

E-CIGARETTES AND VAPING alternatives to discipline

Vaping is on the rise and our youth are at risk

Schools, you can help. For students who violate tobacco-free policies, consider the following alternatives to discipline versus purely punitive measures.

According to the CDC, the most effective approaches to helping youth quit tobacco use are through counseling and education, while penalties like suspension and expulsion do not deter continued use and may exacerbate the problem.*



Shifting Toward Change

Educate yourself on State Statuses

bit.ly/VapeStatuses

School Board Resolution

bit.ly/VapeResolution

Update Tobacco-Free Policies: Checklist

bit.ly/VapeChecklist

Update Behavior Responses

bit.ly/VapeResponses

Offer Quitting Resources

[Bit.ly/Vapingsupport](https://bit.ly/Vapingsupport)

Provide Alternatives to Discipline Programs

Always Here To Help

For more information and educational resources on vaping, contact your local Extension office at counties.extension.wisc.edu



Alternatives to Discipline Programming.

Online

Aspire

bit.ly/VapeAspire

Free program with no facilitation aimed towards middle and high school ages. Offers individual access, 8 modules, 3-hour completion time, and Certificate of Completion.

Adult-Led

Healthy Futures

<https://stan.md/2YT4oGu>

Free, online facilitator training focusing on middle and high school ages. Group and one-on-one facilitation offered. Four 50-minute sessions in total.

INDEPTH

bit.ly/VapeInDepth

Free, online facilitator training focusing on middle and high school ages. Group and one-on-one facilitation offered. Four 50-minute sessions in total.

*Change Lab Solutions, <https://www.changelabsolutions.org/tobacco-prevention>

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This fact sheet represents the highest quality tools and resources identified by the Vaping Workgroup of the University of Wisconsin-Madison Division of Extension