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**of**  
**Health**

# SHIFTING FROM PUNITIVE TO RESTORATIVE PRACTICES IN SCHOOLS

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OUR MISSION:

**To promote, protect, and improve  
the health and safety of all Hoosiers.**

OUR VISION:

**Every Hoosier reaches optimal health  
regardless of where they live, learn,  
work, or play.**





# Introduction



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# Who We Are

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## Indiana Department of Health Tobacco Prevention and Cessation

### **Andrew Derry**

Director of Community Programs

### **Melina Rivera**

Youth Program Manager

## Tobacco Prevention and Cessation Grantees (Local Partners)

Floyd County:

### **Rhonda Alstott**

Tobacco Prevention and Cessation Coordinator  
Our Place Drug and Alcohol Services, Inc.

Howard County:

### **Jennifer Ogle**

Tobacco Free Program Director  
Kokomo Family YMCA

# Learning Objectives

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1. Increase understanding of restorative practices and be able to explain their benefits
2. Be able to assess readiness for addressing restorative practices within the school environment
3. Gain knowledge on resources and action steps to build momentum towards changing enforcement/disciplinary policy and address nicotine addiction among youth and young adults



# Setting the Landscape



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# Reasons for E-cigarette Use Among Those Currently Using E-cigarettes, IYTS 2022

Because I **feel anxious, stressed, depressed**

To get a **high or buzz** from nicotine

A **friend used them**

I can **use them unnoticed** at home or school

**Available in flavors**, such as mint, candy, fruit or chocolate

I can use them to **do tricks**

A **family member used them**

To **try to quit** using other tobacco products

They **cost less** than other tobacco products

They are **less harmful** than other forms of tobacco

They are **easier to get** than other tobacco products

I used them for some **other reason**

I am **curious** about them

High  
School

Middle  
School

47.1

55.7

35.0 38.3

20.0

33.0

21.1

22.2

21.1

31.3

17.6

26.4

14.9

18.6

8.5

9.2

12.9

12.9

15.2

22.2

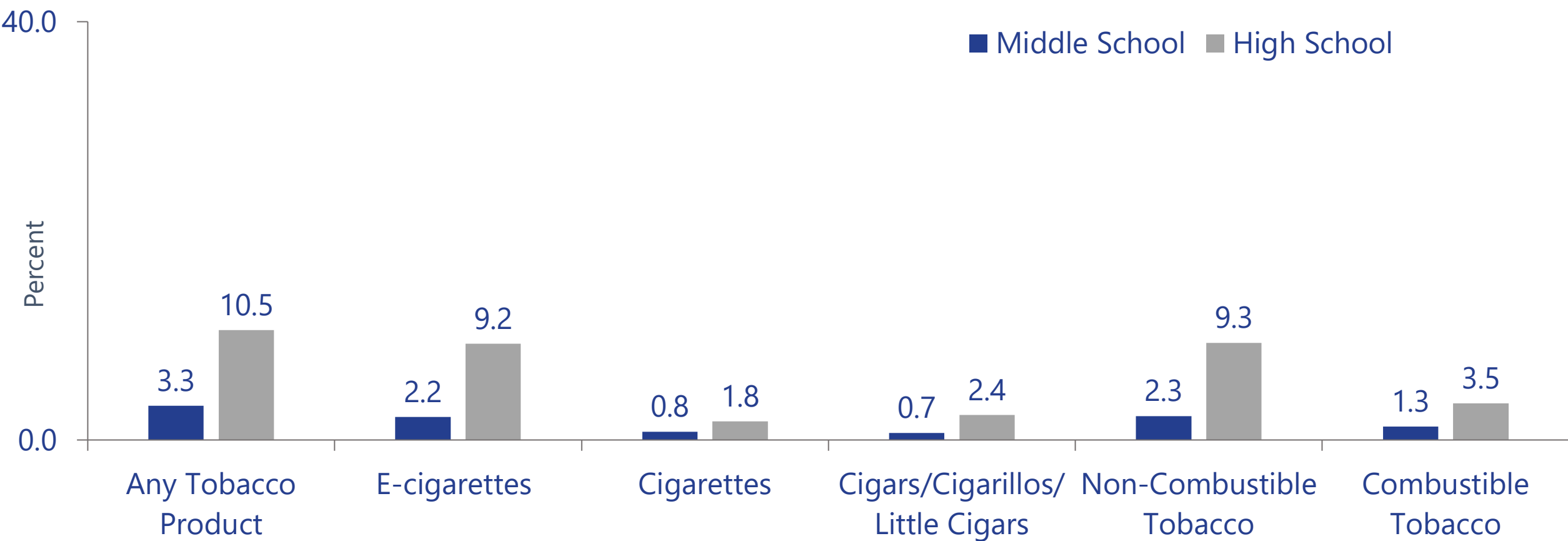


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Students can select multiple responses



