



Tobacco-Free Schools and Healthier Generation

Ryan Monroe



ALLIANCE FOR A HEALTHIER GENERATION

Whole Child Health & Health Equity

We work to ensure that every mind, every body, and every young person is healthy and ready to succeed.

HEALTHIER GENERATION'S APPROACH

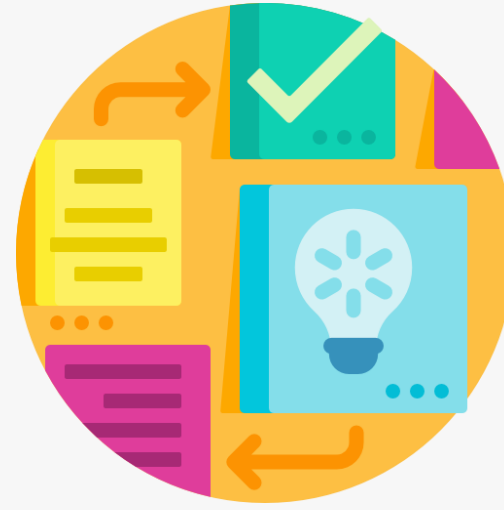
Integrate Health & Learning



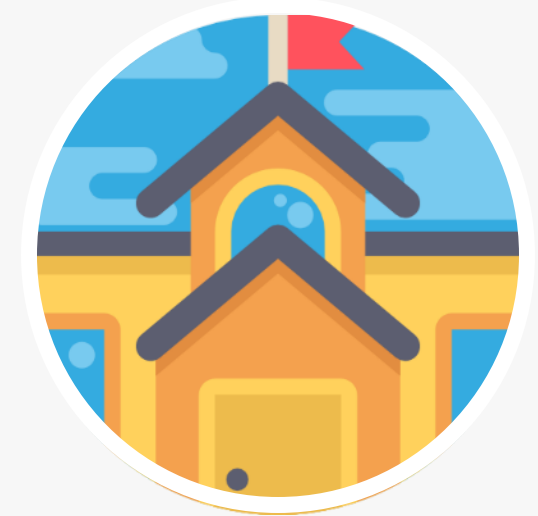
POLICIES



PRACTICES



SYSTEMS



ENVIRONMENTS

Improve policies, practices, systems and environments to increase physical and social-emotional health.

Healthier Generation Tobacco-Vaping Free Schools

District Tobacco Free
Model Policy

Thriving Schools
Integrated Assessment

Professional
Learning/Resources

Youth/Community
Engagement

How to continuously improve tobacco and vaping-prevention in schools?



Functions of District Leadership Team

1

Reflects
Diversity

2

Creates Buy-in

3

Advises &
Advocates

4

Takes Action

5

Supports
Priorities

Tobacco Policy Involvement?

- Superintendent or district level designee
- Caregiver, Parent, family member
- Students
- Physical and health education teacher and school health professional
- School Nurse and/or School Based Health Center Staff
- Specialized instructional support personnel
- School administrators
- School board members
- Physical Environment/ Facilities Director
- Community health professionals
- School-based out of school time staff
- General public representative
- Local business owner

HG School Wellness Committee Toolkit & Video



School Wellness
Committee

TOOLKIT



[School Wellness Committee Toolkit](#)



Build support



Assess policies & practices



Celebrate success

HEALTHIER GENERATION'S

6 Step Process



Develop a plan



Explore resources



Take action

Thriving Schools Integrated Assessment

Thriving Schools Integrated Assessment: District Edition

In partnership with  KAISER PERMANENTE.






Deepen your understanding

Continue working through your assessment to understand where you're at. Record your progress as you make improvements.

