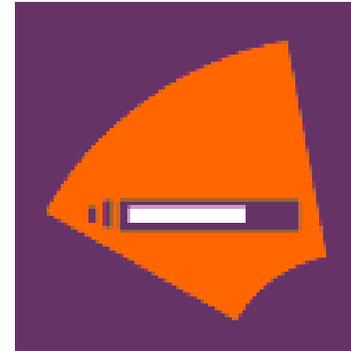


SMOKE FREE CAMPUSES & 2ND HAND SMOKE RAMIFICATIONS





SMOKING POLICY:

**Legal Reference: NRS Chapter
202.249 and 202.2491, Crimes
Against Public Health and Safety**

**Policy/Regulation # 4380 POL Smoking
Policy 6/28/2001**



CCSD SMOKING POLICY

It is the policy of the district that smoking, carrying lit tobacco products, or use of smokeless tobacco products is prohibited at any time on school district property and at any school activity sponsored by the district. For purposes of this policy, school district property includes any building used for instruction, administration, support services, maintenance, or storage; the grounds and surrounding buildings; and all district-owned vehicles. This policy applies to all students, teachers, staff, and visitors.



DISCIPLINARY OFFENSES

- The following is to be considered a violation of the laws of the State of Nevada. A clear and blatant violation of the law will require the administration of the school to call upon law enforcement agencies to deal with the violation.
- Disciplinary measures will be taken by school authorities for the same offense with sequences ranging from restitution of money to expulsion from school.

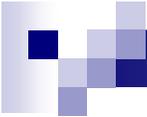
Smoking on or near the campus or being in possession of cigarettes, tobacco, matches, or lighters is against the law!

Behavior Guidelines for Secondary Students will be referred to for disciplinary action if not maintained.

Smoking Inhibits Student:

- integrity
- respect
- justice
- responsibility
- manners





5-Truths About Teen Smoking

1. **Truth #1: Anyone's teen can start smoking.** Every day in the United States, more than 3,000 young people become regular smokers-that's more than one million new smokers a year. The pull to smoke is not just affecting someone else's kid. Your teen sees the glamorous advertising, has peers who smoke and is as vulnerable to becoming a smoker as much as anybody else's teen. And yes, teens who play sports and are considered 'good kids' smoke too.
2. **Truth #2: Nearly all first time smoking happens before high school graduation,** according to the CDC. If your teen hasn't started smoking before he/she graduates, chances are he/she never will. That is good news. It means that you have the time to influence your teen and their choices

**If what happened on your
inside happened on your outside,
would you still smoke?**

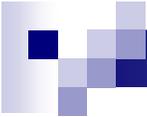


**MORE INFORMATION
THE AMERICAN CANCER SOCIETY
FREE: 1-800-ACS-2345**

M-No. 5648

**AMERICAN
CANCER
SOCIETY**

Hope. Progress. Answers.



5-Truths About Teen Smoking

3. **Truth #3: Actively working on your teen's self-esteem, self-confidence and resilience can prevent your teen from smoking.** Often, teens cite 'being accepted' as a reason for starting to smoke, along with modeling someone they admire, to lose weight or to overcome stress. Help your teen develop friendships, shape a healthy body image and deal with stress without having to turn to tobacco use.
4. **Truth #4: Your teen needs to hear that smoking is bad for him/her from you.** While your teen's friends may seem to be more important to your teen, you are his/her number one choice to learn about values. This is the time to make it count. Send a clear message to your teen that you consider smoking to be unhealthy. Be sure to do this with facts and try not to use scare tactics that will only backfire.

**If what happened on your
inside happened on your outside,
would you still smoke?**

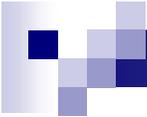


**MORE INFORMATION
THE AMERICAN CANCER SOCIETY
FREE: 1-800-ACS-2345**

M-No. 5648

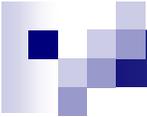
**AMERICAN
CANCER
SOCIETY**

Hope. Progress. Answers.



5-Truths About Teen Smoking

5. **Truth #5**: **If your teen smokes, he/she can't quit just because you've ask.** According to American Cancer Society 'the best school health classes won't have much effect on the students who already smoke, unless those teens are also offered professional help to quit.' Teens do not realize they are addicted until it is too late. Among adolescents aged 10-18, about three-fourths of daily cigarette smokers report that they continue to use tobacco because it is really hard for them to quit. Your teen needs to team up with you and a doctor in order to kick this nasty habit. It is worth your time and money to help your teen get through this problem.



