Tobacco-Free Schools and Healthier Generation

Ryan Monroe

ALLIANCE FOR A HEALTHIER GENERATION

ALLIANCE FOR A HEALTHIER GENERATION

Whole Child Health & Health Equity

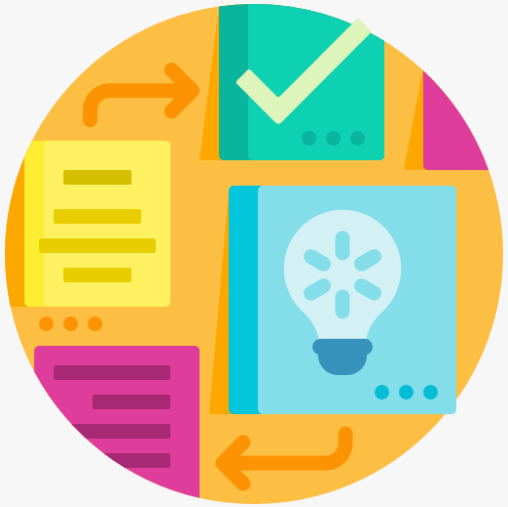
We work to ensure that every mind, every body, and every young person is healthy and ready to succeed.

HEALTHIER GENERATION'S APPROACH

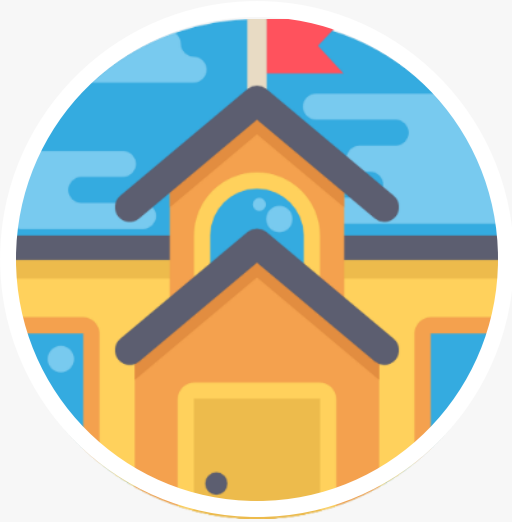
Integrate Health & Learning

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?

HEALTHIER GENERATION'S

6 Step Process

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

HEALTHIER GENERATION'S

6 Step Process

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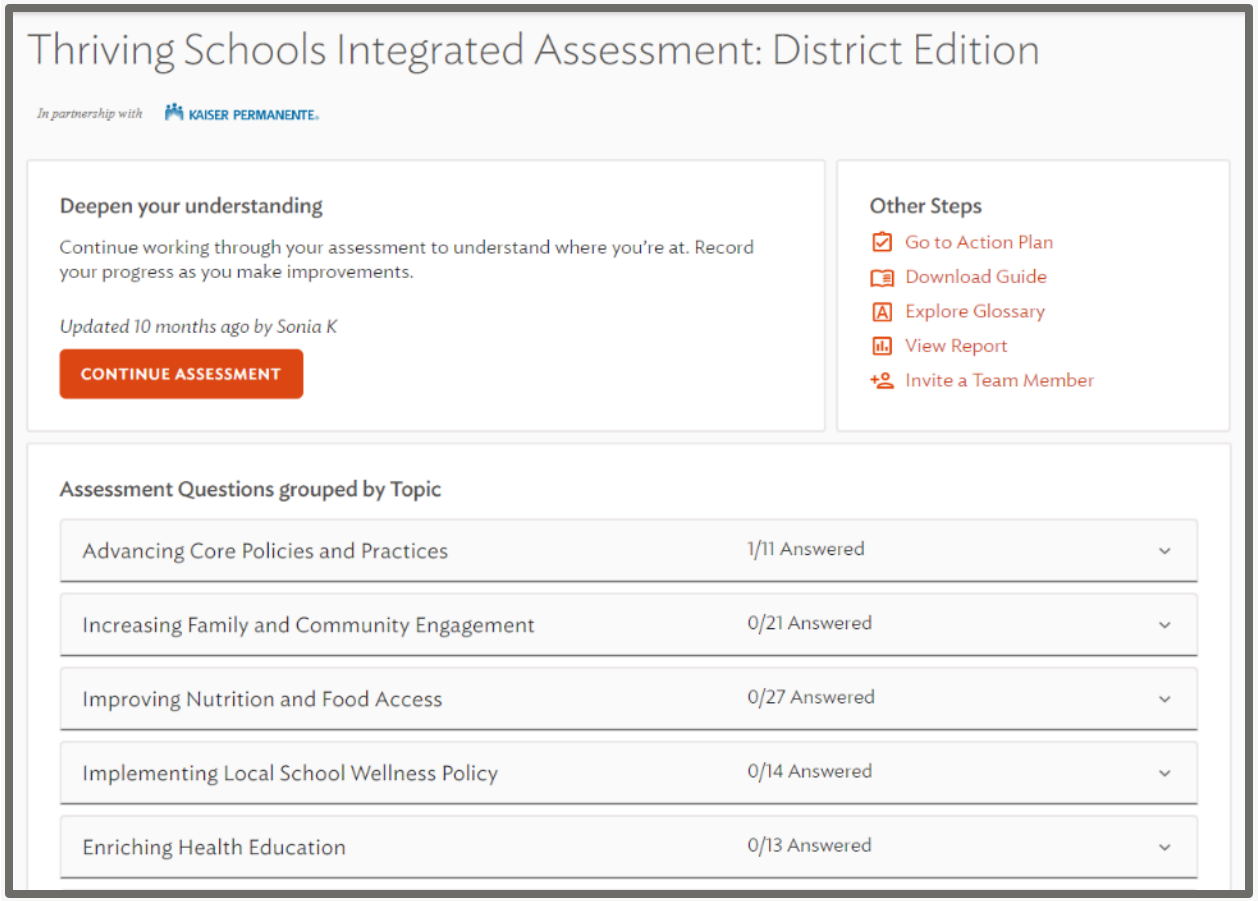
Thriving Schools Integrated Assessment



