy should indicate that it is against the law for youth under the age of 19 to *possess* tobacco.
- If schools or districts determine they will enforce a tobacco possession policy, it is recommended that they implement a progressive disciplinary strategy, utilizing education options for first or second time offenders.
- The policy may indicate that schools will only enforce policies regarding "visible" possession of tobacco to prevent students from being searched.
- If lockers are being searched for other purposes and tobacco is found, the consequences should be outlined in the policy.
- The school/district should be aware of any possession ordinances in place in the community and work with local law enforcement or School Resource Officers (SROs) to coordinate messaging and enforcement practices.

Non-traditional School Settings

Non-traditional school settings present unique challenges to tobacco policy enforcement where tobacco use tends to be much higher than in other school settings. [7] Students attending non-traditional schools often face a variety of issues and may have had challenges succeeding in traditional school environments. As in all schools, a priority of alternative schools is to keep students in school and help them succeed. The following are suggestions to help design a tobacco policy that will work in a non-traditional school setting:

- Set and communicate clear, consistent expectations about no-use on school property.
- Provide an inviting break area that offers students alternatives to tobacco use (e.g. games, music, computers, etc.).
- Involve students in the development and enforcement of the TFS policy (e.g., implement student-generated restorative justice practices-- some schools already have student-run courts in place and tobacco violations can be a case to put before the court.).
- Implement a progressive discipline policy with heavy emphasis on education, help with addiction, alternative coping mechanisms, and support for quitting.
- Offer many avenues for quitting (e.g., multiple N-O-T classes, links to community or hospital cessation groups, and on-line resources).

Students Leave School Grounds To Use Tobacco

Once tobacco use has been eliminated or enforcement is more consistent on school grounds, it is common for students to leave school property to use tobacco. This is a very challenging issue for schools. Often the use occurs where it is visible from the school or in close proximity to school grounds. The school does not have any legal responsibility to address use off school grounds but tobacco use off school grounds affects student attendance, health, and the no-use message being sent by the school. The following are some suggestions to consider to minimize the problem:

- Involve the community in decision-making/enforcement of policy. Work with local partners to coordinate community policy with school needs. Use community groups and neighborhoods for support.
- Close the campus so students don't leave school grounds.
- Get involved with the local tobacco coalition on youth access issues.
- Work with local law enforcement including the school resource officer (SRO) on options for actions off school grounds that are effective and not just punitive.
- Coordinate consistent messaging between school and the community.
- Clearly determine who will monitor school grounds and who will deal with violations. Sometimes use is overlooked due to a lack of defined procedures for monitoring and enforcement.
- Expand the reach of the policy by including words like "proximity to the school" (i.e., within view of the school) or "door-to-door" (i.e., the school is responsible for the student from the time the student leaves home in the morning until s/he arrives home in the afternoon) when writing the policy.

Cultural Considerations

Tobacco control interventions with Alaska Native communities should be thoughtfully designed using general tobacco control guidelines but with special consideration to the cultural values of each community. Statistics show that Alaska Natives (both youth and adult) are twice as likely to smoke as non-Natives. Additionally, adult Alaska Natives use smokeless tobacco more than non-natives. [8] Tobacco use is not part of sacred ritual as with some Native American tribes but the use of Iqmik, a form of smokeless tobacco, is commonly accepted in some Alaska Native communities.

"Coming into a community, you have to get involved, get to know the people and the culture. You can't just come in and force your beliefs and value systems on others. One of the most valuable lessons I've learned being in rural Alaska is to accept people on the terms they present to you, be open, honest and always genuine with people."
- AK school tobacco prevention coordinator

It is highly recommended that schools involve Alaska Native adults and elders with the design, implementation and enforcement of their tobacco-free schools policies. Research shows that 86 percent of Alaska Native adults and 82 percent of Alaska Native elders agree that tobacco use by adults should be banned on school grounds.[9] Community support and buy-in for policy is critical in any community but even more so in Native communities. Educating and involving tribal leaders can be key to changing social norms around tobacco use. It is important for those outside the culture to learn tribal traditions and values and understand how to operate within their established systems. This work does not happen quickly and involves listening, building trust and a willingness to incorporate unique messages and strategies that fit for individual communities.