Updated 10 months ago by Sonia K

[CONTINUE ASSESSMENT](#)

Other Steps

-  [Go to Action Plan](#)
-  [Download Guide](#)
-  [Explore Glossary](#)
-  [View Report](#)
-  [Invite a Team Member](#)

Assessment Questions grouped by Topic

Advancing Core Policies and Practices	1/11 Answered	▼
Increasing Family and Community Engagement	0/21 Answered	▼
Improving Nutrition and Food Access	0/27 Answered	▼
Implementing Local School Wellness Policy	0/14 Answered	▼
Enriching Health Education	0/13 Answered	▼

- District & School Access
- Best Practices
- Action Steps
- Resources & Trainings
- Self-Paced

Assessment Topics



Advancing Core Policies & Practices



Cultivating Staff Well-Being



Increasing Family & Community Engagement



Promoting Tobacco-Free Schools



Improving Nutrition & Food Access



Supporting School Health Services



Enriching Health Education



Reducing Chronic Absenteeism



Implementing Local School Wellness Policy



Addressing School Discipline



Bolstering Physical Education & Activity



Fostering Positive School Climate & Culture




Strengthening Social-Emotional Health




Building Staff Capacity

Tobacco Free Schools Questions


ALLIANCE FOR A HEALTHIER GENERATION

ACTION CENTER

Welcome, Sean
 My Account
Log out

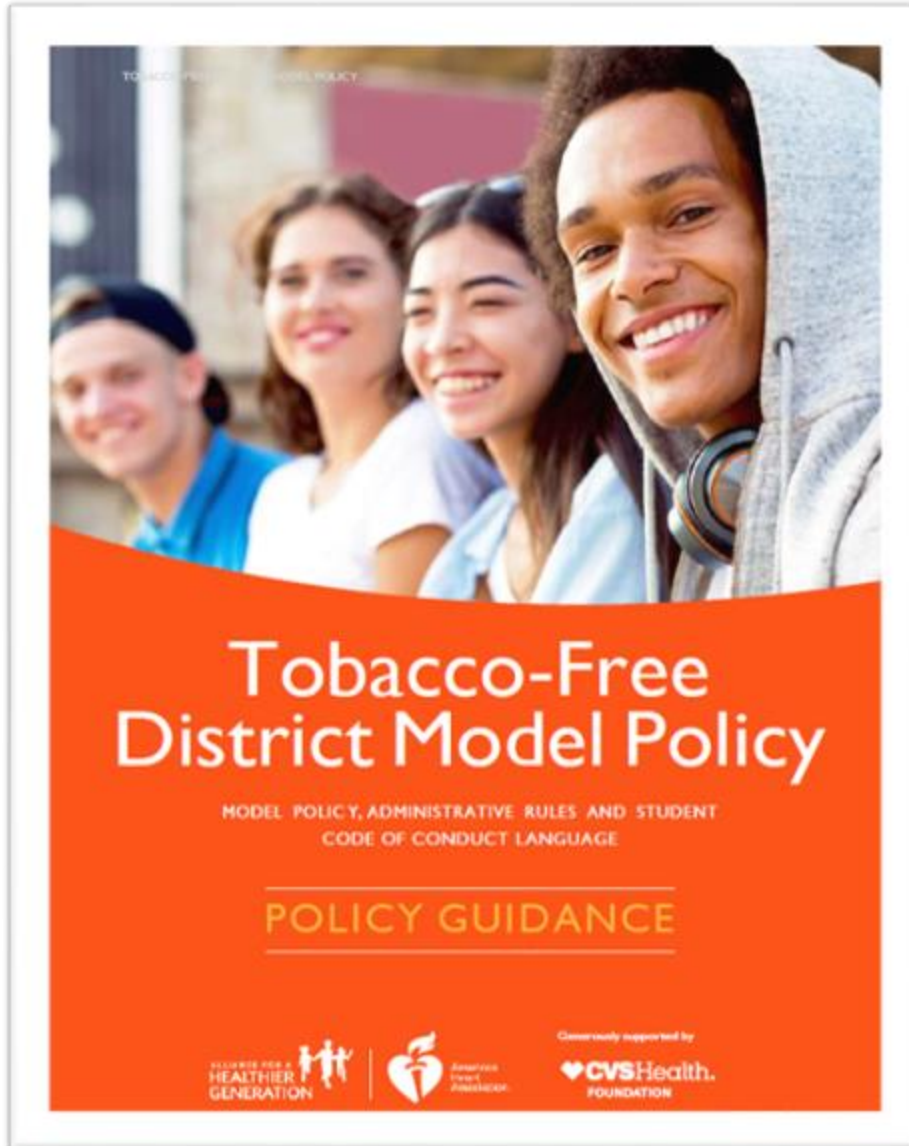
- [Dashboard](#)
- [My Organizations](#)
- ▼ Bread District**
- ▼ Assessments**
- Thriving Schools Integrated Assessment
- Healthy Schools Assessment
- RISE Index
- Quick Start Health Assessment
- Tobacco-Free Assessment
- Action Plan
- Reports
- Wellness Policy

