

SECTION 8: COMPLIANCE AND ENFORCEMENT

PROGRESSIVE DISCIPLINE ASSIGNMENTS FOR STUDENTS

MIDDLE SCHOOL

1. Do activities at Teen.smokefree.gov:
 - a. Quizzes: Students can take up to six quizzes and print results for documentation
 - b. Support Text Messages: Students can show that they have registered to receive text messages to support quitting nicotine
2. Community or school service:
 - a. Trash pick up often involves cleaning up cigarette butts or other nicotine related materials
 - b. Other school or classroom cleanup activities may also be a way of repairing harms done to the school environment
3. Research and write or present a report on one of the following subjects:
 - a. How many preventable deaths are caused in New Mexico, the U.S., and worldwide due to nicotine?
 - b. What are the ingredients in cigarettes or vapes and their other uses?
 - c. What are 10 harmful effects of vaping or smoking tobacco?
 - d. How does tobacco or nicotine affect the environment?
 - e. How much do tobacco companies spend on advertising in the U.S. and in New Mexico every day, every year? How much do they pay for an ad?
4. Calculate how much tobacco/cigarettes/e-cigarettes cost per week, month, and year for themselves and for a pack-a-day user. What else could be purchased with that money each year?
5. Find a print ad for a tobacco or e-cigarette product and answer these questions in writing (basic deconstruction questions) or design a “counter ad” that tells the truth about these products
 - a. Whose message is this? Who created or paid for it? Why?
 - b. Who is the “target audience”? What are the clues (words, images, sounds, etc.)?
 - c. What is the ad doing to persuade you to use the product?
 - d. What part of the story is not being told?

HIGH SCHOOL

1. Community Service Project:
 - a. Volunteer at hospital or senior center with patients who have nicotine and tobacco-related illnesses
 - b. Volunteer with the American Lung Association or American Cancer Society
 - c. Volunteer in a dental office
2. Interview someone who has used tobacco or nicotine for at least 10 years, and write answers to these questions:
 - a. When and why did you start using nicotine or tobacco products?
 - b. Have you tried to stop? What happened?
 - c. How has using nicotine affected you?
 - d. How has your tobacco/nicotine use impacted your family?
 - e. What would you like to tell me about using nicotine or tobacco products?
3. Interview a family member of someone who died from nicotine or tobacco use, and write up what you learned.
4. Call insurance companies, and ask how premiums change for a tobacco user vs. nonuser.
5. Research and write or present a report on one of the following subjects:
 - Life expectancy for a tobacco user vs. nonuser
 - How nicotine and tobacco affects the environment
 - Other countries’ laws around tobacco use, use rates, and death rates
 - Products that contain nicotine, other than cigarettes; find out why there is such a variety of products
 - Smokeless tobacco products, their packaging, and their health effects
6. Take a fitness test or evaluation.
7. Select a fact sheet at www.tobaccofreekids.org or thetruth.com, and write down at least three facts and why they are of interest to you.