

# Why Create Tobacco-Free School Environments?



There is no risk-free level of exposure to secondhand smoke.



Among youth who persist in smoking, a third will die prematurely from smoking.



Nearly 9 out of 10 smokers started smoking by age 18.



Tobacco use remains the leading cause of preventable disease and death.



Youth are sensitive to nicotine and can feel dependent earlier than adults. As a result, 3 out of 4 teen smokers will smoke as adults.



Educate on the dangers of all tobacco products, including e-cigarettes and vaporizers, by developing comprehensive tobacco-free school policies.

**School communities are role models for student well-being. Actively promoting tobacco-free living through policies and procedures makes a strong statement and supports students to remain tobacco-free.**

Learn more at [BreatheEasyMaine.org](http://BreatheEasyMaine.org)

# CREATING A TOBACCO-FREE CAMPUS: Steps for Change



**1** Assess current policy and review against Maine state law and model school policy language.



**2** Form an advisory committee to recommend changes to the policy.



**3** Draft revisions to the policy and procedures.



**4** Present revisions and rationale to the school board for approval.



**5** Plan implementation and enforcement strategies with advisory committee and administration.



**6** Educate school community on policy.



**7** Implement the policy.



**8** Maintain the tobacco-free policy and evaluate efforts annually.

## BREATHE EASY

REDUCING SMOKE EXPOSURE IN MAINE



## MAINE PREVENTION SERVICES

Maine Center for Disease Control & Prevention  
Department of Health and Human Services