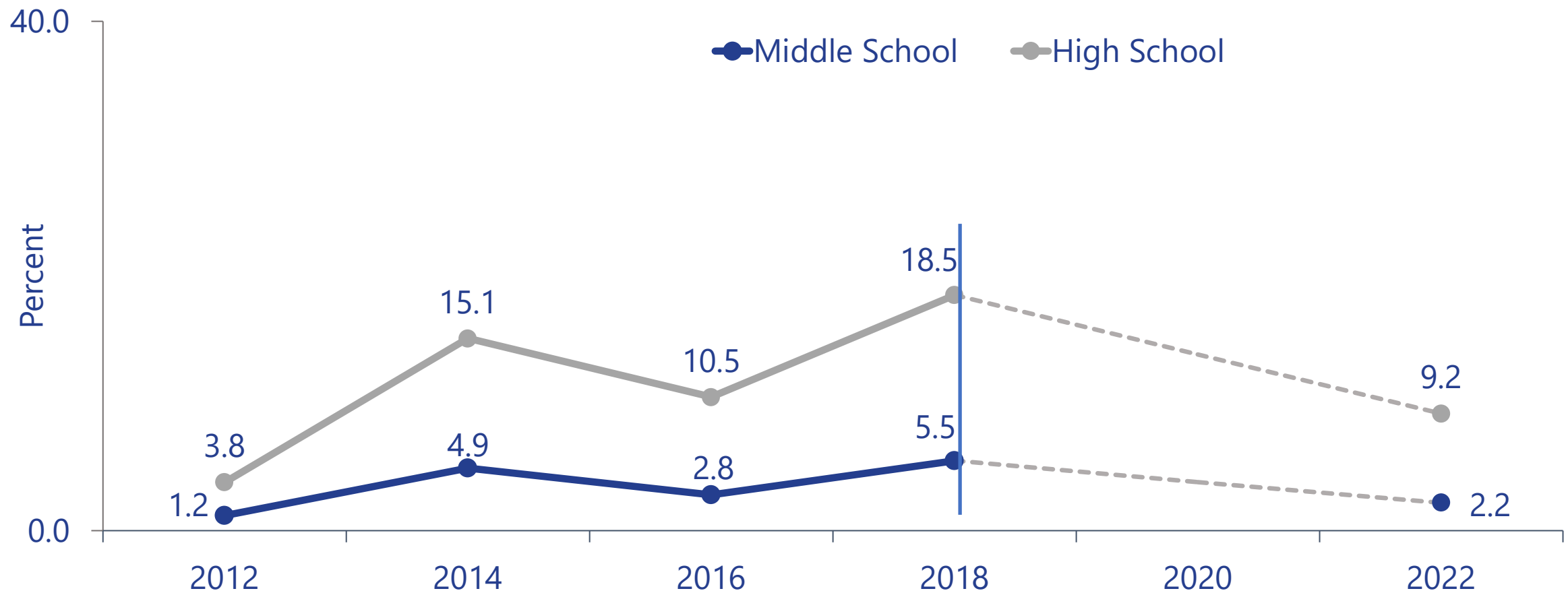
# Current Use of Tobacco Products Among Middle & High School Students, IYTS 2022







