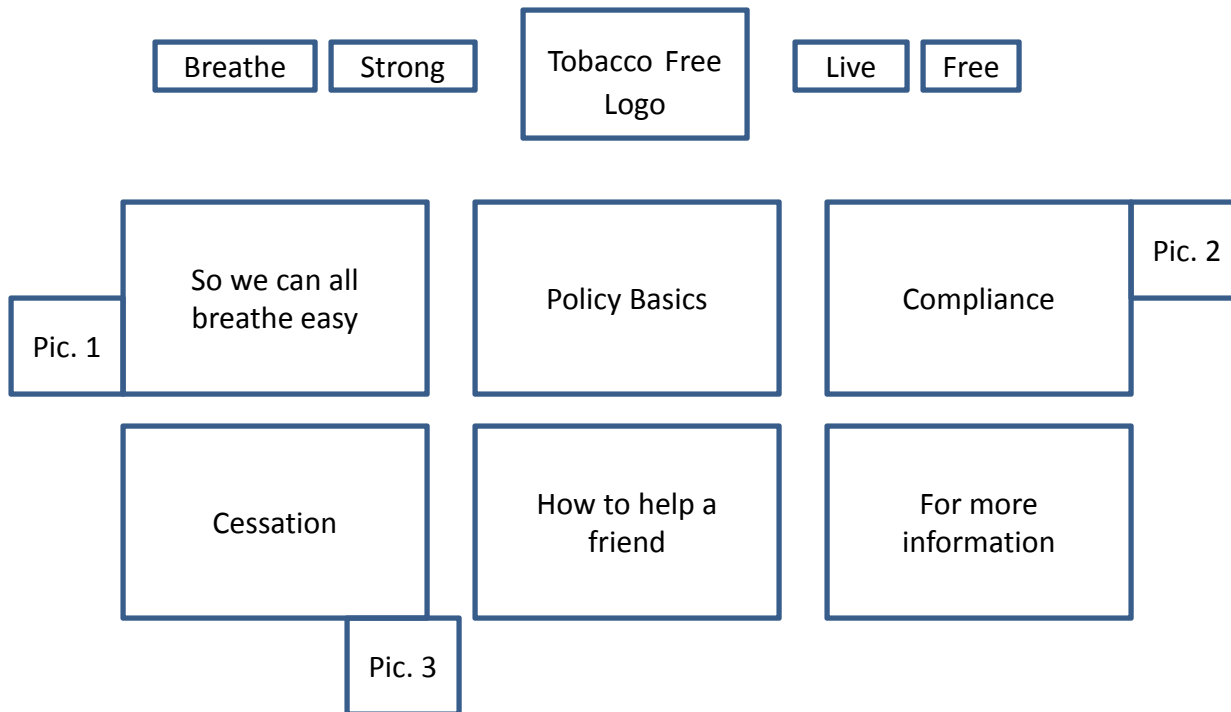


Directions for “Tobacco Free Campus” Bulletin Board

1. Cut slides 2 and 3 along the black lines. Trim further as desired.
2. Cut out images on slide 11.
3. A suggestion for the layout is below:



BREATHE

STRONG

LIVE

FREE



tobacco **free**



So we can all breathe easy!



Why we needed this policy:

- Smoke free air promotes a healthier atmosphere for everyone!
- Second hand smoke exposure was triggering respiratory problems for students and employees with asthma and other illnesses.
- Tobacco litter makes the campus look bad to current and prospective students, and it costs the university money to clean up.
- Tobacco free graduates are sought after by employers for high productivity and low health insurance costs.

Policy Basics

- All forms of tobacco are prohibited on university property.
 - This includes, but is not limited to, cigarettes, cigars, pipes, chewing tobacco, snuff, and smokeless electronic devices.
- Tobacco products may still be used in personal vehicles.
- The policy applies to all students, employees, vendors, and visitors.



Compliance with the Policy



- Compliance with this policy is the shared responsibility and the right of all MTSU students and employees.
- Any member of the MTSU community may respectfully ask individuals to comply with the policy and to report non-compliance when appropriate.
- Repeat violations will be handled as Code of Conduct infractions through already established procedures.

- MTSU Campus Pharmacy: provides nicotine replacement products, like nicotine patches and lozenges, at cost
- Student Health Services: counsels for and prescribes medication to assist with quit efforts
- 1-800-QUIT-NOW: free coaching through Tennessee Tobacco Quitline
- www.ffsonline.org: free web-based cessation curriculum

How to Help a Friend who Wants to Quit Tobacco



- Express support. Listen carefully to see if they want you to make comments and participate, or just be a "quiet partner."
- Offer to join them on walks. You can start to feel better too!
- Help them decide on something that will be fun and a true reward for such a great accomplishment.
- Be sympathetic to the difficult times of quitting. They may feel headaches, tired, sweaty, or may not be able to sleep well, or more. Avoid saying you know how it feels unless you are an ex-smoker and really do know how it feels.
- Talk about the benefits of quitting. Mention that they will enjoy food more, sleep better, feel bursts of energy, breathe easier, be able to smell things more readily, have more pocket money, have clothes that smell clean and fresh, and be healthier!



tobacco  free

For more information:

www.mtsu.edu/tobaccofree

Information provided by:



Health, Wellness, & Recreation Center

Room 1106

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www.facebook.com/mthealthpromotion



Picture 1

Picture 2



Picture 3

