

- 1. Best Practices shows that having a strong tobacco-free policy, including vaping products, is the first and most important step to addressing tobacco use in schools.**
  - a. The South Dakota Tobacco Control Program has a [K-12 School Tobacco-Free Model Policy](#) that schools can adopt
  - b. In a 2018 evaluation of tobacco-free policies in 186 South Dakota schools, only 47% of school policies specifically addressed e-cigarette use. [Regional Tobacco Prevention Coordinators](#) are available to assist.
- 2. Once a policy has been established, schools should educate staff, youth, parents, and visitors about the policy and the harms of tobacco use, including e-cigarettes.**
  - a. The Tobacco Control Program has been educating youth and young adults about the dangers of e-cigarettes through a [social media campaign](#). The campaign focuses on the harms to youth, pregnant women, non-tobacco using adults. Feel free to share this content on your local school Facebook page.
  - b. Educational flyers, posters and rack cards are available FREE of charge on the [Department of Health online ordering catalog](#). Select the “Tobacco Prevention” tab and then scroll down to “VAPE” to preview and order the resources. Post in hallways and bathrooms and send home with your students.
  - c. A [South Dakota e-cigarette document](#) that provides links to resources and other information about e-cigarettes was developed for Schools and Educators, Parents and Adults, Health Professionals, and Youth. Share with staff, parents and students as a creditable resource in print and/or on your local school website.
  - d. An [educational webinar on e-cigarettes and vaping](#) is available for educators and students, which could be used in classrooms, at teacher in-services or PTA meetings.
- 3. If youth need assistance with quitting e-cigarettes or vaping, there are resources available.**
  - a. The [South Dakota QuitLine](#) is available for any South Dakota tobacco users age 13 and older, including those who vape, to assist with quitting. Individuals can enroll by calling 1-866-737-8487 or at [SDQuitLine.com](#).
  - b. The Truth Initiative has [resources for quitting e-cigarettes](#), including an innovative and free text message program. Youth and young adults can access the new e-cigarette quit program by texting "DITCHJUUL" to 88709. Parents and other adults looking to help young people quit should text "QUIT" to (202) 899-7550.
- 4. Additional resources are also available.**
  - a. [Regional Tobacco Prevention Coordinators](#) are available to provide technical assistance to any South Dakota school, including working on policy recommendations, ordering free materials, providing educational resources, and more.
  - b. The Tobacco Control Program offers a variety of training and curriculum options that can be used at your school to educate students; 1) **Teens Against Tobacco Use (TATU)** is a tobacco prevention program (which includes e-cigarettes) designed to help teens teach younger children about the hazards of tobacco use and the benefits of making healthy choices, 2) **LifeSkills** training and curriculum for schools is a proven, highly effective, substance abuse prevention program. LifeSkills has recently added an e-cigarette component to the curriculum, 3) **Catch My Breath E-Cigarette & JUUL Prevention Program**, which is available for free to any elementary, middle or high school. The program is funded by CVS Health and was developed by the University of Texas Health Science Center at Houston School of Public Health.