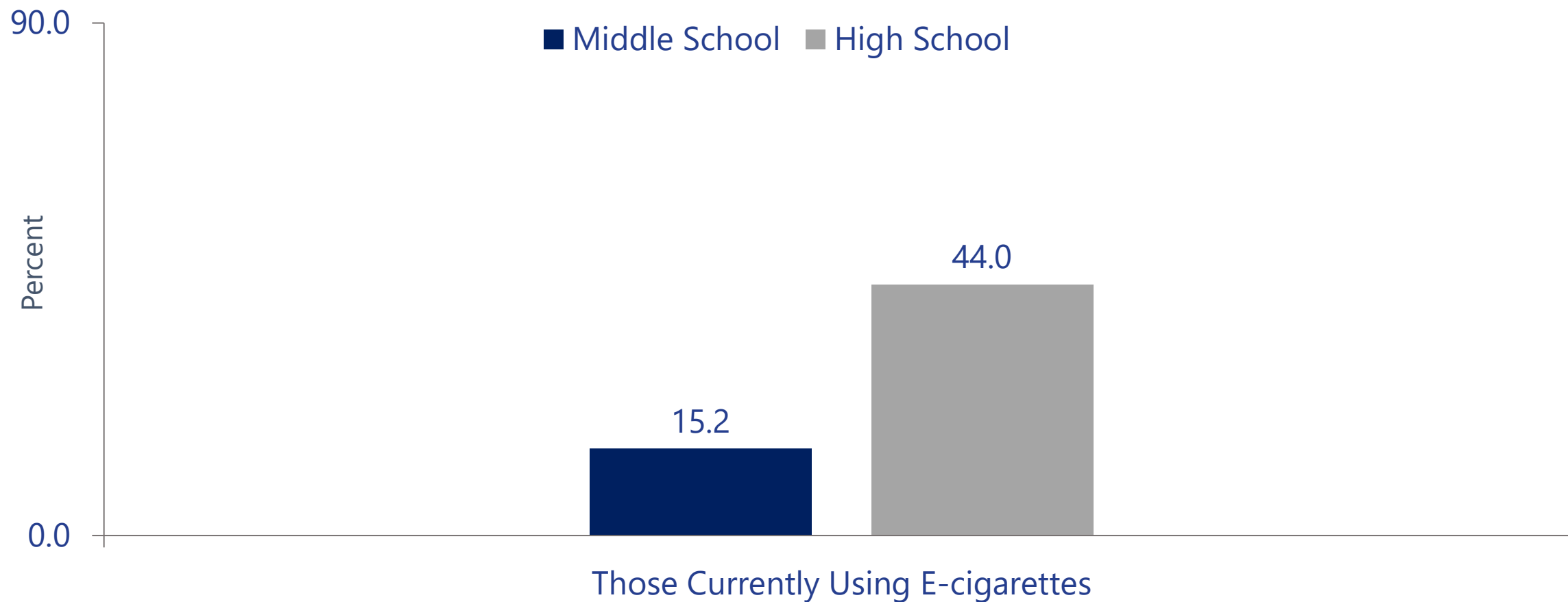
# Trends in Current E-Cigarette Use, Middle & High School, IYTS 2012-2022