"It may be uncomfortable for a community member to ask an elder to stop using tobacco but another elder can."
- AK school tobacco prevention coordinator

Athletics

Tobacco use by athletes, often in the form of chewing tobacco, is a major issue in some schools. No-tobacco use policies should be adopted and communicated to students and coaches participating in school athletics. Many of the same general principals about policy apply to athletics. Consider the following suggestions:

- Spell out district/school tobacco policy in athletic contracts. Also include what happens to athletes caught using tobacco both on and off school grounds as well as in-season and off-season. Parents and athletes should both sign the contract.
- Athletic contracts are often very strict in their no-tobacco policies. Consider adding a clause that allows an athlete to get help quitting without being penalized. If this is added, discussion must take place on how to handle situations fairly and what will happen if there is a repeat offense.

- A progressive discipline policy should be implemented for athletes and resources provided if an athlete is ready to quit.
- Coaches are role models to student athletes and should not use tobacco in the presence of students. Make sure coaches understand this responsibility before they are allowed to coach students.
- See the Tobacco, Alcohol, and Drug-free policy from the Alaska School Activities Association (ASAA) at http://www.asaaeligibility.org for important guidelines.

Enforcement with Staff

Staff contracts often contain provisions that prohibit them from using tobacco on school property or at school sponsored events. Staff should be informed of the TFS policy and the specific provisions that apply to them. Consequences of violating the TFS policy should be written in the staff handbook so they know in advance what to expect. The following elements can be combined to create a progressive discipline policy for staff:

- Verbal warning
- Education/support
- Referral to Alaska's Tobacco QuitLine
- Enrollment in a tobacco education program (if available)
- Disciplinary action (e.g. written warning, formal reprimand or letter in staff file).

"*Focus on tobacco use as an unhealthy behavior versus the user. For example, a teacher or coach who uses tobacco may still be a great role model for youth but his/her tobacco use promotes an unhealthy behavior. Make sure adults are not alienated because of their tobacco use but that they know their behavior is sending the wrong message to students. Support them if they have a desire to quit.*"
- North Dakota TFS guide

In addition to policy/contract reasons, it is important for consistency of the no-tobacco use message that staff members not use tobacco on school grounds or at any school function. If the school or district has a worksite wellness program, tobacco education and cessation would be a helpful component to include.

Tobacco use is addictive. It is important to encourage staff to talk to their health professional about quitting and to provide them ready access to cessation resources. Alaska's Tobacco QuitLine (1-800-QUIT-NOW) is a resource with free counseling and nicotine replacement products to help staff interested in quitting. Employees should check their health care benefits to see if cessation is one of their benefits and districts can look into adding the benefit if it is not already provided.

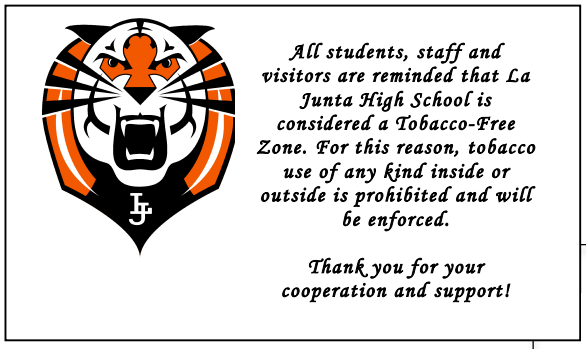
Enforcement with Visitors

A tobacco-free environment means no use by anyone, including parents and community visitors to the school. Enforcement with visitors is intimidating for schools because it requires approaching someone outside the school system and requesting them to follow a school policy. This task gets easier as norms around tobacco use change in the community. Some of the following tips may be useful:

