**Alternative to Suspension Programs for Youth E-Cigarette Use**

Using punitive measures like suspension and expulsion to penalize student violations of a school tobacco policy are not always effective. Effective school policies address the underlying addiction to nicotine instead of purely punitive measures, which do not deter continued use and may exacerbate the problem\*. While schools have an interest in prohibiting behavior that is disruptive and harmful to health, schools may consider weighing the severity of the infraction with the consequences and effectiveness of the punishment. As such, schools seeking to avoid punitive measures in their tobacco-free policy may consider the following, non-exhaustive list of alternative to suspension programs:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Organization** | **Cost** | **Age Group** | **Format** | **Setting** | **Facilitator Training** | **Program Duration** |
| [INDEPTH](https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html) | American Lung Association | Free | Middle school and high school | Adult-led program | Group *or* one-on-one | Online training,60 minutes | 4 sessions, 50 minutes each |
| [INDEPTH Online](https://indepthonline.org/) | American Lung Association | Free | Middle school and high school | Online course | Individual | Online training,60 minutes | 4 modules, 2 hours total |
| [MY Healthy Futures Online](https://med.stanford.edu/tobaccopreventiontoolkit/healthy-futures-nicotine.html) | Stanford University | Free | Middle school and high school | Online course followed by adult/youth interaction | Individual and one-on-one or group | Live, facilitated training60 minutes | 40-60 minutes |
| [Nicotine 101](https://3rdmil.com/courses-for-secondary/#nicotine_101) | 3rd Millennium Classrooms | Cost per student | High school and college | Online course | Individual | None | 1 hour |
| [OUR Healthy Futures](https://med.stanford.edu/tobaccopreventiontoolkit/healthy-futures-nicotine.html) | Stanford University | Free | Middle school and high school | Adult-led program | Group *or* one-on-one | Live, facilitated training60 minutes | 2 and 4 hour options |
| [VapeEducate](https://vapeeducate.com/) | VapeEducate | Cost per student | Middle school and high school | Online course | Individual | None | 4 hours |

 *The programs listed above are for reference only and are not an official endorsement.*

**Additional Resources:**

* [**Schools Supporting Students to Quit Tobacco Use as an Alternative to Suspension: Lessons from the Field**](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/supporting-schools-to-quit-tobacco-use-as-an-alternative-to-suspension.pdf)(*Centers for Disease Control*)
* [**Student Commercial Tobacco Use In Schools: Alternative Measures**](https://www.publichealthlawcenter.org/sites/default/files/resources/Student-Commercial-Tobacco-Use-in-Schools-Alternative-Measures-2019.pdf)(*Public Health Law Center*)
* ****[**Tobacco-Free School District: Model Tobacco Policy, Administrative Rules, & Code of Conduct**](https://www2.heart.org/site/DocServer/Tobacco-Free_School_District_Policy.pdf)(American Heart Association)
* [**School Discipline Practices: A Public Health Crisis and an Opportunity for Reform**](https://www.changelabsolutions.org/sites/default/files/SchoolDisciplineAndPublicHealth-IssueBrief-FINAL-20190128.pdf)(*ChangeLab Solutions*)