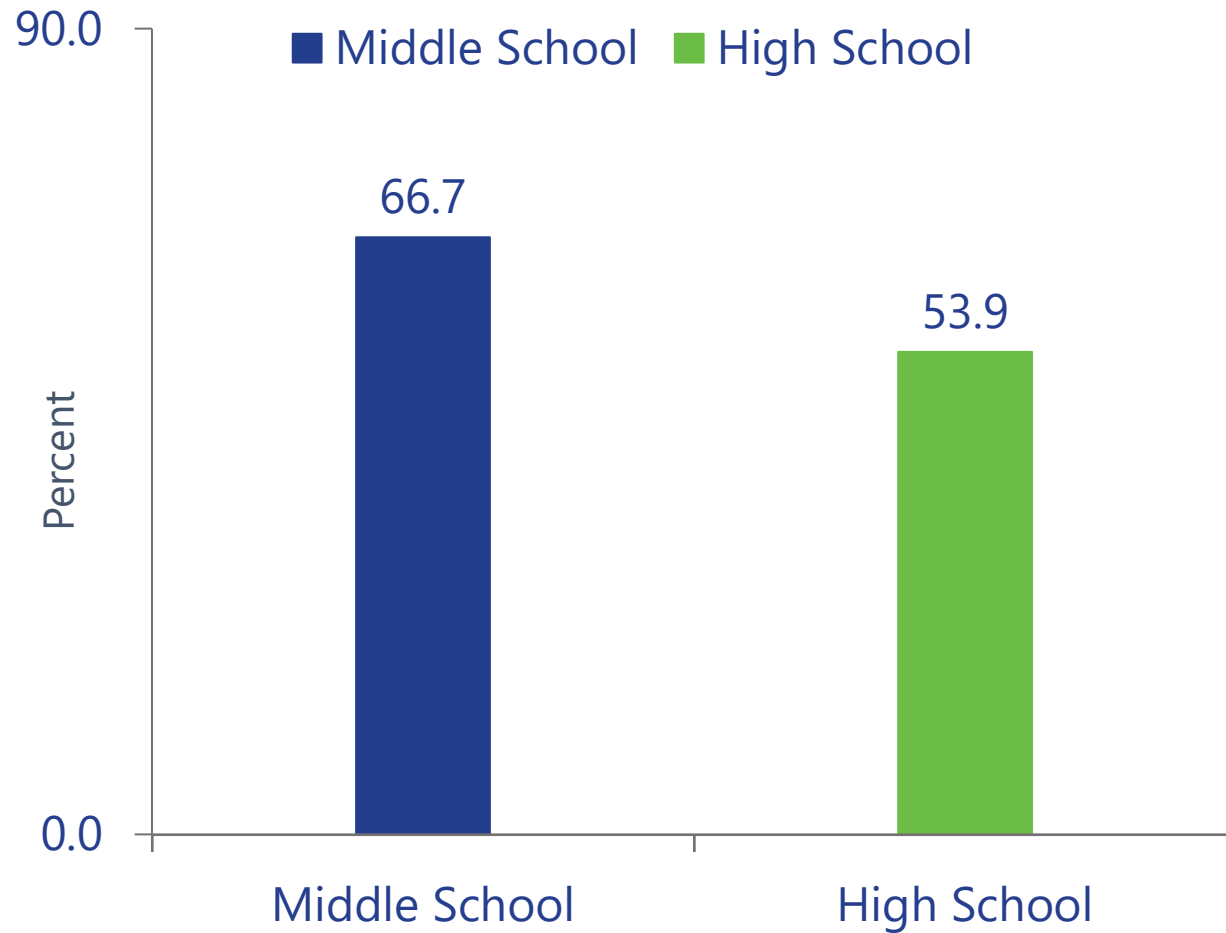
# Frequent\* E-cigarette Use, IYTS 2022

\*Frequent Use: Use of E-cigarettes on 20 of the last 30 days

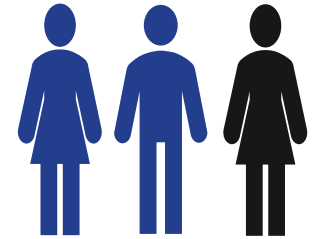




# Those Making Quit Attempts in the Past Year, Among those Currently Using E-cigarettes, IYTS 2022



**2 in 3** Middle School Students Who Use **E-cigarettes** Tried to Quit



**2 in 4** High School Students Who Use **E-cigarettes** Tried to Quit



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High School: Current use of cigarettes, cigars, smokeless tobacco, pipe, hookah, snus, dissolvable tobacco, nicotine pouches, e-cigarettes or heated tobacco products.  
Middle School: Current use of cigarettes, cigars, smokeless tobacco, pipe, hookah, snus, dissolvable tobacco, nicotine pouches, or e-cigarettes



# Disciplinary Practices



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# Definitions

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**Punitive** – Measures that inflict or intend to punish

**Non-punitive** – Measures that do not involve punishment or intend to punish and may contribute to a positive school climate

**Restorative** – Measures that are non-punitive, seek the root cause of the behavior, and focus on resolving conflict and healing harm

# Punitive Vs. Non-Punitive

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## **Punitive**

- Suspension
- In-school suspension
- Expulsion
- Detention
- Citations
- Taking students out of class
- Isolating students
- Removing students from extracurricular activities

## **Non-Punitive**

- Alternative to suspension programs
- Tobacco prevention education
- Tobacco cessation resources or referrals
- Educational community service opportunities
- Written assignment designed to guide students in reflection of their tobacco use
- Student meeting and assessment with appropriate school staff member

# What Does Research Show Us?

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- Tobacco industry targets youth<sup>1,2,3,4</sup>
- Negative life outcomes of punitive measures<sup>1,5,6,7</sup>
- Negative academic outcomes of punitive measures<sup>1,6</sup>
- Lack of consistent enforcement due to implicit bias can lead to unequal treatment of students and health disparities<sup>1,6</sup>
- Nicotine addiction affects youth differently making it even harder to quit<sup>1,8,9,10</sup>
- Punitive measures do not help with substance use<sup>11,12</sup>
- Restorative measures were found to be more beneficial than zero-tolerance measures in schools<sup>13,14</sup>
- Restorative measures have shown to reduce likelihood of harmful health behaviors in students, such as substance use.<sup>15,16,17</sup>
- Restorative measures have shown to improve student behavior and school safety, such as declines in substance abuse<sup>18</sup>

# Importance of Alternatives to Suspension

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Punitive approaches to student discipline may not be effective, especially when it comes to addiction.