- Place prominent signage publicizing the tobacco-free schools policy, particularly in areas where visitor use occurs. Use positive, health-promoting messages.
- Politely request the visitor stop using tobacco. This can be accomplished by:
  - Verbal request by an administrator, parent, staff or community member.
  - Printed request using a small card containing a message referencing the TFS policy on the front and Alaska's Tobacco QuitLine phone number on the back.
- If the visitor will not comply, ask them to leave the premises.
- If the visitor will not leave, contact law enforcement. If the school SRO or other security is present, ask him/her to assist.

Don't Know What to Say?
Try one of these statements:

- "I need to ask you to put away your chewing tobacco/cigarette. We have a tobacco-free policy, which includes staff and visitors. Thank you for your understanding."
- "You may not have noticed our signs indicating that the school is tobacco-free. If you wish to smoke/chew, you are welcome to leave the grounds and come back when you are finished. Thank you."
- "We need to ask visitors to comply with our school's tobacco-free schools policy. Our goal is to role model healthy behaviors to our students and to protect students, staff and visitors from secondhand smoke. Thank you for your help."



Example of double-sided card to hand out to help enforce TFS policy
- *front design courtesy o f La Junta High School, La Junta, CO*

Communication Tips:
Get the Word Out About Your Tobacco-Free Schools Policy

A carefully considered tobacco-free schools policy is the foundation of a comprehensive approach to tobacco prevention in schools. Policy is the mechanism that allows consistent no-use standards and enforcement procedures to be passed from one superintendent to the next at the district level and from one principal to the next at the school level. People and programs may come and go but a policy lasts and can provide guidance to new leaders.

Development of the written policy is an important first step but what is key to successful implementation is the communication and enforcement of the policy. Students, staff, parents and the community need to know the provisions of the policy, why the policy is important and why it is important for the school setting to be tobacco-free.

Policy Rationale- Why Should Schools be Tobacco-Free?

It's about promoting good health

The main purpose of a tobacco-free schools policy is to promote good health among students, staff, parents and the community. A tobacco-free schools policy supports safe schools, promotes clean indoor air, and creates an environment where students are encouraged to make healthy choices that will prevent future nicotine addiction and tobacco- related illnesses. Policy helps change social norms as consistent no-use messages are communicated, modeled and enforced in the school setting.

A tobacco-free schools policy is not meant to target adult tobacco users outside the school setting or to question the legality of adult tobacco use. The policy does, however, make clear that tobacco use on school grounds or at school functions sends the wrong message to students and is prohibited at all times.

It's about Health!

Tobacco use is the single most preventable cause of death and disease in our nation.[10]

Smoking kills more Americans than alcohol, drug use, car crashes, firearms, toxic and microbial agents, and sexual behaviors combined![11]

Smokeless tobacco contains 28 cancer causing agents (carcinogens) and increases the risk of developing oral cancer. [12]

Adolescents who smoke are more likely to engage in risky sexual and alcohol-related behaviors and struggle academically. [13,14]

Communication Strategies

There are basic communication strategies that can be used in many different settings. We encourage you to use these tips as starting points and come up with new ideas or find ways to personalize these approaches for your district or school.