Promoting Tobacco-Free Schools
19/28 Answered
▲

TOB-D1	District tobacco-free policy	<input type="radio"/> Unanswered	Answer
TOB-D2	Comprehensive definition of tobacco products	<input checked="" type="radio"/> Yes	View
TOB-D3	Prohibitions on tobacco product possession	<input checked="" type="radio"/> Yes	View
TOB-D4	Prohibitions on tobacco product use	<input checked="" type="radio"/> Yes	View
TOB-D5	District tobacco-free policy exceptions	<input checked="" type="radio"/> Yes	View
TOB-D6	Student cessation product use	<input checked="" type="radio"/> Yes	View
TOB-D7	Staff and visitor cessation product use	<input checked="" type="radio"/> Yes	View
TOB-D8	Prohibitions on tobacco sales and promotion	<input checked="" type="radio"/> Yes	View
TOB-D9	Prohibitions on tobacco industry solicitation and contributions	<input checked="" type="radio"/> Yes	View
TOB-D10	District tobacco-free policy in effect at all times	<input checked="" type="radio"/> Yes	View
TOB-D11	District tobacco-free policy in effect at all locations	<input checked="" type="radio"/> Yes	View
TOB-D12	Referrals to law enforcement for district tobacco-free policy violations	<input type="radio"/> No	View
TOB-D13	Supportive disciplinary practices in the district tobacco-free policy	<input checked="" type="radio"/> Yes	View

Tobacco-Free District Model Policy

- Rationale
- Model Policy Language
- Administrative Rules Language
- Code of Conduct Language
- Supportive Discipline





Choosing Action Plan Goals

1

Importance - How important is this to achieving a healthy school environment?

2

Feasibility - Are resources available to make this a reality?

3

Reach & Strength - How many people will this effect? How will it impact behavioral or cultural changes?

4

Sustainability - How will this take hold in the short term and have lasting power?



Action Planning

Action Plan

Reports

Wellness Policy Builder

Team

Resources

Training

Get Help

Log Out

Administration

Content

Criteria

Organizations

ACCOUNT > BREAD DISTRICT > ACTION PLAN

Action Plan ?

Introducing the Action Plan

The Action Plan is a collaborative to-do list that helps you and your Wellness Team plan and prioritize healthy changes for your organization this year.



How do I use the Action Plan?

Use your Action Plan to outline the tasks, dates, and resources that you and your Wellness Team will use to meet your goals.

[Learn more about using the Action Plan](#)

To work on ?

+ Add item

TPS-12 TBA

TOB-D13 TSIA

Supportive disciplinary practices in the district tobacco-free policy

Yes

This year's goals ?

+ Add item

CORE-D3 TSIA

District continuous improvement process to advance health and learning

Unanswered

NS-10 HSA

Done ?

