

# Addressing Tobacco Use and Vaping with Positive & Restorative Practices

The increase in use of Electronic Nicotine Delivery Systems (ENDS) or vape products by young people has put a strain on many Maine schools when considering policy enforcement.

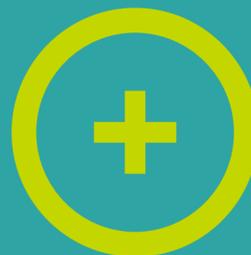
Adopting strong policy language that includes education, communication and connection to resources supports compliance. Incorporating positive and restorative practices into the policy enforcement approach keeps students engaged in the school and can reduce their likelihood of re-offending.

## Opportunities Beyond Punitive Punishment

Studies\* found **punitive responses to policy violations do not reduce tobacco use** but may actually increase it.



Studies\* found restorative practices, including education and counseling, are **more effective than punitive responses** in addressing adolescent tobacco use.



## Positive and Restorative Practices Approach

Schools have varied capacity for enforcement but the following restorative strategies can be incorporated to address student tobacco policy violations:



1. Parent/Guardian Notification of Violations and School Actions



2. Support from School Provider, such as a Guidance Counselor or Nurse



3. Participation in Tobacco Education Programming or Activity



4. Participation in School or Community Service



5. Connection to Tobacco Treatment, such as TheQuitLink.com or the Maine Tobacco Helpline



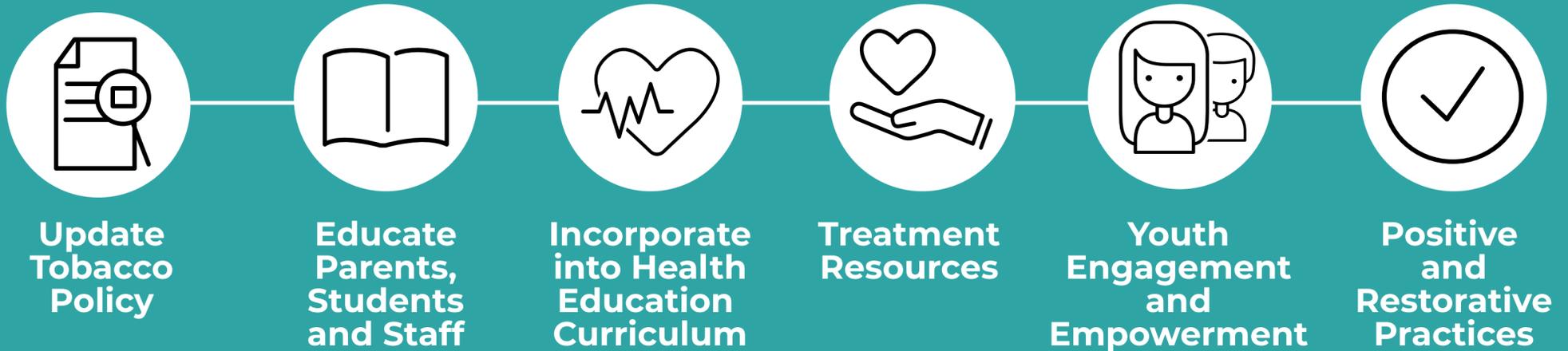
6. Participation in Peer-to-Peer Engagement Opportunities



7. Suspension, when necessary, supported by Education and Counseling

# Call to Action

Student tobacco use, including vaping, is best addressed through a comprehensive approach including policy, education, incorporation of information into the curriculum, making treatment resources available, and youth empowerment and engagement. Incorporating positive and restorative practices is an opportunity to support students in remaining or becoming tobacco-free.



- 1) **Update tobacco policy** (ADC and ADC-R) to include the prohibition of all tobacco products, including the prohibition of electronic products such as JUUL.
- 2) **Educate parents, students and staff** about electronic products, including the dangers of vaping
- 3) **Incorporate information** on electronic products into **health education classes and curriculum**.
- 4) **Treatment resources** - help appropriate school personnel, such as nurses and substance use counselors, understand available treatment resources.
- 5) Provide **youth engagement and empowerment** training and opportunities
- 6) **Positive and Restorative Practices** are opportunities to further support students in remaining or becoming tobacco-free.

## Examples and Additional Information

- Lincoln Academy ([lincolnacademy.org/2019/06/lincoln-academy-takes-new-approach-to-vaping/](http://lincolnacademy.org/2019/06/lincoln-academy-takes-new-approach-to-vaping/))
- North Carolina Tobacco Free Schools ([nctobaccofreeschools.org/enforce/guidelines.htm](http://nctobaccofreeschools.org/enforce/guidelines.htm))

For more information and other ENDS resources, visit:  
[ctimaine.org/resources/ends-vaping](http://ctimaine.org/resources/ends-vaping)



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