General Strategies to Reach Students, Staff, Parents and Community

- Post prominently placed tobacco-free school signs on school grounds. Include signage in tribal languages, where appropriate.
    - **Where?** School building entrances, parking lots, athletic fields and indoor facilities, buses, school vehicles, entrance to school grounds, gathering places like restrooms, loading areas and stairwells.
- Post an announcement about the policy on district and school web pages, including the athletic schedule page.
- Get community input on policy messages and test messages with influential community leaders such as tribal elders or opinion leaders.
- Include a statement that the school district is tobacco-free in contracts with vendors who will work on school or district grounds and groups that are using school facilities.
- Announce the policy at all athletic events, meetings, concerts and plays.
- Print reminders about no tobacco use in event bulletins.
- Remove all ashtrays on and around school property, especially those outside the entrances to school buildings.
- Ask students, staff and community volunteers to assist in distributing informational flyers regarding the policy at school events, particularly at off-site sporting events or other events when tobacco use may be an issue.
- Make sure messages are tobacco-free vs. smoke-free to include chew tobacco and other tobacco-derived products.
- Use local language and terms to talk about about tobacco (e.g. Iqmik, black bull, spit vs. chew).
- Provide easily accessible information on Alaska's Tobacco QuitLine (1-800-QUIT-NOW) to help those who are ready to quit.
- Sponsor tobacco-free family activities (barbeques, sports nights) that include positive health and no-tobacco use messages.
- Use popular, local means of communication (e.g. messages on VHF radio, community message boards or small newspapers) to get the message out.

Communicating to Parents/Guardians

- Send a letter to each parent or guardian that: 1) explains the policy; 2) provides the health, academic and social reasons for the policy; 3) outlines the consequences for violators; and 4) asks for support in enforcement.
- Ask parents to sign student-school contracts that address the tobacco policy for participation in sports, extra and co-curricular activities.
- Discuss the policy at PTA, PTO or similar meetings.

- Include an article outlining the policy and implications of the policy in PTO/PTA newsletters and school or community newspapers.
- Send a letter home or call parents if a student violates the policy.

Communicating to Students

- Put the policy in student handbooks and orientation materials.
- Verbally review the policy at orientation meetings especially with new or transfer students.
- Make announcements over morning broadcasts. Have students write and record their own PSAs.
- Spread policy information through student organizations, activities and newspapers.
- Have students design posters, banners, buttons and signs to communicate the policy and promote a tobacco-free environment.
- Provide information about how students can access cessation programs and on-line resources such as: Quitnet.com, or mylastdip.com
- Involve or create student groups to advocate for a tobacco-free environment (e.g. student leadership).
- Spread information on tobacco prevention and cessation resources at school health fairs or booths related to tobacco-themed events such as the Great American Smoke Out or National Kick Butts Day.
- Sponsor tobacco-free fun activities and clubs that are popular with kids (successful examples include: skateboarding club, dry suit snorkeling, hiking, knitting etc.).

Communicating to Employees

- Include a statement that the school district is tobacco-free on all job applications and inform potential employees of the district's policy at all job interviews.
- Provide every school district employee a copy of the policy and a letter of explanation from the school board.
- Hold in-service training on tobacco-related and other school health policies for all staff including teaching staff, bus drivers, aides, food service workers and maintenance staff. Make sure coaches or others that may work with the school or students on a limited basis also get the information.
- Discuss tobacco and health policies at staff meetings and new staff orientation.
- Post information, along with a copy of the policy, in staff lounges or offices.
- Include information in staff newsletters.
- Provide information on how staff can access cessation resources, including Alaska's Tobacco QuitLine (1-800-QUIT-NOW).
- Involve respected and well-liked school personnel in sharing messages with staff groups.
- Use the internal staff website, worksite wellness committee meetings and insurance benefit meetings to communicate the tobacco-free schools policy.
- Remind employees, faculty, and staff that they are all role models and are part of creating a healthy, tobacco-free learning environment.

Communicating policy effectively to students, parents, staff and the community will make enforcement easier. It can help prevent negative confrontations with parents, workers and visitors as clear, positive and consistent messages are sent on an on-going basis.

The information provided here gives a variety of options and ideas for communicating about policy and health but there are a wealth of other opportunities to get the message out in effective ways—all it takes is creativity and a commitment to getting out the word!

Sample Sports Event or Theater Announcements

- For the health and safety of our students, _____(name of school district), is proud to be tobacco-free. At this time we would like to remind our home fans and visitors that the use of any tobacco products by students or adults during tonight's game is strictly prohibited. We appreciate your support and would like to thank you for keeping our school and stadium tobacco-free. Enjoy the game!