Facts and Figures for Children/Adults:

- Lung cancer can be prevented. If you smoke, stop immediately – if you do not smoke, do not start – smoking cigarettes are the cause of most lung cancers. The Seattle Cancer Care Alliance states: “Close to 90 percent of lung cancers are smoking related.”
- Other causes of lung cancer are: exposure to asbestos, breathing smoke from other people’s cigarettes (sometimes referred to as secondhand smoke), using smokeless tobaccos like chewing tobacco or snuff, or air pollution.
- While non-smokers can get lung cancer, the chances of contracting the disease are much lower for smoke-free individuals than for smokers. Smokers who quit the habit decrease their risk of lung cancer by over 80 percent.
- There are only two types of lung cancer – small cell lung cancer and non-small cell lung cancer. In simple terms, these cancer cells are identified and named for their appearance. Of the two types, non-small cell cancer is more prevalent, but its growth and spread are slower than small cell lung cancer.
- Unlike cold or the flu, there are usually no warnings to alert someone to the development of these cancerous cells. By the time symptoms, like continuous coughing or bloody discharge appear, the cancer has grown and spread dangerously.
- If the doctor suspects someone has this type of cancer, he will send them for testing – x-rays or a biopsy – to help him diagnosis the illness. When a doctor does a biopsy, he removes a tiny bit of skin for examination.
- Follow-up care and vigilance in regular health check-ups are mandatory as these cancers can re-occur.

AT THE COLLEGE LEVEL (UNLV)



Based off of a survey that had 4,100 responses, the largest response to any student survey at UNLV.



- 16% smoke cigarettes; 16% smoke hookah; and 6% smoke cigars
- 70% of smokers report they have tried to quit in the past year
- Almost 60% of smokers want to quit before they graduate
- 85% believe it is a moderate to severe health hazard when exposed to secondhand smoke and 84% state they have been exposed while on campus
- Less than 30% know UNLV's current policy only prohibits smoking inside campus buildings, including dorms
- **73% believe it is important to enact a campus-wide tobacco free policy**

BY THE NUMBERS:



- One-third of kids currently smoke. The average age they began was 11. Giving up smoking, no matter your age, greatly reduces your chance of getting lung cancer.
- Second-hand smoke is the third leading cause of lung cancer. Children exposed to second-hand smoke also risk asthma attacks, frequent bronchitis and pneumonia and possibly ear infections.
- **This chest x-ray shows both lungs, with a growth on the left lung that may be cancer.**



SECOND HAND SMOKE

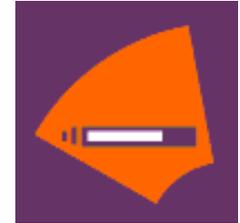
Secondhand smoke is a mixture of gases and fine particles that includes:

- Smoke from a burning cigarette, cigar, or pipe tip
- Smoke that has been exhaled or breathed out by the person or people smoking
- At least 250-toxic chemicals, including more than 50-that can cause cancer
- Most exposure to secondhand smoke occurs in homes and workplaces
- Secondhand smoke exposure also continues to occur in public places such as restaurants, bars, casinos, and in private vehicles.

SECOND HAND SMOKE & CHILDREN

In children, secondhand smoke causes:

- Ear infections
- More frequent and severe asthma attacks
- Respiratory symptoms (e.g., coughing, sneezing, shortness of breath)
- Respiratory infections (i.e., bronchitis, pneumonia)
- A greater risk for sudden infant death syndrome (SIDS)



SECOND HAND SMOKE & CHILDREN

Children aged 18-months or younger, secondhand smoke exposure is responsible for:

- An estimated 150,000–300,000 new cases of bronchitis and pneumonia annually
- Approximately 7,500–15,000 hospitalizations annually in the United States





What Causes Lung Cancer?

- **TOBACCO SMOKE** is the primary cause of lung cancer. Although nonsmokers can get lung cancer, the risk is about 10-times greater for smokers and is also increased by the number of cigarettes smoked per day.
- If you are a heavy smoker consuming more than 20-cigarettes a day, the risk of developing lung cancer is about 30-40 times higher than if you don't smoke.
- The main reason for the substantial increase in the disease over the last 50-years has been the increase in the number of people who smoke cigarettes. This has resulted from the industrial production and marketing of tobacco.
- The risk of lung cancer in an ex-smoker falls to the same level as a nonsmoker after about 15-years.



What Causes Heart Disease?

