

## School Tobacco Use Policy Guidance and Cessation Resources

### Free resources for schools:

- [College Campus Criteria Tipsheet](http://no-smoke.org/pdf/CollegeCampusCriteriaTipsheetFinal.pdf)--List of criteria a college tobacco policy must include to be designated 100% smoke- or tobacco-free. List of schools nationwide with smoke- and/or tobacco-free campus policies. (<http://no-smoke.org/pdf/CollegeCampusCriteriaTipsheetFinal.pdf>)
- [Cessation Strategies for Tobacco-Free Campuses](http://tobaccofreecampus.org/sites/default/files/resources/Cessation%20Strategies%20for%20Tobacco-Free%20Campuses%20%28South%20Carolina%20Department%20of%20Health%20and%20Environmental%20Control%29.pdf) (South Carolina Department of Health and Environmental Control)--Free guide for colleges that are developing or implementing a plan for a tobacco-free campus. Services tailored to South Carolina schools, but strategies can be more widely applied. (<http://tobaccofreecampus.org/sites/default/files/resources/Cessation%20Strategies%20for%20Tobacco-Free%20Campuses%20%28South%20Carolina%20Department%20of%20Health%20and%20Environmental%20Control%29.pdf>)
- [Creating a Tobacco-Free Campus: Policy Guide](http://tobaccofreecampus.org/sites/default/files/resources/Sea-King_CollegesToolkit_112912.pdf) (Public Health - Seattle & King County, DHHS)--Comprehensive aid in creating smoke-free and/or tobacco-free college campus policy, including considerations, approaches, and examples of policies and media. ([http://tobaccofreecampus.org/sites/default/files/resources/Sea-King\\_CollegesToolkit\\_112912.pdf](http://tobaccofreecampus.org/sites/default/files/resources/Sea-King_CollegesToolkit_112912.pdf))
- [Making Your College Campus Tobacco-Free](http://tobaccofreecampus.org/sites/default/files/resources/Oregon%20Guide.pdf) (Tobacco Free Oregon)--Short, comprehensive guide for creating and enforcing tobacco-free campus policy. (<http://tobaccofreecampus.org/sites/default/files/resources/Oregon%20Guide.pdf>)
- The [Maryland Tobacco Quitline](http://smokingstopshere.com/) (1-800-QUIT-NOW)--Free telephone-based counseling service available to all Maryland residents ages 13 and older to help with quitting any form of tobacco. In addition, web and text message options are available for those 18 and older. Services may include: access to a trained quit coach, a 12-week supply of nicotine replacement therapy (patch and/or gum) for those eligible and are 18 and older, referral to a local health department if desired, and specialized programs for youth (ages 13-17) and pregnant women. Quitline services are available 24 hours a day, 7 days a week. (<http://smokingstopshere.com/>)
- [Tobacco Cessation Education: A Training Program for Faculty](http://smokingcessationleadership.ucsf.edu/webinars/tobacco-cessation-education) (Smoking Cessation Leadership Center)--Free online training via recorded webinars tailored to faculty of medical and pharmacology schools. SCLC allows faculty to add these recorded webinars to their own curricula free of charge. (<http://smokingcessationleadership.ucsf.edu/webinars/tobacco-cessation-education>)

- [TobaccoFreeCampus.org](http://tobaccofreecampus.org) (Tobacco-Free College Campus Initiative)--Free online resources from national tobacco control coalition, provided for colleges wishing to develop and/or implement a comprehensive tobacco-free policy, including model policies, student toolkit, and region-specific resources.  
(<http://tobaccofreecampus.org/sites/default/files/resources/Oregon%20Guide.pdf>)
  
- [TobaccoFreeU.org](http://www.tobaccofreeu.org) (The Bacchus Network)--Details the history and need for tobacco-free campus policies and provides a policy development guide. Also details common smoking rationales among college-aged youth, targeted marketing explanations, and provides resources for cessation education, such as [online peer education training](#).  
(main website: <http://www.tobaccofreeu.org/pdf/joal.pdf>, peer education training: <https://www.naspa.org/constituent-groups/groups/bacchus-initiatives/research-grants>)

### Free, online cessation resources for those wishing to quit:

- [BecomeAnEx.org](https://www.becomeanex.org/) (Truth Initiative)--Registered users can learn about and create a personal quit-plan, track progress, and interact with other users. (<https://www.becomeanex.org/>)
- [BeTobaccoFree.gov](http://betobaccofree.hhs.gov/) (US Department of Health & Human Services)--Online educational resource for information about tobacco's adverse effects on users and pregnant users, tobacco policies and laws, and federal news about tobacco control. (<http://betobaccofree.hhs.gov/>)
- [KillTheCan.org](http://www.killthecan.org/) (KillTheCan.org)--Web-based community forum of self-identified ex-dippers providing information and community support to those wishing to or attempting to quit using smokeless and chewing tobacco products. (<http://www.killthecan.org/>)
- [MyLastDip.com](http://mylastdip.com/) (Oregon Research Institute)--Web-based program tailored to those wishing to quit using smokeless and chewing tobacco products. (<http://mylastdip.com/>)
- [Smokefree.gov](http://smokefree.gov/) (US Department of Health & Human Services)--Online quit-plan building, text and chat-room support, and information about tobacco. Individualized websites provide support for pregnant women (<http://women.smokefree.gov/>), adolescents (<http://teen.smokefree.gov/>), veterans (<http://smokefree.gov/veterans>), and Spanish-speakers (<http://espanol.smokefree.gov/>). (main website: <http://smokefree.gov/>)
- [This Is Quitting](http://thisisquitting.com/) (Truth Initiative)--Web-based community forum of smokers attempting to quit, former smokers, and smokers wishing to quit to provide community support and training tools to develop quit strategies. (<http://thisisquitting.com/>)
- [Tobacco Free U Initiative](http://www.naspa.org/constituent-groups/groups/bacchus-initiatives) (Bacchus Initiatives of NASPA Foundation)--Helpful information about tobacco products, smoking, creating a quit-plan, and motivational facts for those wishing to quit. (<http://www.naspa.org/constituent-groups/groups/bacchus-initiatives>)