- We would like to remind our visitors and fans that smoking or chewing tobacco is prohibited on school grounds—including in and around the stadium. Thank you for your support and enjoy the game!

- Thank you for attending to tonight's performance. We would like to remind our audience that (name of school/district) _____ is tobacco free. Tobacco use of any kind is prohibited in and around the theater. Thank you for your cooperation.

- Thank you for keeping our school tobacco-free. We would like to remind everyone that tobacco use of any kind is not permitted on school grounds.

- To promote the health and safety of our students and community, we ask that you please not use tobacco of any kind while on school grounds. Thank you for your cooperation.

- "Our tobacco-free schools policy extends to school events off school property. To keep our message consistent, please do not use tobacco of any kind during this event. Thanks for your cooperation."

- Did you know in Alaska 490 adult smokers die each year from smoking and another 120 non-smoking adults die from exposure to secondhand smoke? For the health and safety of our students and community please refrain from tobacco use while on school grounds. (Source: Campaign for Tobacco-free kids)

- Did you know that the nicotine found in tobacco products is highly addictive and that most smokers would like to quit? For more information on how to quit smoking or chewing tobacco contact Alaska's Tobacco Quitline at (1-800-QUIT-NOW).

These are just a few sample announcements that can be printed in programs or said over the loudspeaker. Use these samples as a starting points and change them to make them fit for your school or community!

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Alaska Resources – *Where to Go, Who to Talk To*

State of Alaska Division of Public Health: Tobacco Prevention and Control Program
http://www.hss.state.ak.us/dph/chronic/tobacco/
The mission of the Alaska Tobacco Prevention and Control Program (TPC) is to provide leadership, coordinate resources, and promote efforts that support Alaskans in living healthy and tobacco-free lives. The State Tobacco Prevention and Control comprehensive program has a variety of resources communities can draw from:

- K-12 School Grant Program: contact Lauren Kelsey, lauren.kelsey@alaska.gov
- Cessation Programs, including Alaska's Tobacco Quit Line: contact Jessica Harvill, jessica.harvill@alaska.gov
- Media Program: contact JoAnne Zito-Brause, joanne.zito-brause@alaska.gov for media materials and help with communication strategies
- Community Grant Program: contact tobacco@alaska.gov for information about local prevention grant programs and any other general questions.

Alaska's Tobacco Quit Line
(1-800- QUIT-NOW) www.quitnow.net/alaska
Alaska's Tobacco Quit Line provides ***FREE*** one-on-one telephone counseling, information on how to quit and referral services seven days a week. In addition, several nicotine replacement product options are provided at no cost.

A trained Quit Coach answers the telephone and provides individual assistance to each caller that includes: An assessment of readiness to quit, a customized quit plan, motivation and problem solving advice, up-to-date information on cessation aids and referral services, a free Tobacco Quit Guide with helpful "how to" guides and resources on skill building, problem-solving, and relapse prevention.

Alaska Division of Behavioral Health: Tobacco Enforcement Program
http://hss.state.ak.us/dbh/prevention/programs/tobacco/default.htm
The State's Tobacco Enforcement Investigators work closely with businesses and community organizations to ensure compliance with and enforce local, state, and federal tobacco control laws that are designed to decrease youth access to tobacco. The Enforcement program also educates tobacco store owners, clerks, tobacco distributors, community members, and police officers on the laws. The Enforcement team can be contacted to discuss their program and the various issues surrounding youth access to tobacco.

State Tobacco Prevention and Control Program Partners:

Alaska Tobacco Control Alliance (ATCA)
www.alaskatca.org
ATCA is a statewide network of health advocates who develop, support and sustain comprehensive tobacco control programs. ATCA's vision is a tobacco-free Alaska and its mission is to create conditions for Alaskans to live free from the harmful effects of tobacco. All Alaskans can apply to join the alliance, and there is no membership fee.