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

THRIVING SCHOOLS INTEGRATED ASSESSMENT

Assessment Topics

Advancing Core Policies & Practices

Increasing Family & Community Engagement

Improving Nutrition & Food Access

Enriching Health Education

Implementing Local School Wellness Policy

Bolstering Physical Education & Activity

Strengthening Social-Emotional Health

Cultivating Staff Well-Being

Promoting Tobacco-Free Schools

Supporting School Health Services

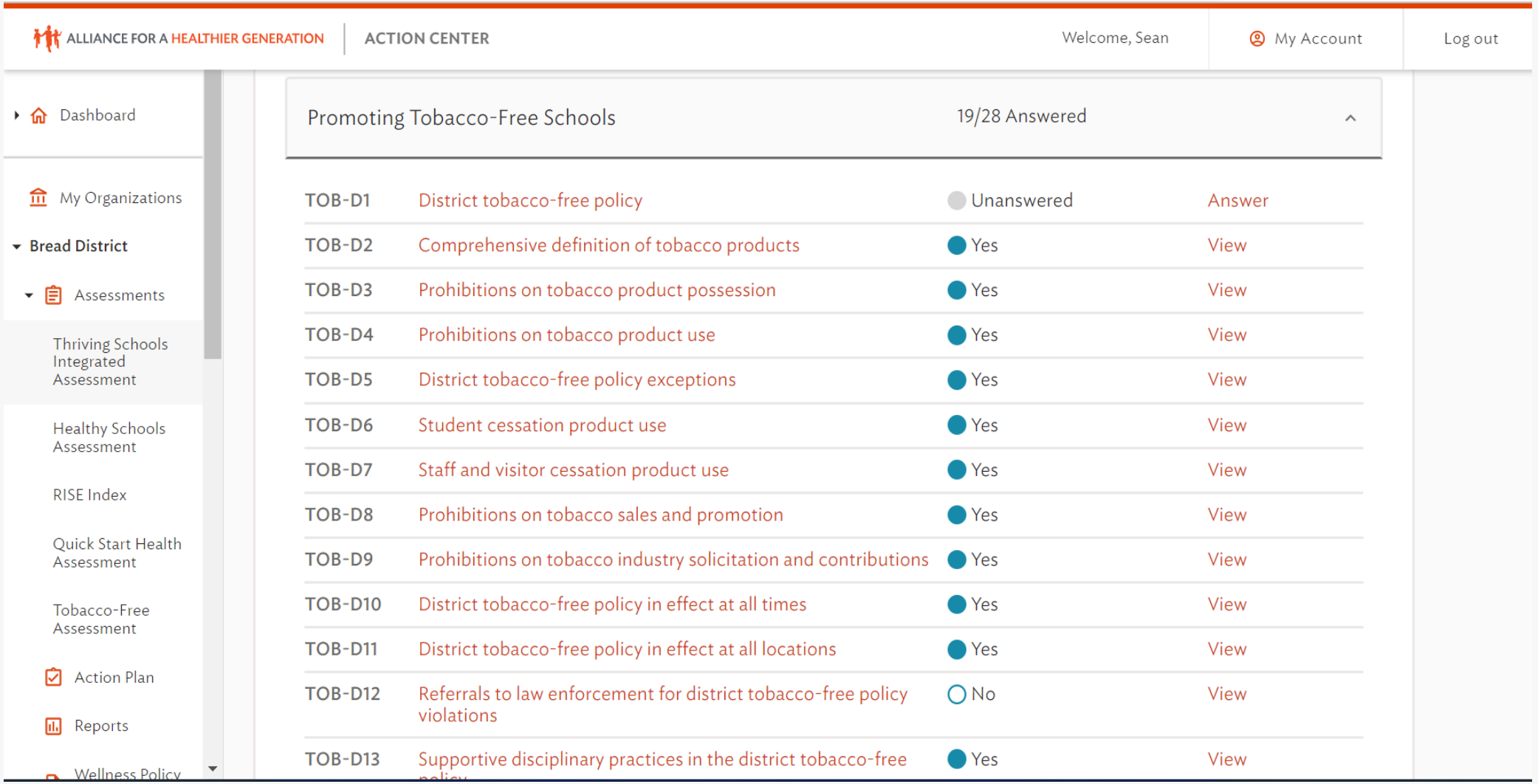
Reducing Chronic Absenteeism

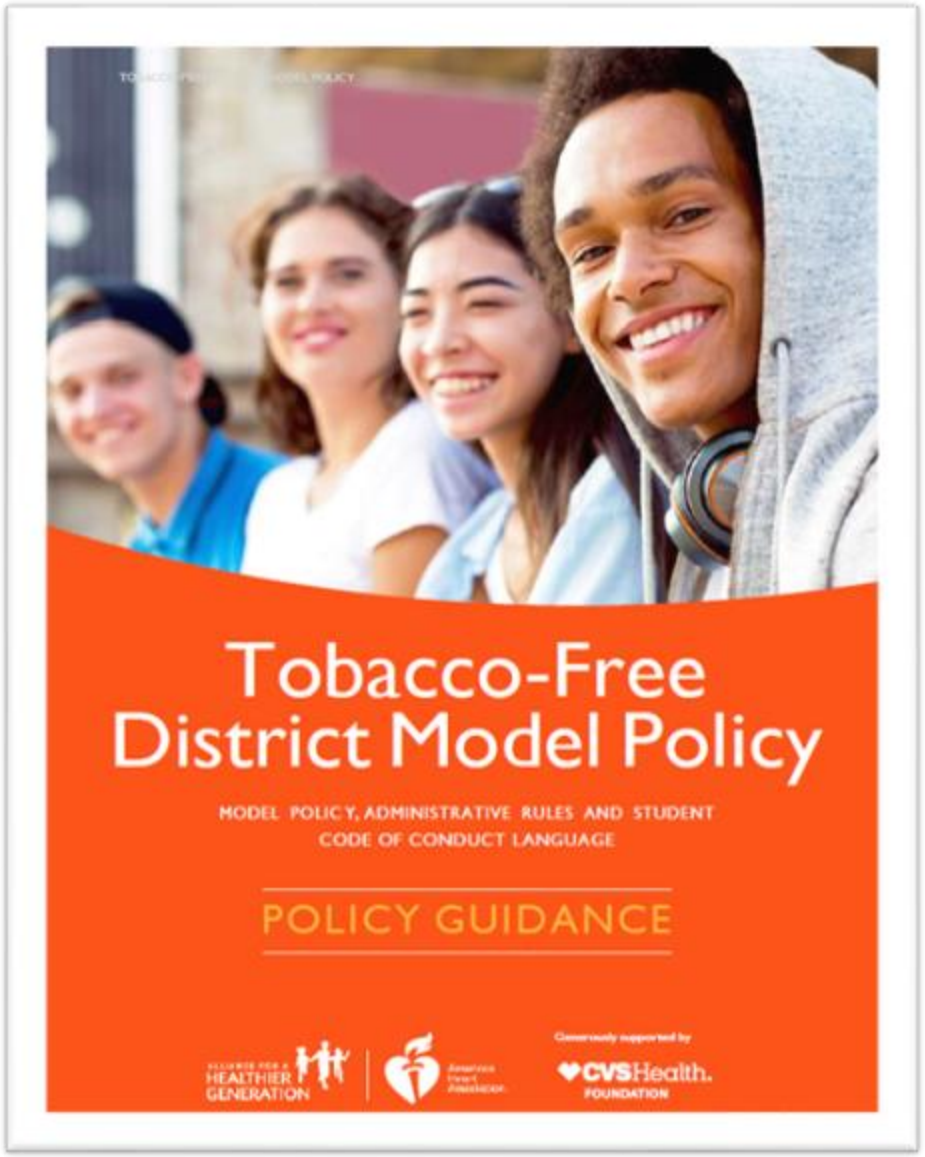
Addressing School Discipline

Fostering Positive School Climate & Culture

