

# Tobacco-Free School Resources

Compiled by the Michigan Department of Health and Human Services Tobacco Section (12/12/2022)

## One-on-One Technical Assistance with Implementation

- **The Michigan Department of Health and Human Services (MDHHS) Tobacco Section** and some regional partners offer free technical assistance to support K-12 schools with the implementation of tobacco-free school policies. To request technical assistance, please call 517-335-8376 or email [MDHHS-TobaccoSection@michigan.gov](mailto:MDHHS-TobaccoSection@michigan.gov).
- **The Alliance for a Healthier Generation**, a national organization, also offers technical assistance to support schools with tobacco-free policies. Visit their website to learn more: <https://www.healthiergeneration.org/take-action/schools/wellness-topics/tobacco/vaping>.

## Model Tobacco-Free School Policies

- **The MDHHS Tobacco Section** offers a model tobacco-free school policy. To request a copy of the latest version, please call 517-335-8376, email [MDHHS-TobaccoSection@michigan.gov](mailto:MDHHS-TobaccoSection@michigan.gov), or visit [Michigan.gov/Tobacco](http://Michigan.gov/Tobacco).
- **The Alliance for a Healthier Generation** offers a [Tobacco-Free District Model Policy](#), as well as a [Tobacco-free District Policy Builder](#) to develop the policy that best suits your district.
- **The American Heart Association** offers a comprehensive [Tobacco-Free Schools Toolkit](#), which includes a model policy, implementation recommendations, and many other resources.

## Tobacco Education Curricula and Programs

- *Health Education and Prevention*
  - [Michigan Model for Health™](#) is a comprehensive health education curriculum for Pre-K through 12<sup>th</sup> grade students that includes content on youth risks and tobacco, including e-cigarettes, secondhand smoke, thirdhand smoke, and e-cigarette aerosol.
  - [CATCH My Breath](#) is an evidence-based youth vaping prevention program and is one of the most popular curricula used by schools. This evidence-based program meets National and State Health Education Standards for grades 5-12.
  - [You and Me, Together Vape-Free Curriculum](#) is part of the Stanford Tobacco Prevention Toolkit and is a 6-lesson theory-based and evidence-informed curriculum focused on preventing e-cigarette use. This curriculum is free.
  - [smokeSCREEN](#) is an online tobacco use prevention game that addresses a range of challenges that young teens face with a focus on decision-making around smoking and vaping. It takes about 2-3 hours, and it's intended for students ages 10-16. It was created by Yale University.
- *Alternative to Suspension and Cessation*
  - [INDEPTH: An Alternative to Suspension Curriculum](#), created by the American Lung Association, is an alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. It is taught by a trained adult in four, 50-minute sessions.
  - [OUR Healthy Futures](#) is a free curriculum that is part of the Stanford Tobacco Prevention Toolkit for students who have been caught using e-cigarettes (or any

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tobacco product) and/or those interested in trying to quit. It is designed to be taught by an educator, counselor, advisor, or other adult in small group settings with 2- and 4-hour options.

- [MY Healthy Futures](#) is a free curriculum that is part of the Stanford Tobacco Prevention Toolkit for students who have been caught using e-cigarettes (or any tobacco product) and/or those interested in trying to quit. It is a self-paced course for students to complete on their own and receive a completion certificate. It may be a good option for schools with limited staff capacity.
- [N-O-T: Not On Tobacco](#), created by the American Lung Association, is a youth-centered, evidence-based cessation program designed to address all tobacco product use, including e-cigarettes. N-O-T is taught by a trained and certified adult in ten, 50-minute sessions.

### Alternatives to Suspension

- [Student Commercial Tobacco Use in Schools: Alternative Measures](#) is a resource developed by the Public Health Law Center, which includes rationale for why punitive measures for students caught using tobacco products are often counterproductive and what schools can do instead. It includes sample policy language for how to address tobacco-free policy violations.
- [Discipline is Not the Answer: Better Approaches to on On-campus Student Tobacco Use](#) is a resource created by the Truth Initiative discussing strategies for dealing with student violations of tobacco-free policies.
- **For alternatives to suspension curricula**, see the list of Tobacco Education Curricula for recommended curricula to support students caught vaping.