+ Add item

TPI-4 TBA

TOB-D26 TSIA

District communication about tobacco-free policy

Mostly in place

Action Planning

TOB-D13

Supportive disciplinary practices in the district tobacco-free policy

✕ Close

 Question 

Does the district tobacco-free policy state that student violations will be addressed using a graduated set of evidence-based supportive disciplinary practices that promote recovery and reduction of tobacco product addiction and dependence?

YES

NO

No

Updated by Ryan M. a few seconds ago

ADD TO ACTION PLAN

Appears in

TSIA

- Promoting Tobacco-Free Schools
- Reducing Chronic Absenteeism
- Addressing School Discipline

Related resources

Build Your Referral Pathway

Action Planning

✓ Tasks



+ Add Task

🗨 Notes



BOLD

ITALIC

BLOCKQUOTE

BULLET LIST

NUMBER LIST

SAVE NEW NOTE

Build Your Referral Pathway

Connect people to resources in a timely, consistent, and equitable way...

Tobacco-Free District Model Policy

Use comprehensive, policy language when updating tobacco-free and vapi...

Reduce Tobacco Use and Vaping through Supportive Discipline

Watch this recorded webinar to identify the health and educational imp...

INDEPTH® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health)

A convenient alternative to suspension program that helps schools and ...

The Safe Schools/Healthy Students Framework Implementation Toolkit

This toolkit is designed for use by school-based teams at the communit...



HEALTHIER GENERATION'S
6 Step Process


Resource Mapping

Mapping Resources to Support Tobacco-Free Districts

Tobacco use can directly impact student success. Districts play a vital role in ensuring that all students have equitable access to resources that prevent them from using tobacco products and support students who need help quitting. Providing a map of available resources increases the chance that students access what they need to improve overall student success by preventing or reducing tobacco use.



Tobacco-Free Resource Map

 [Create your own map with this editable template](#)

Tobacco-Free resources may include, but are not limited to:

- School-based prevention (e.g., CATCH My Breath, Tobacco Prevention Toolkit, Vaping: Know the Truth, American Heart Challenge, Life Skills Training)
- Quitline
- Local Hospital
- Employee Assistance Program
- YMCA
- School-based cessation (e.g., INDEPTH, Not on Tobacco, This is Quitting, My Life-My Quit)
- Voluntary Health Organizations (e.g., American Lung Association, American Heart Association)
- Medical Providers (e.g., Family Physician, Pediatrician, Community/free Clinic)
- Advocacy Groups
- State and Local Public Health (i.e., State, County, City Tobacco Prevention)
- Community Coalition
- Health Plans
- Youth Serving Organizations

Date Modified:

For questions about accessing any of the listed resources, or to share suggestions for additional resources, please contact:

Tobacco-Free Resource Type	Program/Organization Name	Populations Served	Contact Information	Additional Considerations
Ex: Quitline	Ex: National Network of Tobacco Cessation Quitline	Ex: Students, staff, and families	Ex: 1-800-QUIT-NOW	Ex: Languages spoken: Spanish, Mandarin, Cantonese, Korean, Vietnamese; No-cost

Login

Resources

Training

Get Help

Resources

Filtering by tags: Tobacco/Vaping

Search Tag Language Type



TOBACCO/VAPING, POLICY
Tobacco-Free District Model Policy

This Tobacco-Free District Policy can support school districts in maintaining 100% tobacco-product free environments.



POLICY, POPULAR, TOBACCO/VAPING
School Wellness Committee Toolkit

A guide to assist school wellness committees to convene, plan, and implement action plans to create healthier school environments.

Log in required



TOBACCO/VAPING
CDC E-cigarettes and Youth: What Educators and Coaches Need to Know



TOBACCO/VAPING
CATCH My Breath™

A youth e-cigarette, JUUL, and vape prevention program specific to grades 5-12.



TOBACCO/VAPING
Tobacco Prevention Toolkit



TOBACCO/VAPING, DISCIPLINE
INDEPTH® (Intervention for



TOBACCO/VAPING, DISCIPLINE
Healthy Futures: An



TOBACCO/VAPING
The Brief Tobacco

www.healthiergeneration.org/tobacco



Implementation Strategies



Review Healthier Generation Model Tobacco Free Policy.