Building Staff Capacity

Tobacco Free Schools Questions





Tobacco-Free District Model Policy

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

HEALTHIER GENERATION'S

6 Step Process

Choosing Action Plan Goals

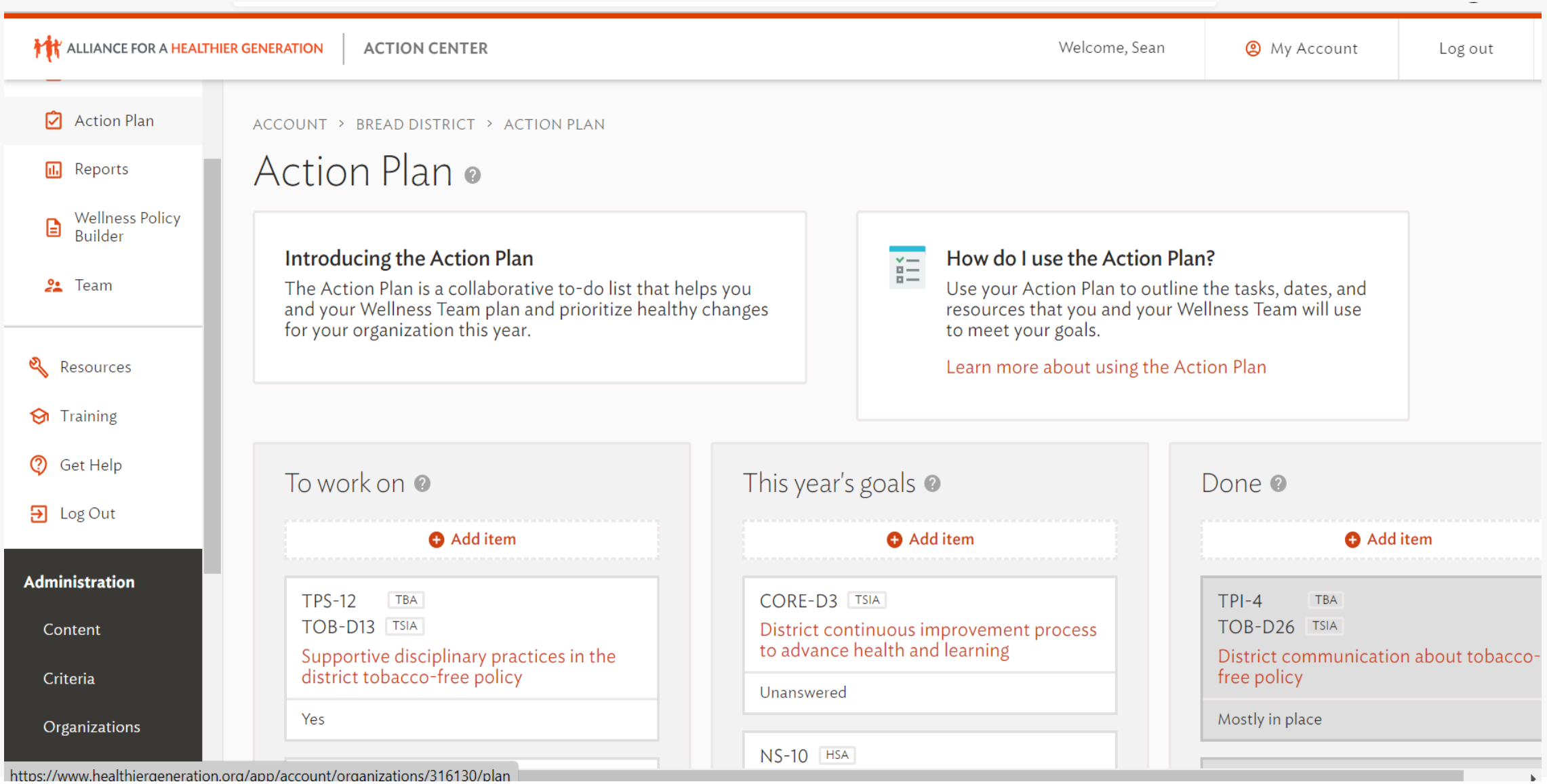
1. Importance – How important is this is to achieving a healthy school environment?