## Punitive Approaches:

- Do not treat tobacco addiction
- Do not deter future use or violations
- Can lead to disparities caused by implicit bias
- Can lead to negative educational and life outcomes



# Tobacco Example

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**Scenario:** Student is found vaping in stairwell

**Punitive:**

Suspending student

**Non-Punitive:**

Having student participate in CATCH My Breath during homeroom

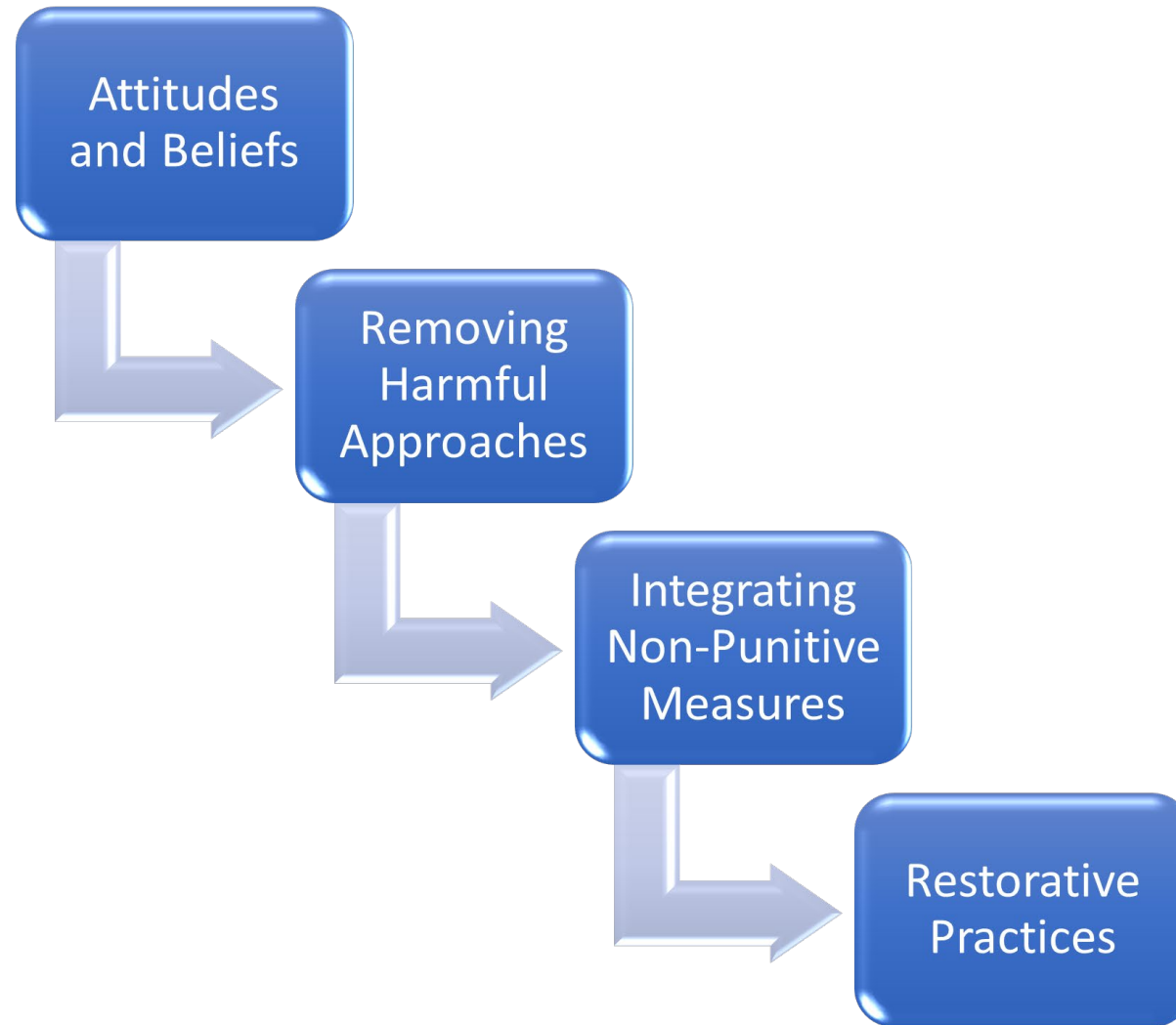
**Restorative:**

Having student complete ALA's INDEPTH Alternative to Suspension Program during study hall **AND** referring student to cessation services



