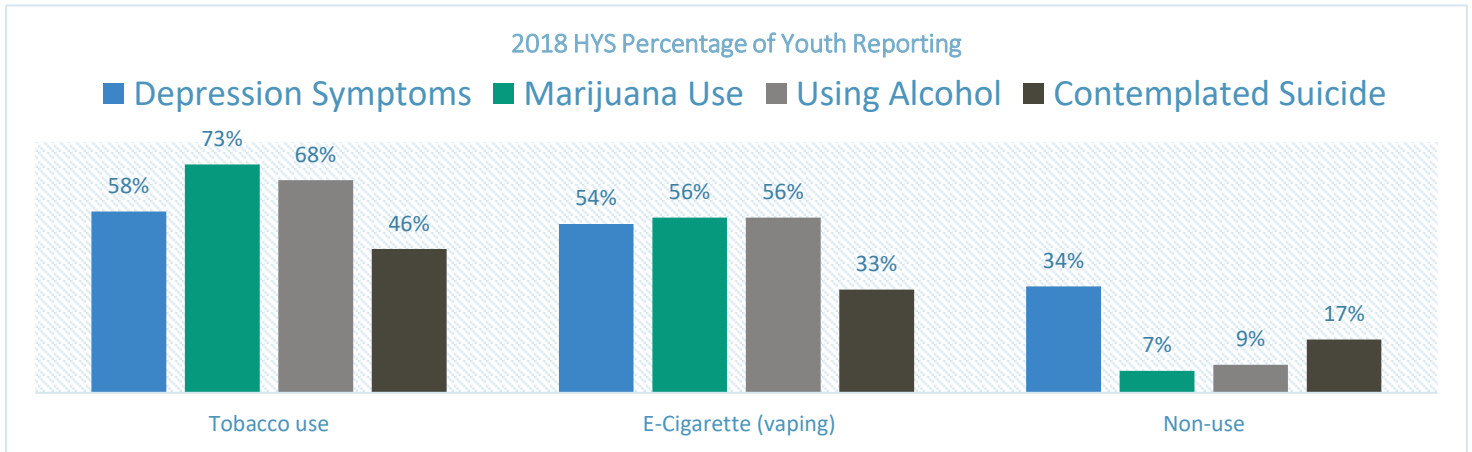




# Red Flag for Supports: Students Who Smoke or Vape

The 2018 Healthy Youth Survey shows that students who reported **vaping**, **smoking**, and using **tobacco** may be at increased risk for using other substances and experiencing depressive symptoms and thoughts of suicide. Smoking and vaping are observable but co-occurring mental health and substance use issues may not be. Smoking and vaping can indicate a need for social-emotional care and health supports.



## Recommendations for Schools

### Focus on Prevention



Universal prevention serves all students. It is data-informed and connects to school culture. School substance-use prevention policy efforts include:

- Strengthening positive school climate and culture
- Teaching, modeling, and reinforcing expectations
- Meaningful relationships with students and families
- Collaborating with community organizations

Moving from reactive to proactive requires systems change and a comprehensive approach. School policies on smoking and vaping have often involved punitive discipline approaches. Substance violations typically lead to suspensions, increasing student absenteeism without addressing root causes. **For students who smoke or use vape devices, staying connected to school and accessing support services is vital for long-term well-being.**

#### Reframe



Shift student smoking and vaping from a discipline issue to an opportunity to identify and provide support

#### Revise Policy



Combine tobacco, alcohol and other drug policies, and add vape devices. Minimize use of out-of-school disciplinary actions

#### Screen



Screen students caught using tobacco or vape devices for substance use & mental health. Refer to services as needed

#### Support



Support participation in intervention groups, treatment services, and student assistance programs