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 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

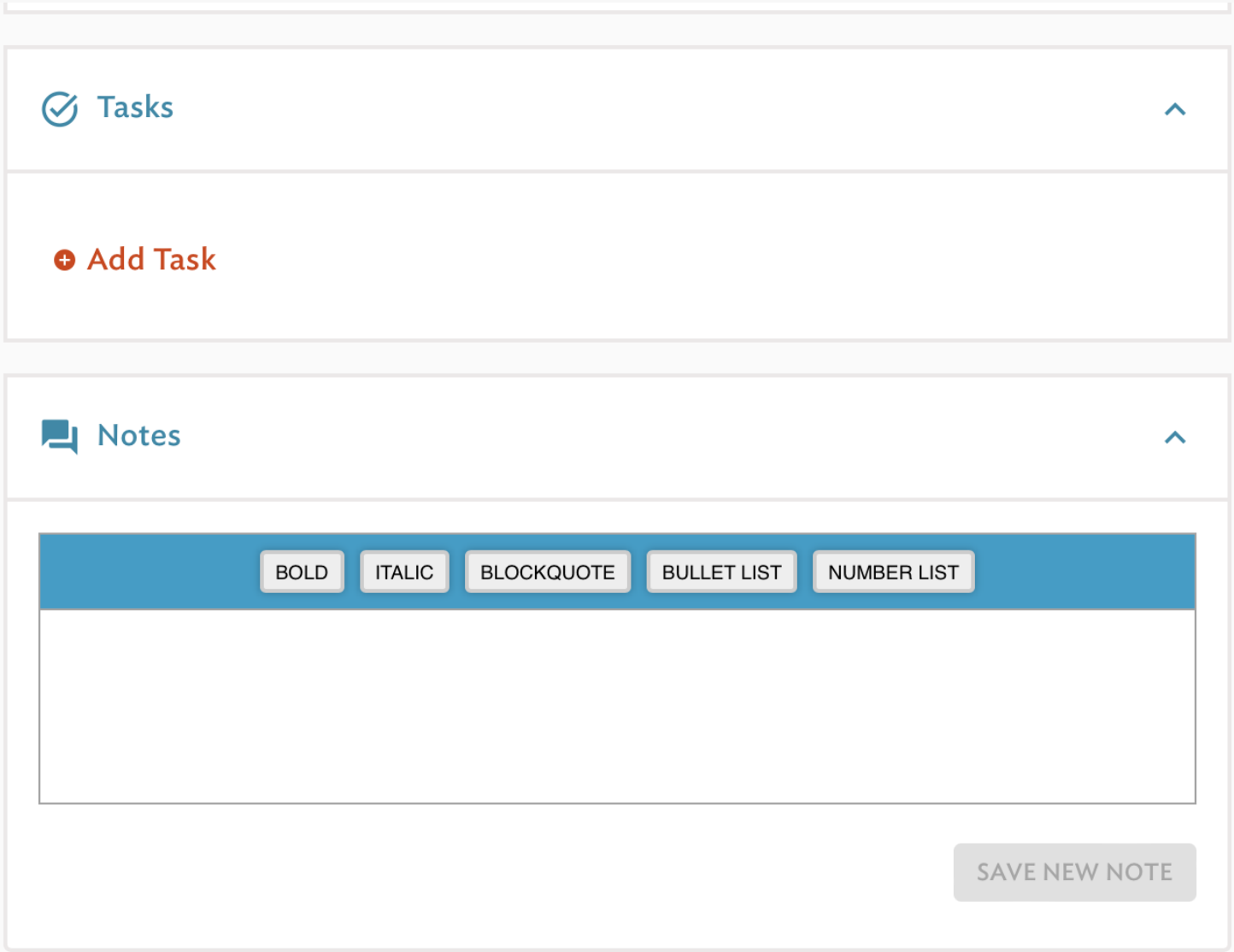
TSIA

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

Related resources

Build Your Referral Pathway

Action Planning



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...

