

## Tobacco use prevention

Prevention of youth tobacco use is vital to the health and wellness of all Ohioans. Unfortunately, 30.1 percent of high school students are current tobacco users.<sup>1</sup> Fortunately, there are evidence-based methods to reduce teen tobacco use and prevent initiation. These methods include eliminating access to tobacco products and adopting tobacco-free schools policies.



## Prevent access

- Section 2151.87 of the Ohio Revised Code prohibits persons less than eighteen years of age from possessing, using, purchasing or receiving cigarettes or other tobacco products.<sup>2</sup> Strict enforcement of these laws, when combined with other community efforts, can reduce the rate of youth tobacco use.<sup>3</sup>
- Never purchase tobacco products for your children or anyone less than eighteen years of age. Most students in Ohio get their cigarettes by giving adults money to purchase the cigarettes for them.<sup>1</sup>

## Tobacco-free school policy

- A 100 percent tobacco-free school policy prohibits all tobacco use by everyone including staff, faculty, visitors and students on school grounds, and at all school events, at all times.
- Benefits of a 100 percent tobacco-free policy include promoting a healthy lifestyle, a safe learning environment and prevention of youth tobacco use.
- For a step-by step toolkit to help your school district adopt a 100 percent tobacco-free school, go to: <http://healthyohioprogram.org/ASSETS/F2E6D5A522F142CBBCB55F5F23E0B588/tfs09.pdf>

## A parent's role

- Know who your child's friends are and in what activities your child is participating.
- Discuss tobacco use and let your child know you do not approve of tobacco use.
- Do not let anyone use tobacco in your home or car. Ask visitors to smoke outside.
- If you use tobacco, quit. Help is available from the Ohio Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669) or log on to [Ohio.quitlogix.org](http://ohio.quitlogix.org).



<sup>1</sup>The 2008 Ohio Youth Tobacco Survey <http://www.odh.ohio.gov/ASSETS/9FD3BA6D31C14EA4AFD0E0A55E5B0F68/yts08w.pdf>

<sup>2</sup> LAWriter® Ohio Laws and Rules <http://codes.ohio.gov/orc/2151.87>

<sup>3</sup> Guide to Community Preventive Services <http://www.thecommunityguide.org/tobacco/restrictingaccess/communityinterventions.html>