

# How School Policy Can Help Fight Teen Nicotine Use



# BY THE NUMBERS

# 3.5M

**Youth who used  
e-cigarettes between  
2017-2018**

# 1 in 4

**High school students  
who used a tobacco  
product in the past 30  
days**

# 1 in 14

**Middle school  
students who used a  
tobacco product in  
the past 30 days**

Texas Senate Bill 21 prohibits the sale of tobacco and nicotine products to anyone under age 21, including e-cigarettes such as Juuls.

E-cigarettes, cigarettes, cigars, chewing tobacco and hookahs all contain the highly addictive chemical nicotine.

Nicotine affects the growth of the adolescent brain, which doesn't fully develop until age 25.

The U.S. Surgeon General encourages health care providers, parents, guardians and educators to talk to youth about the dangers of using tobacco products. Although use of traditional tobacco products has declined among youth in recent years, use of e-cigarettes such as JUULs nearly doubled among middle and high school students. Hookah use tripled.

# 18

**Number of states that  
have raised tobacco  
sale age to 21**

# 21

**Age to buy tobacco in  
Texas as of 9/1/2019**

# SUGGESTED SCHOOL ACTION PLAN

1

## **REVIEW AND STRENGTHEN CURRENT SCHOOL TOBACCO POLICY**

Review and enforce current school tobacco policy making sure it is comprehensive and addresses all nicotine products including e-cigarettes.

2

## **EDUCATE STAFF**

Educate all staff, including teachers and administrators, so that they know the different nicotine products on the market and the dangers they pose to youth.

3

## **EDUCATE PARENTS**

Educate parents on what to look for and offer resources that can be used to talk to teens about these products.

4

## **EDUCATE STUDENTS**

Promote healthy messages across campus year-round, not just during drug-free weeks. Take advantage of local resources that provide prevention and cessation education.

**CATCH MY BREATH**

<https://catchinfo.org/modules/e-cigarettes/>

**MD ANDERSON'S ASPIRE:**

**A Smoking Prevention Interactive Experience.**

<https://www.mdanderson.org/about-mdanderson/communityservices/aspire.html>

**SAY WHAT!**

<http://txsaywhat.com/>

**TEXAS DEPARTMENT OF STATE  
HEALTH SERVICES**

<https://www.dshs.texas.gov/tobacco/>

# LOCAL RESOURCES FOR SCHOOL DISTRICTS IN TEXAS

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