

# Kansas Pre-K-12 Wellness Policy Guidelines – Part 4. Tobacco Use Prevention

<b>CATEGORY</b>	<b>BASIC</b> (Minimum Requirements)	<b>ADVANCED</b> (More healthful than BASIC)	<b>EXEMPLARY</b> (More healthful than ADVANCED)
<p><b>Develop and Enforce a School Policy</b></p>	<p>The use of tobacco products in any public school building is prohibited (see definition). Smoking is also prohibited on school buses. (KAN. STAT. ANN. 21-4009 et seq. (1987)). <i>(A1a)</i></p>	<p><b>The Advanced level incorporates all guidelines for the Basic level plus the more healthful guidelines listed in this column.</b></p> <p>A tobacco policy is in place that:</p> <ul style="list-style-type: none"> <li>• Prohibits tobacco use on all school grounds and school-owned property 24 hours a day by any student, staff or visitor and includes an enforcement component <i>(A1b)</i></li> <li>• Prohibits tobacco advertising in school buildings, at school functions and in school publications <i>(A1c)</i></li> <li>• Uses signage to advertise policy <i>(A1d)</i></li> </ul>	<p><b>The Exemplary level incorporates all guidelines for the Basic and Advanced levels plus the more healthful guidelines listed in this column.</b></p> <p>A tobacco policy is in place with a cessation program for anyone in violation of the policy. The policy prohibits:</p> <ul style="list-style-type: none"> <li>• Tobacco industry marketing and sponsorship <i>(A1e)</i></li> <li>• Exhibition of tobacco-related gear or paraphernalia <i>(A1f)</i></li> <li>• Tobacco advertising on school property, at school functions and in school publications</li> <li>• School acceptance of gifts or funds from the tobacco industry <i>(A1g)</i></li> </ul>
<p><b>Instruction</b></p> <ul style="list-style-type: none"> <li>• Short- and long-term negative physiologic and social consequences of tobacco use</li> <li>• Social influences on tobacco use</li> <li>• Peer norms regarding tobacco use</li> <li>• Refusal skills</li> </ul>	<p>Base tobacco education curriculum on the National Health Education Standards (see definition). <i>(B1a)</i></p>	<p>Students attend Informing My Peers about Countering Tobacco (IMPACT - see definition) &amp;/or TASK STAR Rally (see definition) or Super Nova Rally (see definition). <i>(B1b)</i></p> <p>Tobacco control message is integrated in student clubs. <i>(B1c)</i></p>	<p>Lifeskills Training Curriculum (see definition) or Project T.N.T. Curriculum (see definition) is used. <i>(B1d)</i></p> <p>Availability is assessed of tobacco-free venues for youth activities in the community. <i>(B1e)</i></p>
<p><b>Tobacco-Use Prevention Education</b></p> <ul style="list-style-type: none"> <li>• Kindergarten - Grade 12</li> <li>• Instruction should be especially intensive in junior high or middle school and should be reinforced in high school</li> </ul>	<p>Base tobacco education on the National Health Education Standards (see definition). <i>(C1a)</i></p>	<p>Students attend Informing My Peers about Countering Tobacco (IMPACT - see definition) &amp;/or TASK STAR Rally (see definition) or Super Nova Rally (see definition). <i>(C1b)</i></p>	<p>Lifeskills Training Curriculum (see definition) or Project T.N.T. Curriculum (see definition) is used. <i>(C1c)</i></p>

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<p><b>Program-Specific Training for Teachers</b></p>	<p>Yearly in-service trainings are provided that include review of curriculum, modeling instructional activities, and provide opportunities to practice implementing the lessons. (D1)</p>	<p>Administrators will encourage participation in state and local topic specific trainings for staff. (D2)</p>	<p>On site Lifeskills Training Curriculum (see definition) facilitation training will be provided for teachers. (D3)</p>
<p><b>Involve Parents or Families in Support of School-Based Programs</b></p>	<p>Parental involvement in discouraging tobacco use will be promoted:</p> <ul style="list-style-type: none"> <li>• Through newsletter articles (E1)</li> <li>• By assigning homework and projects that involve families. (E2)</li> </ul>	<p>Presentations will be made to the Parent Teacher Association (PTA) or Parent Teacher Organization (PTO) to encourage parents and students to participate in school and community efforts, specifically policy change, to prevent tobacco use and to advocate for comprehensive tobacco-free school grounds policy. (E3)</p>	<p>The U.S. Center for Disease Control and Prevention’s “Got a Minute” program (see definition) for parents will be promoted to parents and care-givers. (E4)</p>
<p><b>Support Cessation Efforts Among Students and All School Staff Who Use Tobacco</b></p>	<p>The Kansas Tobacco Quitline, 1.866.526.7867 (see definition) will be advertised. (F1)</p>	<p>Students who violate the tobacco policy will participate in cessation class instead of being suspended. (F2)</p>	<p>Insurance coverage will be provided for staff on tobacco related issues. (F3)</p> <p>Cessation classes will be provided on-site for staff and students. (F4)</p>
<p><b>Assess the Tobacco-Use Prevention Program at Regular Intervals</b></p>	<p>Pre- and post-tests will be given to students using U.S. Center for Disease Control and Prevention’s <i>Guidelines for School Health Programs to Prevent Tobacco Use and Addiction</i> (see definition). (G1)</p>	<p>The School Health Index (see definition) will be completed and/or reviewed biannually to identify progress made on previous priorities and plan additional strategies. (G2)</p> <p>Schools selected in the statewide sample for the Youth Tobacco Survey (see definition) or Youth Risk Behavior Survey (see definition) will participate in these surveys. (G3)</p>	<p>Complete the Youth Tobacco Survey (see definition) or Youth Risk Behavior Survey (see definition) at your school or district level. (G4)</p>