- For nonsmokers, breathing secondhand smoke has immediate harmful effects on the cardiovascular system that can increase the risk for heart attack. People who already have heart disease are at especially high risk.
- Nonsmokers who are exposed to secondhand smoke at home or work increase their heart disease risk by 25–30%.
- Secondhand smoke exposure causes an estimated 46,000 heart disease deaths annually among adult nonsmokers in the United States.

THIRD HAND SMOKE.....



- Third hand smoke refers to the invisible yet toxic gases and particles clinging to hair, skin, clothing or furnishings after smoking has ceased.
- The toxic chemicals in smoke can linger and become embedded in people or surroundings. These can be inhaled after any visible smoke is gone, endangering anyone who comes into contact with smokers or their homes or possessions.
- Airing out a room or a car by opening windows or using fans is not sufficient to rid an area of toxic contaminants.



THIRD HAND SMOKE....



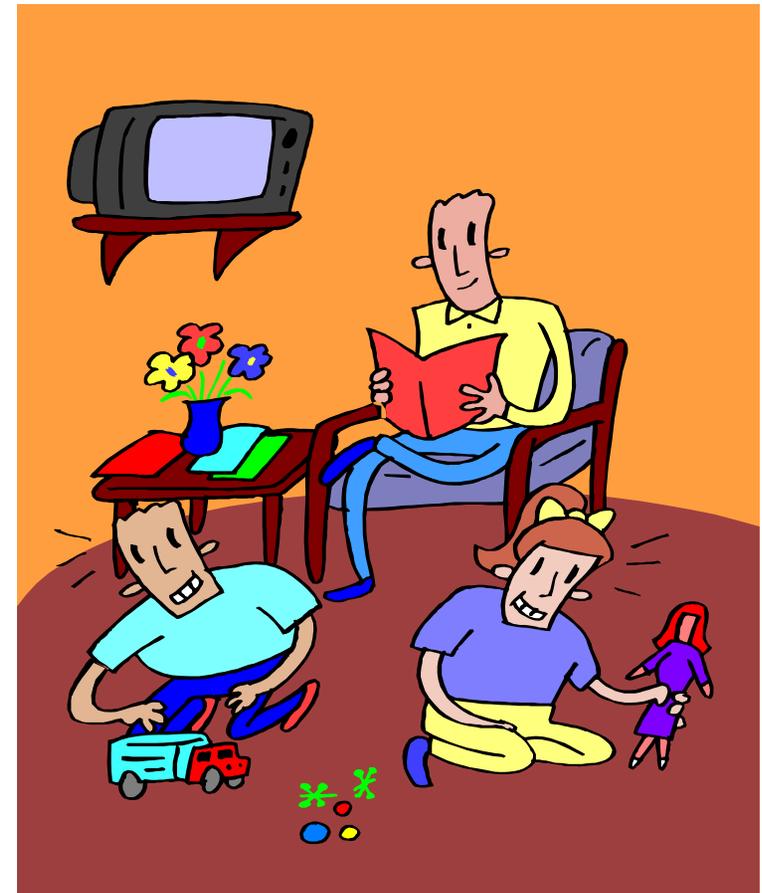
- Most often it is children who are exposed because they may live in homes where adults smoke or ride in cars used by smokers.
- Children crawl on carpets and can ingest the particles left by smoking although the room may have been aired out
- Colleagues of smokers experience third-hand smoke when they get in an elevator occupied by a smoker who has just stepped out for a cigarette or when they work in the same room with someone who takes a cigarette break.

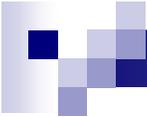


- Eliminating smoking in indoor spaces is the only way to fully protect nonsmokers from second & third-hand smoke exposure.
- Separating smokers from nonsmokers, cleaning the air, and ventilating buildings does not eliminate second & third-hand smoke exposure.



- Quit smoking, or, if that is not possible, smoke only outside the home.
- Cars also should not be used for smoking.
- Filling the home with green plants will freshen the air, as will applying low-VOC paint to walls in rooms where smoking has occurred.
- Furnishings that have been exposed to years of smoke should be disposed of as cleaning is no guarantee



