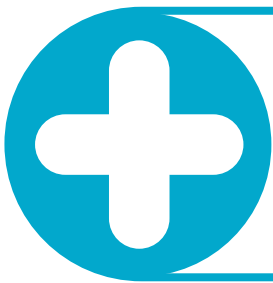


HELP STUDENTS STOP VAPING

A Guide for School Nurses



As a **trusted health professional** on campus, you play a key role in helping **students make informed choices** and **stay tobacco-free**. School nurses can **educate, support, and connect** students to **free tobacco quit support** — all while reinforcing a **healthy, positive school environment**.

Why It Matters?

Adolescents' brains are **developing** **until their mid-20s**, making them more vulnerable to nicotine's **harmful** effects.

This includes issues such as:

- Reduced impulse control
- Attention problems
- Cognitive deficits
- Mood disorders



Flavored nicotine products, which are *popular among over 85% of students* who use nicotine products, are especially concerning as they **increase the likelihood of youth experimentation**.



REMEMBER

Every conversation matters. A caring nurse can be the reason a student decides not to start or chooses to quit.

Scan for More Info



Actions You Can Take

Become Knowledgeable

- Learn to identify commercial tobacco products and be aware of trends.
- Familiarize yourself with your district's tobacco-free school policy and learn how to strengthen it with comprehensive tobacco-free schools model policy components.

Engage Families & Communities

- Host parent sessions on signs of vaping and how to talk to teens.
- Share newsletters with tips, facts, and local resources.

Support, Don't Punish

- Thank the student for being honest.
- Explain that addiction is hard, but help is available.
- Offer to connect students with the school counselor or cessation support through SC Tobacco Quitline or Live Vape Free.
- Follow school policy but advocate for education and support over punishment.
- Offer supportive discipline through Alternative to Suspension programs:
 - INDEPTH
 - My Healthy Future
 - Live Vape Free

Educate & Engage

- Use teachable moments during clinic visits to start short, judgment-free conversations about vaping and/or nicotine use.
- Incorporate vaping education in health classes, morning announcements, or school health fairs.
- Encourage peer leadership programs and empower students to spread anti-vaping messages.
- Be a resource by informing parents on the health risks of nicotine use and how to identify signs of nicotine use.

Partner Across the School

- Collaborate with administration, teachers, and counselors to create a united anti-vaping message.
- Join or start a Tobacco-Free Schools Committee or Student Health Advisory Council (SHAC).
- Integrate prevention messages during Red Ribbon Week (October) or Great American Smokeout (November)

Share Resources

SC Tobacco Quitline

1-800-QUIT-NOW

Text 'READY' to 21586

Live Vape Free

Text 'VAPEFREE' to 873373