

# Kansas E-Cigarette/Vaping Disciplinary Recommendations

The following recommendations were approved by the Kansas State Board of Education on April 14, 2020.

The following are best practices concerning disciplinary consequences for students that possess, use, or distribute e-cigarette/vaping or other tobacco products at school, on school property, or at school sponsored activities, programs, or events. The KSDE E-Cigarette/Vaping Task Force recommends a disciplinary approach emphasizing education on the dangers of these products with a goal of cessation. The options are presented in a format that reflects both combinations of (AND) and optional consequences. Schools and school districts may utilize individual or combinations of disciplinary consequences as deemed most appropriate for the given situation.

These recommendations are organized into a tiered approach, increasing discipline with subsequent violations. Administrators are encouraged to consider the severity of the offense as a factor in determining the level of discipline imposed. In cases of students caught selling or distributing e-cigarettes or components of ENDS, the school or district should consider accelerating the level of discipline including the notification of law enforcement. The term "Tobacco Products" is used as defined by the Comprehensive Tobacco-Free School Grounds Policy approved by the Kansas State Board of Education in December 2019, which includes e-cigarettes and their components.

## First Offense Recommendations

1. Confiscation of Tobacco Products **AND**
  2. Notification of parents and/or guardians, and notification of law enforcement as appropriate **AND**
  3. Meeting with or receiving information from school staff (i.e. counselor, health educator, school nurse) to learn about facts and dangers of use **AND**
  4. Provision of information to student about available tobacco education programs and cessation programs and resources\*
- Additional Option**
5. Student classified as "Not in Good Standing" and, thus, not allowed to participate in or attend school-related extracurricular activities for a duration determined at the discretion of the school district

\* Resources for Tobacco Education Programs and Cessation Programs are included at the end of this document

## Second Offense Recommendations

1. Confiscation of Tobacco Products **AND**
2. Meeting with parents and/or guardians, and notification of law enforcement as appropriate **AND**
3. Student participation in a tobacco education program\* **AND**
4. The provision of information to the student about available cessation programs\* **AND**
5. Student classified as "Not in Good Standing" and, thus, not allowed to participate in or attend school-related extracurricular activities for a duration determined at the discretion of the school district

\* Resources for Tobacco Education Programs and Cessation Programs are included at the end of this document

## Third Offense Recommendations

1. Confiscation of Tobacco Products **AND**
2. Meeting with parents and/or guardians, law enforcement, and counselor or school nurse or social worker, as appropriate **AND**
3. Student participation in a tobacco education program\* **AND**
4. Student participation in a cessation program\* **AND**
5. Student classified as "Not in Good Standing" and, thus, not allowed to participate in or attend school-related extracurricular activities for a duration determined at the discretion of the school district

\* Resources for Tobacco Education Programs and Cessation Programs are included at the end of this document

The absence of In-School or Out-of-School Suspension is because ISS or OSS are not considered best practice. Whenever possible, discipline should focus on education and counseling as opposed to school suspension or police intervention. According to the Centers for Disease Control and Prevention, the most effective ways to help youth quit tobacco use are through counseling and education. (CDC, *PHS Guideline Recommendations: How to Help Adolescents Quit Smoking*)

Penalties that are punitive and do not attempt to address the commercial tobacco use will be limited in their effectiveness to deter future use. It is well known that the tobacco industry targets youth and young adults in its marketing. Once addicted, it is difficult for many users to quit. Using punitive measures (e.g., suspension or expulsion) to address the prohibited use that feeds youth addiction may be exponentially detrimental to these users. All students, beginning at least by 4th grade, should receive education on the use of tobacco products, including e-cigarettes. Staff responsible for teaching tobacco use prevention shall have training and participate in ongoing professional development activities to effectively deliver the education program as planned.

Tobacco Education Programs and Resources	
ASPIRE <a href="https://www.mdanderson.org/about-md-anderson/community-services/aspire.html">https://www.mdanderson.org/about-md-anderson/community-services/aspire.html</a>	A Smoking Prevention Interactive Experience (ASPIRE) is a free, bilingual, online curriculum that helps middle and high school teens learn to be tobacco and vape free while explaining the dangers of tobacco and nicotine use.
INDEPTH: An Alternative to Teen Nicotine Suspension or Citation <a href="https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html">https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html</a>	Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) is an alternative to suspension or citation that helps schools and communities address teen vaping in a more supportive way. Free, evidence-based program developed by the American Lung Association.
Taking Down Tobacco <a href="https://www.takingdowntobacco.org/">https://www.takingdowntobacco.org/</a>	A comprehensive youth advocacy training program created by the Campaign for Tobacco-Free Kids in partnership with the CVS Health Foundation. Educates and engages youth through free online and in-person trainings, geared toward middle- and high-school students.
Tobacco Prevention Toolkit <a href="https://med.stanford.edu/tobaccopreventiontoolkit.html">https://med.stanford.edu/tobaccopreventiontoolkit.html</a>	Theory-based and evidence-informed resource created by educators, parents, and researchers aimed at preventing middle and high school students' use of tobacco and nicotine.
Know the Risks: A Youth Guide to E-cigarettes <a href="https://www.cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html">https://www.cdc.gov/tobacco/basic_information/e-cigarettes/youth-guide-to-e-cigarettes-presentation.html</a>	CDC's Office on Smoking and Health (OSH) developed this presentation to educate youth on e-cigarettes, including the health risks, the factors that lead to e-cigarette use, and what youth can do to avoid all tobacco products, including e-cigarettes. This resource is intended for adults to utilize when educating youth ages 11 – 18 (teachers, youth ministers, coaches, scout leaders, etc.). Utilizing the talking points and information for users' documents, the presenter does not require additional information, nor permission to deliver the presentation.

Cessation Programs and Resources**	
<p>My Life, My Quit.  <a href="https://mylifemyquit.com/">https://mylifemyquit.com/</a></p>	<p>Tobacco and vaping cessation program for teens under 18 who want to quit. My Life, My Quit combines best practices for youth tobacco cessation adapted to include vaping and new ways to reach a coach using live text messaging or online chat. Specially trained coaches listen and understand teens, provide personalized support and build relationships to promote quitting.</p>
<p>N-O-T: Not on Tobacco - Proven Teen Smoking and Vaping Cessation Program  <a href="https://www.lung.org/stop-smoking/helping-teens-quit/not-on-tobacco.html">https://www.lung.org/stop-smoking/helping-teens-quit/not-on-tobacco.html</a></p>	<p>Not-On-Tobacco (N-O-T) was created by the American Lung Association that is a group program designed for ages 14-19 who are daily smokers/vapers and who demonstrate motivation to quit. Consists of 10, weekly, 50-minute sessions plus 4 booster sessions, conducted in a school or community setting, with 10-12 participants per group.</p>
<p>This is Quitting  <a href="https://www.thetruth.com/articles/hot-topic/quit-vaping">https://www.thetruth.com/articles/hot-topic/quit-vaping</a></p>	<p>This is Quitting is a free mobile program from the Truth Initiative designed to help young people quit vaping. A text messaging program incorporates messages from other young people who have attempted to, or successfully quit e-cigarettes. Participants also receive evidence-based tips and strategies to quit and stay quit. Tailored based on age, between 13 and 24 years old.</p>

\*\*Additional guidance on Cessation Programs and Resources will be developed by the E-Cigarette/Vaping Task Force. Effective cessation typically involves the support of one or more other people. These may include family members, friends, or school staff such as coaches or teachers. Schools should consider training staff members to serve as mentors to assist with cessation efforts by students.

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