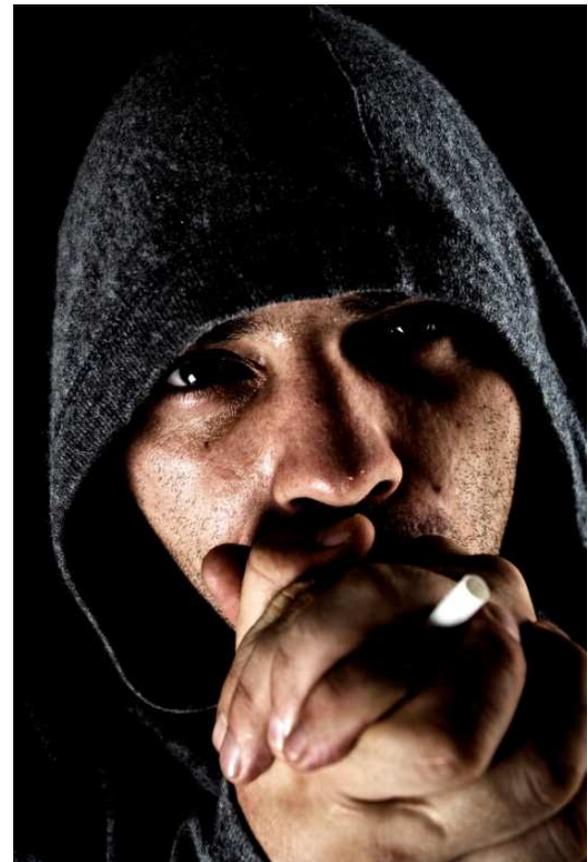


Summary of Findings from the 2010 **Report of the Surgeon General**

- 1. There is no safe level of exposure to tobacco smoke.** Any exposure to tobacco smoke – even an occasional cigarette or exposure to secondhand smoke – is harmful.
- 2. Damage from tobacco smoke is immediate.** Tobacco smoke contains more than 7,000-chemicals and chemical compounds, which reach your lungs every time you inhale. Your blood then carries the poisons to all parts of your body. These poisons damage DNA, which can lead to cancer; damage blood vessels and cause clotting, which can cause heart attacks and strokes; and damage the lungs, which can cause asthma attacks, emphysema, and chronic bronchitis.

Summary of Findings from the 2010 Report of the Surgeon General

3. **Smoking longer means more damage.** Both the risk and the severity of many diseases caused by smoking are directly related to how long the smoker has smoked and the number of cigarettes smoked per day.
4. **Cigarettes are designed for addiction.** The design and contents of tobacco products make them more attractive and addictive than ever before. Nicotine addiction keeps people smoking even when they want to quit.



Summary of Findings from the 2010 Report of the Surgeon General



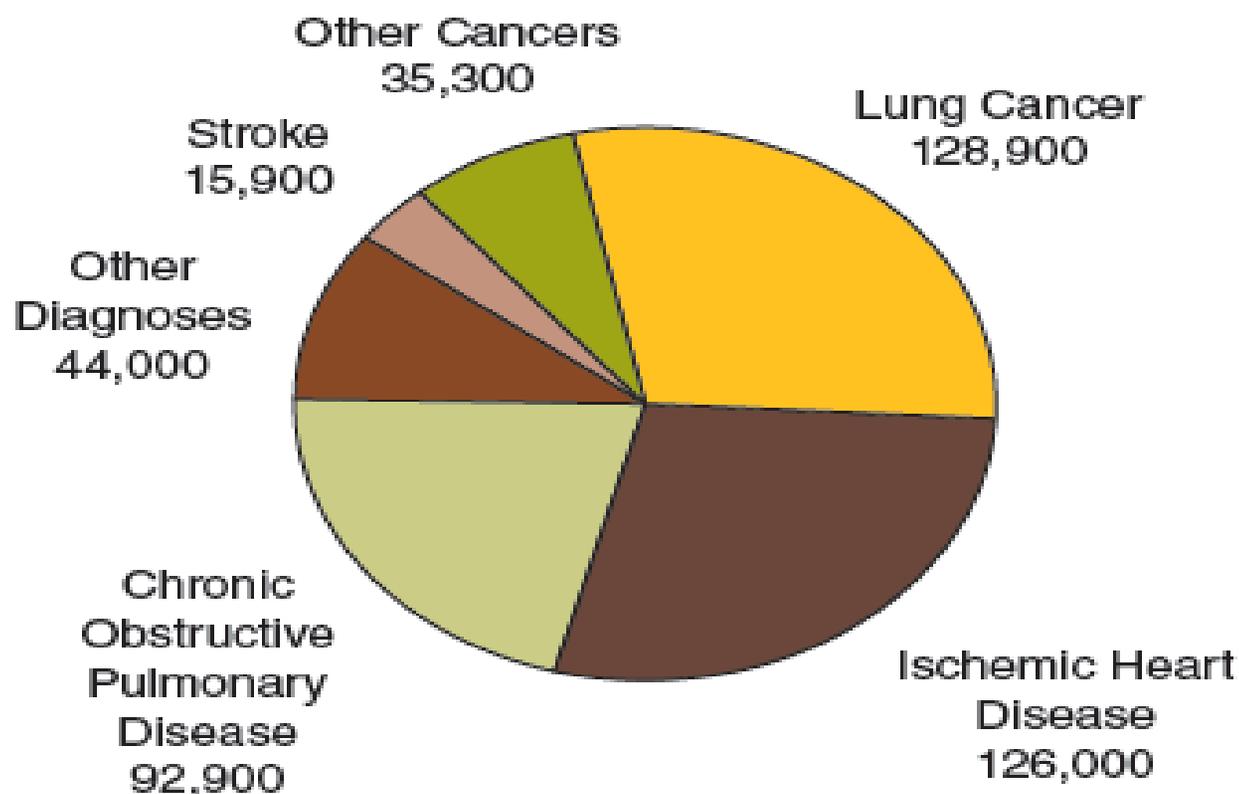
5. **Even low levels of exposure, including exposure to secondhand tobacco smoke, are dangerous.** You don't have to be a heavy smoker or a long-time smoker to get a smoking-related disease or have a heart attack or asthma attack triggered by smoke.
6. **There is no safe cigarette!**



