

What is the Anti-Tobacco Use Program

The Anti-Tobacco Use Program is mandatory for middle and high school students who violate the Board of Education Regulation which prohibits the use, possession, or distribution of tobacco in any form by students at all times on school property and at any school-sponsored activities.

Designed to enable students to comply with the tobacco use regulation, the program promotes healthier lifestyles for students and their families by helping them explore and understand tobacco use behaviors.

Classes are conducted in a positive atmosphere by professionals who provide information, skills, and resources to help students make reasonable decisions about tobacco use. The ultimate intent of the program is to encourage students to become tobacco free.



What Happens in Class?

Students in the Anti-Tobacco Use Program learn about medical issues related to tobacco use, identify tobacco triggers, and obtain tips for remaining tobacco-free during the school day. Students also practice refusal skills, learn about advertising manipulation, and where to obtain help once a decision to quit is made. Class instruction consists of large and small group work requiring active participation by students.

The mandatory parent information meeting provides an overview of the program content, the board regulation regarding tobacco use, and requirements for successful completion. A discussion of ways that parents can help their children remain tobacco-free in school is one of the most important aspects of the parent session. The parent session ends with a family activity designed to help students make positive changes in their lives. Parents are welcome to attend the remaining two class sessions with students, if desired.

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What Happens in Class?

In order to successfully complete the ATUP course, all of the following must occur:

1. The student's parent/guardian must attend the first class meeting and
2. The student must:
 - a) be punctual,*
 - b) attend all class meetings,
 - c) complete all required assignments, and
 - d) participate appropriately in class.

** No student will be admitted after 6:45 p.m. Students who are late will have to make up the entire three-class session at the discretion of the class administrator.*



Who Attends the Anti-Tobacco Use Program?

Both students and parents are required to participate in the Anti-Tobacco Use Program. A student attends the Anti-Tobacco Use Program after it has been determined that she/he violated the board regulation and a school administrator has met with the student's parent/guardian. The Office of Safe and Orderly Schools is also contacted by the school administrator in order to schedule the student's participation. A parent or guardian must attend a parent class during the first evening.

Where and When Does the Program Meet?

The program is conducted during three evening class meetings that meet once a week. The class meeting lasts two hours.

Classes begin promptly at 6:00 p.m.



Resources

Most people do not use tobacco. If you do (or know someone who does) and would like to cut down (or quit), contact any of these resources:

School nurses in many middle and high schools can help teens who wish to quit using tobacco.

**Anne Arundel County Health Department
410-222-7979**

**Anne Arundel Medical Center
443-481-4000**

**North Arundel Hospital
410-787-4000 (Option 8)**

**American Cancer Society
410-721-4304**

On-line Resources

**Campaign for Tobacco-free Kids
www.tobaccofreekids.org**

**Centers for Disease Control Tobacco Information and Prevention Source Tips
www.cdc.gov/tobacco**

**Quitnet
www.quitnet.org**



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Anne Arundel County Public Schools

Anti-Tobacco Use Program

helping students remain tobacco-free in school

The Office of Safe & Orderly Schools
410-222-5389/222-5288