

STRATEGIES FOR SERVICE DELIVERY: The following table provides example strategies for each of the five key components of effective tobacco prevention for schools.

Component 1 (Required)	Component 2	Component 3	Component 4	Component 5 (Required)
<p>Develop, communicate and enforce a comprehensive tobacco-free policy</p>	<p>Implement an effective, research-based tobacco prevention curriculum, with special emphasis on the middle grades</p>	<p>Provide linkages to cessation and assistance to students, their families, and staff who want to quit smoking or using tobacco products</p>	<p>Actively involve parents and families of students in tobacco prevention and education</p>	<p>Establish and strengthen linkages to community-based tobacco prevention activities and events, and to community groups and agencies</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Conduct assessment of current policy and gauge support for policy change from School Board and other decision makers <input type="checkbox"/> Recruit local youth and adults to advocate for creation of tobacco-free schools. <input type="checkbox"/> Meet and make recommendations to school board to develop comprehensive tobacco-free school policy <input type="checkbox"/> Meet with local media to highlight the health benefits to students that are gained by creating a tobacco free environment <input type="checkbox"/> Work with the school administrators, staff, parents, students and community to enforce tobacco-free school policy <input type="checkbox"/> Provide ongoing communication to district families and staff as policy discussions proceed <input type="checkbox"/> Train school staff regarding tobacco prevention policies and effective enforcement strategies 	<ul style="list-style-type: none"> <input type="checkbox"/> Assess current tobacco prevention curriculum available for use in school district. Assess whether curriculum is among approved curricula for program. <input type="checkbox"/> Meet and make recommendations to school board to include curriculum instruction in comprehensive tobacco-free school policy <input type="checkbox"/> Integrate effective tobacco prevention strategies into core curricular areas, where possible <input type="checkbox"/> Train school staff on effective tobacco use prevention curricula <input type="checkbox"/> Sample curricula can be viewed on the Rocky Mountain Center website: http://www.rmc.org/K12/k12tools.html or the Substance Abuse and Mental Health model programs site: http://nrepp.samhsa.gov. 	<ul style="list-style-type: none"> <input type="checkbox"/> Assess cessation programs in place/available for: (a) students (those referred for policy violation and those seeking help), (b) district staff, and (c) families <input type="checkbox"/> Identify and refer of students to on-site school-based cessation programs <input type="checkbox"/> Provide incentives (such as credit or release from class) to students who participate in quit programs <input type="checkbox"/> Communicate and promote the cessation resources available to students, staff, and families through <i>Alaska's Tobacco Quit Line</i> (1-800-QUIT NOW), mylastdip.com, or local cessation options 	<ul style="list-style-type: none"> <input type="checkbox"/> Communicate with families to explain district tobacco policies, enforcement strategies and prevention goals <input type="checkbox"/> Request family volunteers for school and/or classroom tobacco prevention activities <input type="checkbox"/> Enlist family support for tobacco-free events on school property <input type="checkbox"/> Promote family involvement on committees to update tobacco-free school policies and select curricula <input type="checkbox"/> Assign homework that encourages parental involvement in student learning about tobacco prevention concepts and skills 	<ul style="list-style-type: none"> <input type="checkbox"/> Assess common goal areas and activities with local tobacco prevention coalition and with Community Based Tobacco Prevention grantee <input type="checkbox"/> Participate in planning and implementing community programs through the local coalition <input type="checkbox"/> Assist in community efforts to encourage policy makers to support tobacco prevention-related policies that affect children and youth <input type="checkbox"/> Work with local media to gain coverage of school-based tobacco prevention events <input type="checkbox"/> Participate in the Alaska Tobacco Control Alliance (a statewide tobacco prevention coalition): http://www.alaskatca.org/ <input type="checkbox"/> Train school staff and community members on fostering school/community partnerships to prevent tobacco use among youth

[These components were developed based on materials provided by the Oregon Health Division's Tobacco Prevention and Education Program and the *Guidelines for School Health Programs to Prevent Tobacco Use and Addiction*, published by the Centers for Disease Control and Prevention, <http://www.cdc.gov/HealthyYouth/tobacco/guidelines/summary.htm>]
(Rev 3/10)