



Tobacco-Free Schools

Fact Sheet for Parents/Guardians

SEATTLE SCHOOL BOARD POLICY

It is the policy of the Seattle School Board to prohibit the use of all tobacco products, including electronic vapor devices or products containing nicotine, by staff, students, visitors, and community members in or on Seattle school district property, on school district-sponsored transportation, and at school district-sponsored events. The Seattle School Board also prohibits the possession of tobacco products by students under the age of eighteen in or on Seattle School District property, on school district-sponsored transportation, and at school district-sponsored events.

TOBACCO USE AFFECTS ACADEMIC SUCCESS

Not only can experimentation with tobacco result in a lifelong addiction, but it is also related to poor academic performance and other high-risk behaviors. Many physical changes occur in the brain and body as a result of tobacco abuse. These physical changes can make learning and concentration more difficult and can negatively affect school performance. Students that use tobacco are:

- 3 times more likely to get Cs/Ds/Es
- 4 times more likely to skip class
- 4 times more likely to be suspended from school
- 8 times more likely to binge drink
- 21 times more likely to use marijuana

TIPS FOR TALKING WITH YOUR CHILD ABOUT TOBACCO

Parents are the #1 influence on whether their child chooses to use alcohol, tobacco, or other drugs.

1. Find the Time to Talk

The sooner you start talking, the better. Bring up the subject when you see it on TV, movies, or magazines.

2. Be Direct

Say, "I don't want you to use tobacco". Tell them your reasons. They'll appreciate your honesty and guidance.

3. Talk about the Real Facts

Just saying, "Smoking is bad for you" isn't enough. Young people are more likely to listen if you give them facts. Don't just talk about cigarettes – give them facts about other tobacco products like mini-cigars and hookah.

4. Focus on the Social Issues

Young people may care more about getting bad breath and smelling bad than about the health risks. Help them understand the financial costs as well. Remind them that most teenagers do not use tobacco.

5. Teach them to Say No

Help them think of what to say if they are offered tobacco. Practice with them – pretend you are a classmate asking them to smoke. Ask them to come up with several responses and teach them when to walk away. Remember to praise their efforts.

RESOURCES FOR PARENTS/GUARDIANS

www.drugabuse.gov/parents-teachers
www.truthinitiative.org/news/what-is-juul
www.cdc.gov/features/ecigarettes-young-people/index.html
<https://e-cigarettes.surgeongeneral.gov/>

RESOURCES FOR STUDENTS

www.teen.smokefree.gov
www.thetruth.com
www.secondchancetobacco.org
www.stillblowingsmoke.org