

## ACE Section 2

### 20-[POLICY IMPLEMENTATION]

Now we will go through policy change, student cessation support and student knowledge and awareness separately, explaining how you can implement each step in a way that best fits your school. Let's start with policy change.

### 21-[MANY ATTEMPTS]

First, consider the youth tobacco user and the effort it takes to quit. Tobacco cessation is a process for tobacco users of any age and rarely a one-time event. Many highly motivated people find tobacco cessation to be very difficult. It may take as many as eight to 11 attempts until a person is completely tobacco free.

### 22-[YOUTH CHALLENGES]

Youth may face particular challenges due to prevailing perceptions of youth tobacco users as "independent," "mature" or "cool." It is unlikely that youth will succeed with one cessation attempt; especially if they have been using for some time and are in the latter stages of addiction.

### 23-[ADDRESSING CHALLENGES]

To address these challenges, ACE policy amendments acknowledge two things:

One: Youth tobacco use is influenced by peer pressure and the school environment and

Two: Quitting is a difficult process that requires patience and support.

ACE policy amendments are changes made to a school's current tobacco policies that make them stronger.

### 24-[POLICIES THAT ADDRESS CHALLENGES]

To address the first issue that tobacco users face, ACE recommends schools amend their tobacco use policies to make them comprehensive. A tobacco-free environment supports youth cessation, prevention and changes in social norms toward tobacco use.

To address the second issue that tobacco users face, ACE recommends schools amend their tobacco use policies to include cessation service registration as an alternative or complement to administrative punishment for violation of tobacco-free school grounds policies.

### 25-[MODEL CTFSGP]

ACE Champions are encouraged to work with school administrators and community partners to adopt comprehensive tobacco-free school grounds policies if they don't currently exist. Many

Kansas schools have comprehensive policies, some similar to the model policy shown. This example is also available in the School Policies section of the ACE packet.

#### 26-[MODEL WELLNESS POLICY BUILDER] Screen Shot

For examples of the range of school policies that impact youth tobacco use, consult the Model Tobacco Wellness Policy Guidelines. Copies of the model wellness policy guidelines can be downloaded or saved by clicking the handout button on this page or they can be found under the ACE program resources on the Kansas Department of Health and Environment's Tobacco Use Prevention Program page.

#### 27-[CESSATION ACKNOWLEDGEMENT]

Besides addressing the school environment, ACE policy amendments should also be designed to provide cessation support to students. Administrative punishments for violation of tobacco policy don't always acknowledge the importance of supporting cessation for a student.

To address the difficult quit process and show support for the student, ACE Champions are encouraged to work with school administrators to add an ACE policy amendment that works for school staff while facilitating youth cessation wherever possible.

A model ACE policy amendment is shown. It is only an example and schools are encouraged to modify it in a way that best suits the school and students. This example can also be found in the School Policies section of the ACE packet.

#### 28-[FACILITATING CHANGE] Step 1

To get consideration of policy changes started, the first step is to familiarize yourself with the tobacco policies your school has. Compare your policies to the policy resources given while asking the following questions:

Are the school's current policies less comprehensive than the model policies provided?  
What do the model policies cover that the school's policies don't?

#### 29-[FACILITATING CHANGE] Step 2

If your school's policy is not as comprehensive as the models, you will want to visit with your principal or superintendent about strengthening current policies.

#### 30-[FACILITATING CHANGE] Step 3

Discuss possible challenges and possible modifications to the example amendments that would better suit your school. In some cases, policy amendments can be approved at the discretion of the principal or superintendent.

### 31-[FACILITATING CHANGE] Step 4

If your school district requires the school board's approval for such policy changes, you as ACE Champions will need to determine the process for initiating a request for policy change.

### 32-[ASSISTANCE W/ SCHOOL BOARDS]

Once you know your school's policy approval process, you may contact the Kansas Tobacco Use Prevention ACE Coordinator by sending an email to [ACE@kdheks.gov](mailto:ACE@kdheks.gov) for assistance with preparing a request to your school board or to be connected to community partners who can help you build support for the policies.

The policy change process is likely to be more ongoing than immediate so stay encouraged and continue working with fellow ACE Champions, community partners and school administrators to champion stronger policies.