



# Pleasanton Unified School District Tobacco-Free Policy

Pleasanton Unified School District Board of Trustees approved Board Policies 3513.3 and 5131.62 which state that the use of tobacco products shall be prohibited on district property and in district vehicles.

## What It Means To You

Students, employees and visitors should be aware that Board Policies 3513.3 and 5131.62:

- Prohibits tobacco use in all district buildings
- Is in force 24 hours a day
- Prohibits tobacco use, including electronic cigarettes and other vaping devices, in outdoor areas on district owned property and school sites
- Prohibits tobacco use in district vehicles
- Applies also to non-district activities

## Implementation

The success of the tobacco-free policy depends on the thoughtfulness, consideration and cooperation of tobacco users and non-users. All staff, students and visitors share in the responsibility for adhering to and enforcing the policy.

- A courteous reminder is usually the most effective enforcement technique.
- Any staff member or student who feels the policy has been abused should contact his or her supervisor, school principal or the principal's designee.
- Students or employees who knowingly and willfully violate the tobacco-free policy will be subject to disciplinary action.
- Visitors who persist in violating this policy will be asked to leave district property.
- The principal is responsible for enforcing the tobacco-free policy at the school site. At non-school work sites, the immediate supervisor is responsible for enforcement of the policy.

## Tobacco Cessation Resources

The use of tobacco can be a difficult habit to break. The following is a sample of some of the many resources available to assist students and employees who elect to cease using tobacco:

**Kaiser and Blue Cross** both offer tobacco cessation services for members. Nicotine patches are available. Most other health plans and HMO's also offer some form of tobacco cessation assistance.

**American Cancer Society** [www.cancer.org](http://www.cancer.org) Toll-free hotline: 1-800-ACS-2345 (1-800-227-2345)

**American Lung Association** [www.lungusa.org](http://www.lungusa.org) Toll-free hotline: 1-800-LUNGUSA (1-800-586-4872)

**MedLine Plus – Local Smoking Cessation Resources** (from the National Library of Medicine and the National Institutes of Health)

<http://www.nlm.nih.gov/medlineplus/quittingsmoking.html>

**National Cancer Institute**

Toll-free hotline: 1-877-44U-QUIT (1-877-448-7848) [www.smokefree.gov](http://www.smokefree.gov)

**National Institutes of Health – Clinical Trials on Smoking Cessation**

<http://clinicaltrials.gov/search/open/condition=%22Smoking+Cessation%22>

**National Network of Tobacco Cessation Quitlines** [www.naquitline.org](http://www.naquitline.org)

Toll free hotline: 1-800-QUITNOW (1-800-784-8669) TTY: 1-800-332-8615 1-855-DEJELLO-YA (Spanish)

**Nicotine Anonymous** [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) (877) 879-6422

## Background

In a report issued in 1986, the Surgeon General of the United States verified the health hazards caused by passive exposure to second-hand tobacco smoke. The Environmental Protection Agency has also ruled that airborne tobacco smoke is a regulated hazardous material. The school district tobacco-free policy will help to protect students and staff from the adverse health effects of exposure to second-hand smoke. The Surgeon General has warned that quitting smoking (tobacco) greatly reduces serious risks to your health. Studies have documented that the implementation of a tobacco-free policy in the workplace generally results in increased productivity and decreased absenteeism. In 1991, the California legislature ruled that each California school district must implement a tobacco-free policy or forfeit Tobacco Use Prevention and Education funding.