“Why Issue Another Report?”

- Despite 29-previous reports, tobacco use remains the leading cause of preventable death in the United States.
- It is responsible for 443,000-deaths each year!
- 30% of all cancer deaths are due to tobacco!
- Each day 1,200-lives of current and former smokers are lost prematurely due to tobacco-related diseases!
- Every day, almost 4,000-youth try a cigarette for the first time and 1,000-youth become regular, daily smokers!

About 443,000 U.S. Deaths Attributable Each Year to Cigarette Smoking*



* Average annual number of deaths, 2000–2004.
Source: *MMWR* 2008;57(45):1226–1228.

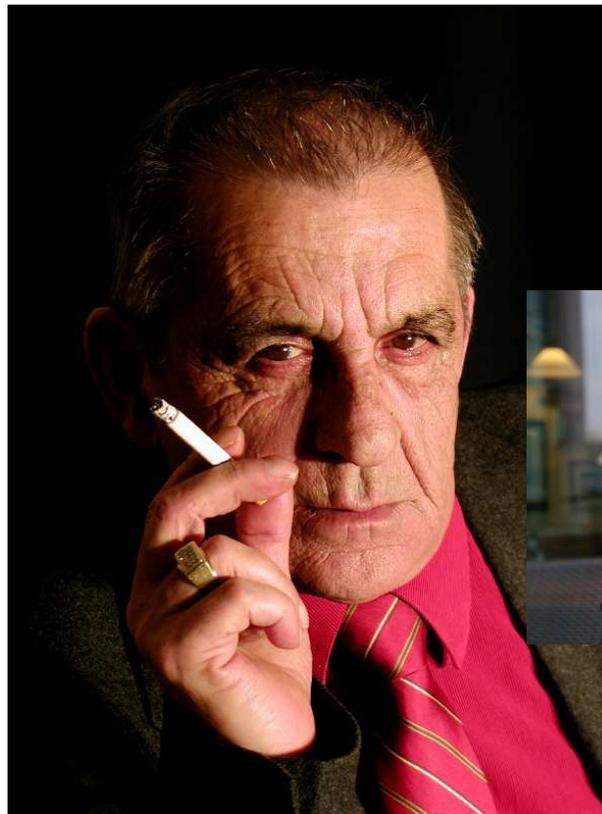


TO SUCCESSFULLY QUIT:

- Set a quit date, ideally within 2-weeks.
- Remove tobacco products from the environment.
- Get support from family, friends, and coworkers.
- Review past quit attempts - what helped, what led to relapse?
- Anticipate challenges, particularly during the critical first few weeks, including nicotine withdrawal.
- Identify reasons for quitting and benefits of quitting.

TO SUCCESSFULLY QUIT:

- Total abstinence is essential - not even a single puff.
- Drinking alcohol is strongly associated with relapse.
- Allowing others to smoke in the household hinders successful quitting.





- Recent studies show that brief advice from a clinician about smoking cessation yielded a 66% increase in successful quit rates!



RESOURCES:

- Recommend 1-800-QUIT NOW (784-8669), the national access number to state-based quit line services.
- Refer to Web sites for free materials:
www.smokefree.gov and
www.ahrq.gov/path/tobacco.htm

