

SPEAK UP: Ask, Advise, Refer



ASK

Does anyone you know smoke, vape, or chew tobacco?



ADVISE

Explain how smoking, vaping, and chewing tobacco harms your health, harms the health of others, and is expensive.



REFER

Tell them how to get help to quit: 1-800-NO-BUTTS (1-800-662-8887)



**Los Angeles County
Office of Education**



COUNTY OF LOS ANGELES
Public Health

Division of Chronic Disease & Injury Prevention

Instructions for Teachers and School District Staff:

To protect the health of students, teachers, and staff, tobacco use is prohibited at all times in school buildings, district-owned vehicles, and on district property. To help students protect their own health or to help them become health advocates:

ASK students if they know someone who uses tobacco. California Education Code prohibits school staff from asking students about their or their parents' family life practices, so avoid asking for specific names.

Keep in mind that "tobacco" includes cigarettes, cigars, pipes, hookahs, e-cigarettes, vaping pens, e-hookahs, blunts (cigars with marijuana added), chewing tobacco, snuff, and snus (powdered tobacco in packets).

ADVISE If a student is a tobacco user tell them about the reasons that tobacco use is harmful:

- Smoking affects the way we look and smell. It also causes many types of cancer and damages the mouth, lungs, heart and circulatory system. Secondhand smoke is also dangerous to others who are exposed. All of this damage can be caused by only one cigarette a day.
- Chewing not only makes your breath stink, it also rots your teeth and gums.
- Vaping is not a safe alternative to cigarettes. Liquid e-juice and nicotine are toxic and can cause poisoning if ingested through the mouth or skin. E-cigarettes, vaping pens and e-hookahs are not FDA-approved quit smoking aids.

If a student knows a tobacco user have them identify the reasons that tobacco use is harmful. For more information on the negative effects of tobacco, visit the National Institute for Drug Abuse's page for teens (teens.drugabuse.gov/drug-facts/tobacco) or the truth® campaign (thetruth.com).

REFER Direct them to the California Smokers' Helpline at 1-800-NO-BUTTS (1-800-662-8887) for free help and resources to quit. Callers of all ages can get help, and assistance is available in English, Spanish, Cantonese, Mandarin, Korean and Vietnamese.

Free Resources:

LA Quits (laquits.com) offers free help to quit smoking.

1-800-NO-BUTTS also offers text messaging services. Sign up at nobutts.org/texting.

Smokefree.gov provides an online Quit Guide to help you prepare to quit and support you after you quit. To sign up for their text messaging service, visit smokefree.gov/smokefreetxt or download Smokefree Apps at smokefree.gov/apps-quitstart.

To create a customized quit smoking program visit **QuitNet** (quitnet.com) or **Become an EX** (becomeanex.org).

Text messaging services are also available from **Text2Quit** (text2quit.com).

Teens can visit teen.smokefree.gov for free resources, including a **Smokefree Text program** (<http://teen.smokefree.gov/smokefreeTXT.aspx>) and **QuitSTART app** (http://teen.smokefree.gov/sftapps.aspx#tab_quit_start).