### Youth (under 18) Tobacco/Vaping Quit Resources

- [My Life My Quit](#) (MLMQ) is a free text and online program for youth under 18. MLMQ provides youth with information about e-cigarettes and how to quit vaping. Youth can text “Start My Quit” to 36072 or call 855-891-9989 to get started. Print-on-demand materials and other resources for parents, educators, and health care professionals [here](#) or email [MDHHS-QuitKit@michigan.gov](mailto:MDHHS-QuitKit@michigan.gov) to request printed materials.
- [This is Quitting](#) is a free and anonymous text messaging program from Truth Initiative designed to help young people quit vaping. To enroll in This is Quitting, teens and young adults can text DITCHVAPE to 88709.
- [SmokefreeTXT for Teens](#) is a free text message program for teens aged 13-17 who are ready to quit smoking by the National Cancer Institute. This program provides 24/7 encouragement, advice, and tips. Teens can sign up at [www.teen.smokefree.gov](http://www.teen.smokefree.gov) or text QUIT to iQuit (47848).
- **For tobacco cessation curricula**, see the list of Tobacco Education Curricula for recommended curricula to support students interested in quitting tobacco.

### Adult Tobacco/Vaping Quit Resources

- *Michigan Resources*
  - [Michigan Tobacco Quitlink](#), serves all ages. Youth will be offered an opportunity to enroll in My Life My Quit. The Quitlink offers free information, tobacco treatment referral, online program, and text-messaging 24 hours a day, seven days a week. To join call 1-800-QUIT-NOW (1-800-784-8669) in English or 1-855-DÉJELO-YA (1-855-335-3569)

in Spanish. To order educational materials for your organization, including flyers, Quitlink cards, and other materials, please email [MDHHS-QuitKit@michigan.gov](mailto:MDHHS-QuitKit@michigan.gov).

- [American Indian Commercial Tobacco Quitlink](#), offered in partnership with the Michigan Tobacco Quitlink. American Indian coaches provide services that have been developed by and for American Indians. Call 1-855-372-0037 to join.
- [LBGTQ+ Michigan Tobacco Quitlink](#) coaches receive special training and supervision for helping LBGTQ+ people to help create a safe environment for quitting.
- [Prenatal Michigan Tobacco Quitlink](#) offers a special program to all prenatal callers. Enrollees will receive help to quit and stay quit throughout their pregnancy and after delivery. Coaches in the prenatal program are specialists in prenatal cessation and have received additional training to help during pregnancy. Enrollees will receive a gift card for each coaching appointment that they keep.
- **Visit your health care provider or contact your insurance** to see if there are other quit resources available to you. Medicaid benefits cover all seven FDA-approved [tobacco cessation medications](#). MDHHS has also created a [Guide to Free or Reduced Cost Smoking Cessation Medication](#).
- *National Resources*
  - [Asian Smokers Quitline](#) offers free telephone counseling, self-help materials, and online help in four Asian languages (Cantonese, Mandarin, Korean, and Vietnamese). Chinese: 1-800-838-8917; Korean: 1-800-556-5564; Vietnamese: 1-800-778-8440.
  - [BecomeAnEx](#) is a free, digital quit-smoking or vaping plan and online community of thousands of smokers and ex-smokers developed by Truth Initiative in collaboration with Mayo Clinic. Research has shown that following the BecomeAnEX quit plan quadruples a tobacco user's chance of quitting.
  - [National Cancer Institute](#) offers telephone advice at 1-877-44U-QUIT (1-877-448-7848), Monday to Friday, 9 a.m. to 9 p.m. and a quit kit. Online counselors are also available Monday to Friday, 9 a.m. to 9 p.m. ET at: <https://www.cancer.gov/contact>.
  - [Nicotine Anonymous](#) offers face-to-face, telephone, and online meetings. You do not need to be tobacco-free to attend. Call 1-877-879-6422 to learn more.
  - [QuitNet](#) offers an online quit smoking program including support from a network of ex-tobacco users.
  - [Smokefree VET](#) helps veterans who get their health care through the U.S. Department of Veterans Affairs (VA) become tobacco-free, whether they smoke cigarettes, chew or dip tobacco, or use any other tobacco products. SmokefreeVET is a partnership between VA and the National Cancer Institute's [Smokefree.gov Initiative](#). This partnership began with the SmokefreeVET [text messaging program](#) and has grown to include the SmokefreeVET website and a [Facebook community](#).

### **Tobacco Prevention Posters and Materials**

- [The Tobacco Education Resource Library](#) from the U.S. Department of Human Services offers materials, such as posters and fact sheets, that can be downloaded or ordered for free.
- **The MDHHS Tobacco Section** offers educational materials, including flyers, Quitlink cards, and other materials. Please email [MDHHS-QuitKit@michigan.gov](mailto:MDHHS-QuitKit@michigan.gov) to request them. Many resources are also available to download at [Michigan.gov/Tobacco](https://Michigan.gov/Tobacco).