Alaska Native Tribal Health Consortium
www.anthc.org
The Alaska Native Tribal Health Consortium (ANTHC) Tobacco Prevention and Control Program provides training, orientation and technical assistance to TPC's statewide network of grantees. In addition, ANTHC hosts the Tobacco Treatment Specialist Training and provides assistance to health care centers in the Alaska Tribal Health System to develop, expand, and/or revitalize nicotine dependence treatment services. ANTHC has also begun to partner with RurAL CAP working with Head Start Programs across the state to educate parents and families about the importance of Growing Up Tobacco Free.

Alaska School Activities Association (ASAA)
www.asaaeligibility.org
The Alaska School Activities Association is a statewide nonprofit organization established to direct, develop and support Alaska's high school interscholastic sports, academic and fine arts activities. Check here to see Alaska's school Tobacco, Alcohol, and Drug-free policy for athletes.

Association of Alaska School Boards
http://aasb.org
The Association of Alaska School Boards is an organization representing all of the local school boards in Alaska. The Association serves as a source of assistance, information, and liaison for school boards and the districts they represent. AASB provides a statewide perspective on issues of educational concern. Other services provided by the association include: Policy Development, Board Development, School Improvement and Community Engagement Services, Strategic Planning, Superintendent Search, and Legislative Advocacy.

American Lung Association of Alaska
www.aklung.org
The American Lung Association offers a variety of programs to address clean air, COPD, tobacco use, youth cessation (N.O.T) and alternative-to-suspension programs.

RurAL CAP:
www.ruralcap.com
The Rural Alaska Community Action Program, Inc. (RurAL CAP) is a statewide organization working to improve the quality of life for low income Alaskans. RurAL CAP educates rural communities around tobacco prevention, promotes smokefree home, cars, and business policies. RurAL CAP is also partnering with ANTHC to work with their statewide network of Head Start Programs to promote tobacco cessation among parents and support Growing Up Tobacco Free.

Other background resources:

American Lung Association, "Not on Tobacco Facilitator Guide," American Lung Association, Washington DC, 2009.

Centers for Disease Control and Prevention. "Guidelines for School Health Programs to Prevent Tobacco Use and Addiction." MMWR 1994 (25 Feb); 43 RR-2.

"Fit, Healthy and Ready to Learn: A School Health Policy Guide, Chapter F: Policies to Prevent Tobacco Use," National Association of State Boards of Education (NASBE)

"The Tobacco-Free Sports Playbook"- CDC, Office on Smoking and Health, 2007
http://www.cdc.gov/tobacco/youth/sports/playbook/pdfs/tobacco-free_sports_playbook.pdf

"Tobacco-Free Athletes Coaches Manual"- Tobacco Free Maine
http://www.tobaccofreemaine.org/channels/educators/tobacco_free_athletes.php

"Role Models Don't Dip or Chew- Do You?"- National Federation of State High School Associations

State Tobacco-Free School Guides:

Alabama
http://www.adph.org/tpts/Default.asp?id=1813

Kentucky
http://chfs.ky.gov/NR/rdonlyres/B0EC92F3-79FE-4309-99ED-B5EBCC763FCC/0/TobaccoFreeSchoolPolicy.pdf

Maine
http://www.tobaccofreemaine.org/channels/educators/documents/SchoolPolicy.pdf

Michigan
http://www.preventionnetwork.org/24-7%20Tobacco%20pieces.htm

North Carolina
http://www.nctobaccofreeschools.com/

North Dakota
http://www.ndhealth.gov/tobacco/Schools.htm

Oklahoma
http://www.health.state.ok.us/program/tobac/TobaccoFreeEnvironment21.pdf

Oregon
"School Tobacco Policies," Oregon Department of Human Services, Health Services, Tobacco and Education Program.

South Carolina
http://www.scdhec.net/health/chcdp/tobacco/docs/Schoolbookfullcolor_2ndedconsecutive.pdf