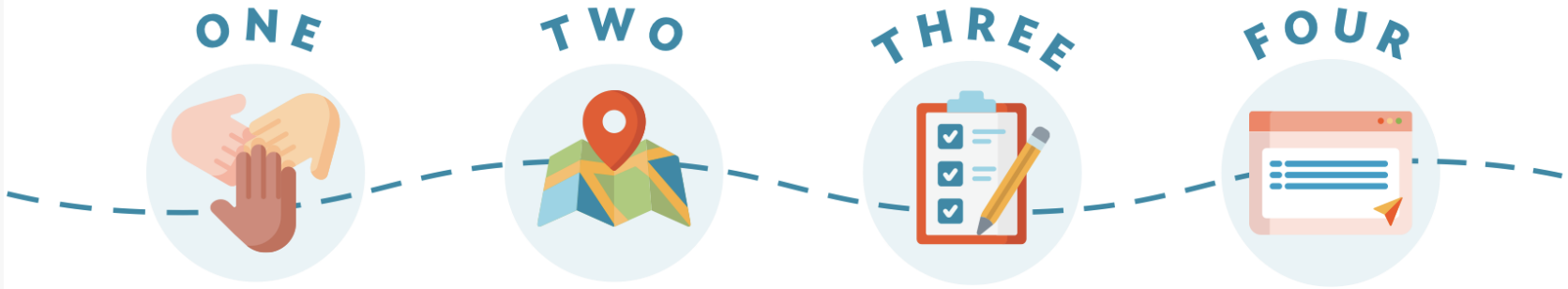
HEALTHIER GENERATION'S

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

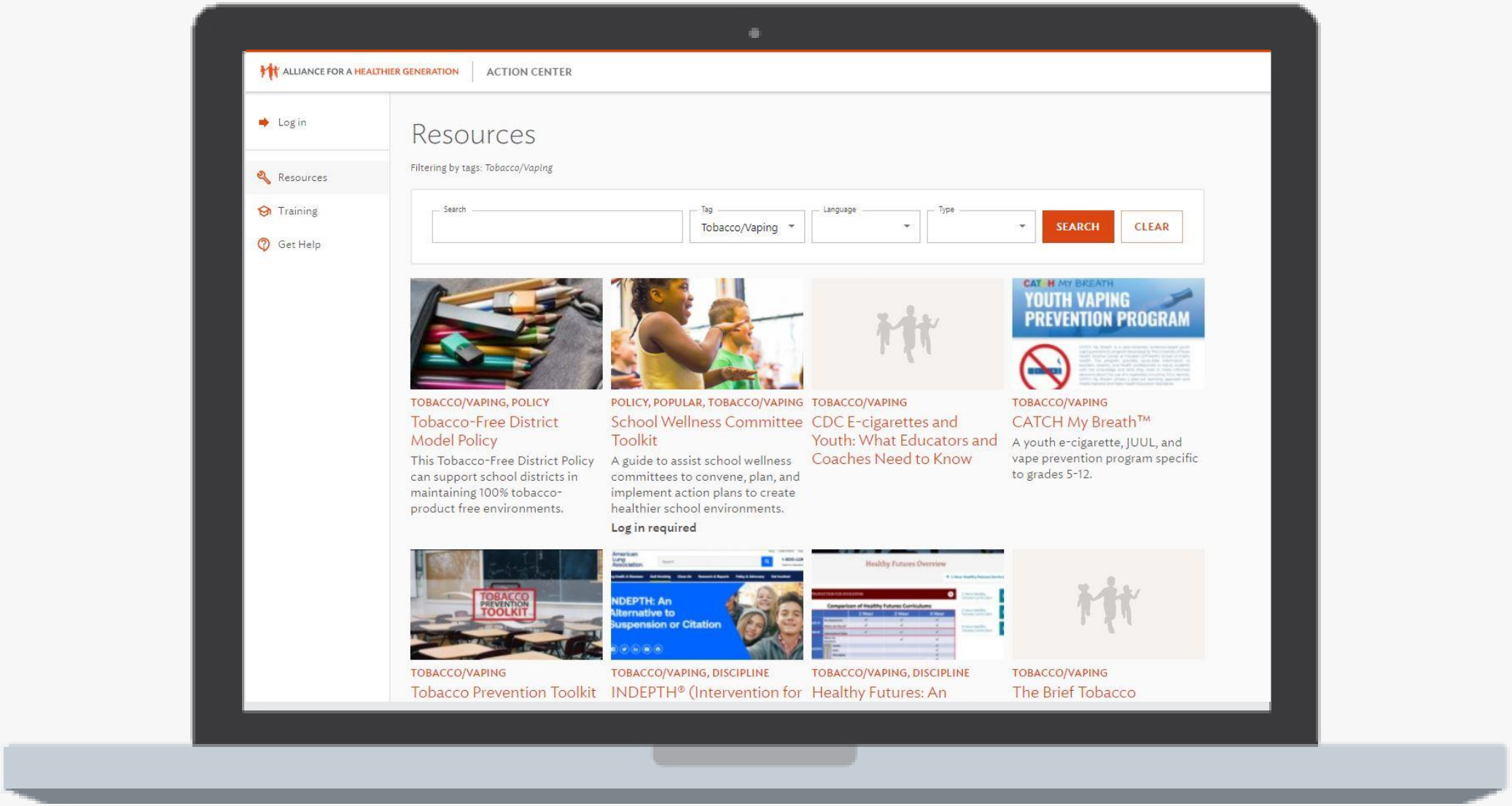
Tobacco-Free resources may include, but are not limited to:

- 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*



www.healthiergeneration.org/tobacco

HEALTHIER GENERATION'S

6 Step Process

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.

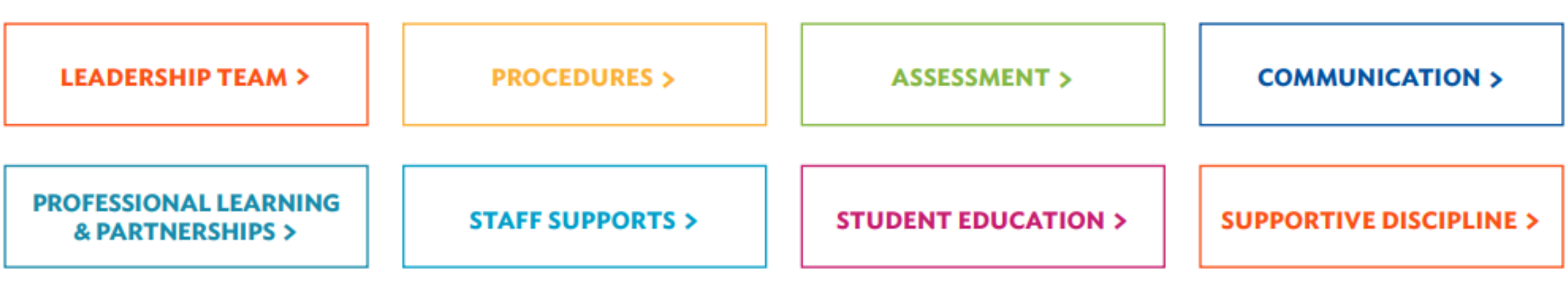
Use various forms of communication to inform schools and the community about the newly revised district's tobacco policy.

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

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

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?

HEALTHIER GENERATION'S

6 Step Process

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!

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