Identify language to revise in the district's tobacco policy.



Update the district's tobacco policy and share with the Board.



Use various forms of communication to inform schools and the community about the newly revised district's tobacco policy.

Resource Highlight



Tobacco-Free District Policy Implementation Checklist

This checklist explains the action steps needed to implement the Tobacco-Free District Model Policy. Together, and when put fully in place, these key activities can reduce student and staff tobacco use and vaping on school grounds.

Resource Highlight- Implementation Checklist

LEADERSHIP TEAM >

PROCEDURES >

ASSESSMENT >

COMMUNICATION >

**PROFESSIONAL LEARNING
& PARTNERSHIPS >**

STAFF SUPPORTS >

STUDENT EDUCATION >

SUPPORTIVE DISCIPLINE >

LEADERSHIP TEAM

The goal of this key activity is to **establish a team**. A team will be useful in helping you put the policy in place by completing the actions in the checklist. Use the following checklist to ensure a team is in place.

MODEL POLICY LANGUAGE

Appoint a team to implement Tobacco-Free District Policy.

ACTION STEPS

- Name person responsible for leading team to implement the policy.
- Establish a team that includes people serving in all the roles listed in the policy (see page 12). [↗](#)
- Schedule team meetings during times all members can attend and send invitations.
- During the first meeting, share the team's purpose and establish team roles, expectations, and agreements.
- During subsequent meetings, ensure each section of the policy is discussed. Consider:
 - When and how it will be put in place?
 - Who is responsible?
 - What resources and training are needed?
 - What programs and services are needed?
 - How will the team assess the policy?
 - What needs to be communicated to the school community and how?
- Develop action plans that are feasible to implement within the district calendar.
- Ensure all team members can access meeting agendas and notes.

RESOURCES

- [↗ District Leadership Team Toolkit](#)
- [↗ 6 Step Process Leadership Team Meetings](#)
- [↗ Recruiting the All Star Team: Tips and Tools for Building Support](#)

Resource Highlight



Build Your Referral Pathway

School communities are at the forefront of providing resources and support far beyond academics. Any time we connect a student or family to potential support, we have made a referral. A **referral pathway**¹ is a way of documenting and communicating the steps that are taken after identifying a need for support. This helps everyone understand how to get the support they need when they need it.

Use this resource to implement a clearly defined referral pathway that connects people to resources in a timely, consistent, and equitable way.

Resource Highlight - Building Referral Pathways



IDENTIFY SUPPORTS AND YOUR TEAM

1A

What supports and resources are available?

1B

Who will collaborate to identify and provide the appropriate support?



REFERRAL FLOW

2A

How will we know when support is needed?

2B

What happens after a referral is made?

2C

What does support look like?



REFERRAL FOLLOW-UP

3A

How well did we support?

3B

How effective is our referral pathway?





America's Healthiest Schools

Healthier Generation's signature award program honors schools for the key role they play in advancing the health and well-being of students, staff, and families.

Get started with the [America's Healthiest Schools Readiness Tool](#).

APPLY BY APRIL 16, 2024

www.healthiergeneration.org/award

Next Steps



Identify and connect with existing councils, committee, or teams.



Complete the Thriving Schools Integrated Assessment (Promoting Tobacco Free Schools Module).



Review Healthier Generation's Tobacco-Free Model Policy.

Identify possible revisions to current policy.



Connect with HG Program Manager - Ryan Monroe
ryan.monroe@healthiergeneration.org

Program Manager Support

Work alongside
Leadership Team

Collect & analyze
self-assessment data

Connect priorities to
evidence-based practices
and resources

Action plan & map
community resource

Ryan Monroe

Program Manager

ryan.monroe@healthiergeneration.org

Thank you!



  @healthiergen   /HealthierGeneration