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## DEFINITIONS:

**Got a Minute?** campaign is designed to help parents become more involved with their preteens, a behavior that appears to act as a protective factor against the lure of tobacco. Got a Minute? also attempts to help parents support cessation attempts and understand more about youth tobacco use. For more information, go to: <http://www.cdc.gov/tobacco/parenting/index.htm> .

**Guidelines for School Health Programs to Prevent Tobacco Use and Addiction** identifies strategies most likely to be effective in preventing tobacco use and addiction among young people. The guidelines were developed by CDC staff in collaboration with experts from other federal agencies, state agencies, universities, voluntary organizations, and professional associations. For more information, go to: <http://www.cdc.gov/HealthyYouth/tobacco/guidelines/> .

**IMPACT** stands for **I**nforming **M**y **P**eers **A**bout **C**ounteracting **T**obacco. The IMPACT is a student training focusing on preparing students to develop and secure tobacco policies. This training is provided by the Kansas Tobacco Use Prevention Program. For more information, call 316-337-6050.

**Kansas Tobacco Quitline** is a 24-hour toll-free quitline which provides screening, counseling, support materials and referral for tobacco cessation assistance based on an individual's readiness to quit. The program provides comprehensive follow-up counseling for Kansas citizens who are ready to quit or are contemplating a cessation attempt. For more information on quitting call the Kansas Tobacco Quitline at 1-866-KAN-STOP (1-866-526-7867).

**Lifeskills Training** (LST) is the highest rated, recommended and researched school-based substance abuse prevention program today. It is uniquely designed, proven effective, and grounded in over 20 years of research. Rather than simply teaching information about drugs, **LifeSkills** combats the underlying causes of substance use. For more information, go to: [www.lifeskillstraining.com](http://www.lifeskillstraining.com) .

**National Health Education Standards** provide a guide for enhancing preparation and continuing education of teachers. The goal of National Health Education Standards is improved educational achievement for students and improved health in the United States. To view the National Health Education Standards for students, go to: <http://ksweb.ksde.org/cshp/html/standards.html> .

**Project T.N.T. (Toward No Tobacco Use)** is a comprehensive, classroom-based curriculum designed to prevent or reduce tobacco use in youth 10 to 15 years old in grades five through ten. Upon completion of this program, students will be able to describe the course of tobacco addiction, the consequences of using tobacco, and the prevalence of tobacco use among peers. For more information, go to: [www.modelprograms.samhsa.gov](http://www.modelprograms.samhsa.gov) .

**School building** is defined as an enclosed building used for pupil attendance purposes by the board of education of a unified school district. Not included are buildings or portions thereof used for residential purposes or leased from the school district for non-school sponsored activities. (KAN.STAT.ANN. 72-53, 107 (1988))

**School Health Index** is a self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use and completely confidential. For more information, go to: <http://apps.nccd.cdc.gov/shi/default.aspx> .

**SUPER NOVA & TASK STAR Rally** are peer education programs developed to reduce tobacco use among young people. They are provided by the Tobacco Use Prevention Program. For more information, call 316-337-6050.

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**Youth Tobacco Survey (YTS)** The YTS is designed to collect comprehensive data on the attitudes, knowledge, and behaviors of middle and high school students (grades 6-12) with respect to tobacco, and on other influences that might make a youth susceptible to tobacco use in the future.

**Youth Risk Behavior Survey (YRBS)** The YRBSS was developed to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. These behaviors, often established during childhood and early adolescence, include tobacco use, unhealthy dietary behaviors, inadequate physical activity, alcohol and other drug use, sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection and behaviors that contribute to unintentional injuries and violence. For more information, go to: [http://www.cdc.gov/HealthyYouth/yrbs/about\\_yrbss.htm](http://www.cdc.gov/HealthyYouth/yrbs/about_yrbss.htm).