# Punitive to Restorative Continuum – Assessing Readiness

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# Incremental Steps Towards Non-Punitive/Restorative Practices

**Resource:** Non-Punitive Progression Tool (can email this to you)

**Description:** This tool is designed to help you identify where your schools are at with tobacco-free school enforcement plans/policies and to guide you in determining incremental steps towards non-punitive measures and policy change.

**Organized by:** Three levels and indicators (Attitudes and Beliefs, Removing Harmful Approaches, and Integrating Non-Punitive Approaches)

## Example: Attitudes and Beliefs

### Level 1

- School administration prefers traditional punitive discipline.

### Level 2

- School administration begins to recognize that punitive measures may be problematic and starts to place more thought and consideration into alternative measures.

### Level 3

- School administration feels ready to start changing their current disciplinary approach and is narrowing down programs/services/resources to implement



# Resources



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# Model Tobacco-Free School Enforcement Policy

All violations will result in confiscation of tobacco products and notification of parents and/or guardians

1 <sup>st</sup> Violation	2 <sup>nd</sup> Violation	3 <sup>rd</sup> Violation
Student meeting and assessment	Student meeting and assessment	Student meeting and assessment
Participate in tobacco education: CATCH or <i>Vaping: Know the Truth</i>	Participate in tobacco education such as ALA's Alternatives to suspension program: INDEPTH	Educational community service hours. This alternative can include activities related to the tobacco violation, such as cleaning up school grounds of litter or providing tobacco education to younger students.
Offer cessation resources: This is Quitting, Live Vape Free or 1-800-QUIT-Now	Offer cessation resources: This is Quitting, Live Vape Free or 1-800-QUIT-Now	Offer cessation resources: This is Quitting, Live Vape Free, 1-800-QUIT-Now, or Not on Tobacco (NOT)

# Alternatives to Suspension Resources

## INDEPTH – American Lung Association

- In-person version
- Online version: <https://indepthonline.org>

## Healthy Futures – Stanford Medicine Tobacco Prevention Toolkit

- OUR Healthy Futures
- MY Healthy Futures



<https://www.lung.org/quit-smoking/helping-teens-quit/indepth>



<https://med.stanford.edu/tobaccopreventiontoolkit/healthy-futures-nicotine.html>





# Other Resources

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## Prevention

- CATCH My Breath
  - <https://catch.org/program/vaping-prevention/>
- Vaping: Know the Truth
  - <https://everfi.com/courses/k-12/vaping-programs-for-high-school-students/>
- You & Me Together Vape Free
  - <https://med.stanford.edu/tobaccopreventiontoolkit.html>

## Cessation

- Quit Now Indiana - Youth Program
  - <https://www.quitnowindiana.com/teens>
- Live Vape Free
  - Youth & Young Adult: <https://www.livevapefree.com>
  - Youth & young adults can text INDIANA to 873373
  - Adult: <https://www.rallyhealth.com/live-vape-free>
- This is Quitting
  - <https://truthinitiative.org/thisisquitting>
  - Youth & young adults can text DITCHVAPE to 88709


# VAPE-FREE INDIANA

Indiana's *Three-Pronged Approach* to addressing the youth vaping epidemic

## PREVENTION

School Programming

**CATCH**<sup>®</sup>  
MY BREATH  
YOUTH E-CIGARETTE PREVENTION PROGRAM

 **Stanford**  
MEDICINE | Tobacco Prevention Toolkit

 **American**  
Lung Association.  
INDEPTH.

## PUBLIC EDUCATION

Mass-Media Campaigns



**Behind the Haze**  
Youth Campaign  
@BehindtheHazeIN  
BehindtheHaze.com



**Don't Puff This Stuff**  
Youth Campaign  
@IHSAA  
dontpuffthisstuff.com

## CESSATION

Quitting Services

**This is Quitting**  
Text **DITCHVAPE** to 88709

**Live Vape Free**  
Text **Indiana** to 873373



# Vape Free Indiana Website

- Newly revamped
- Full of tobacco/vaping resources
- Newsletter



<https://www.in.gov/vapefreeindiana/>

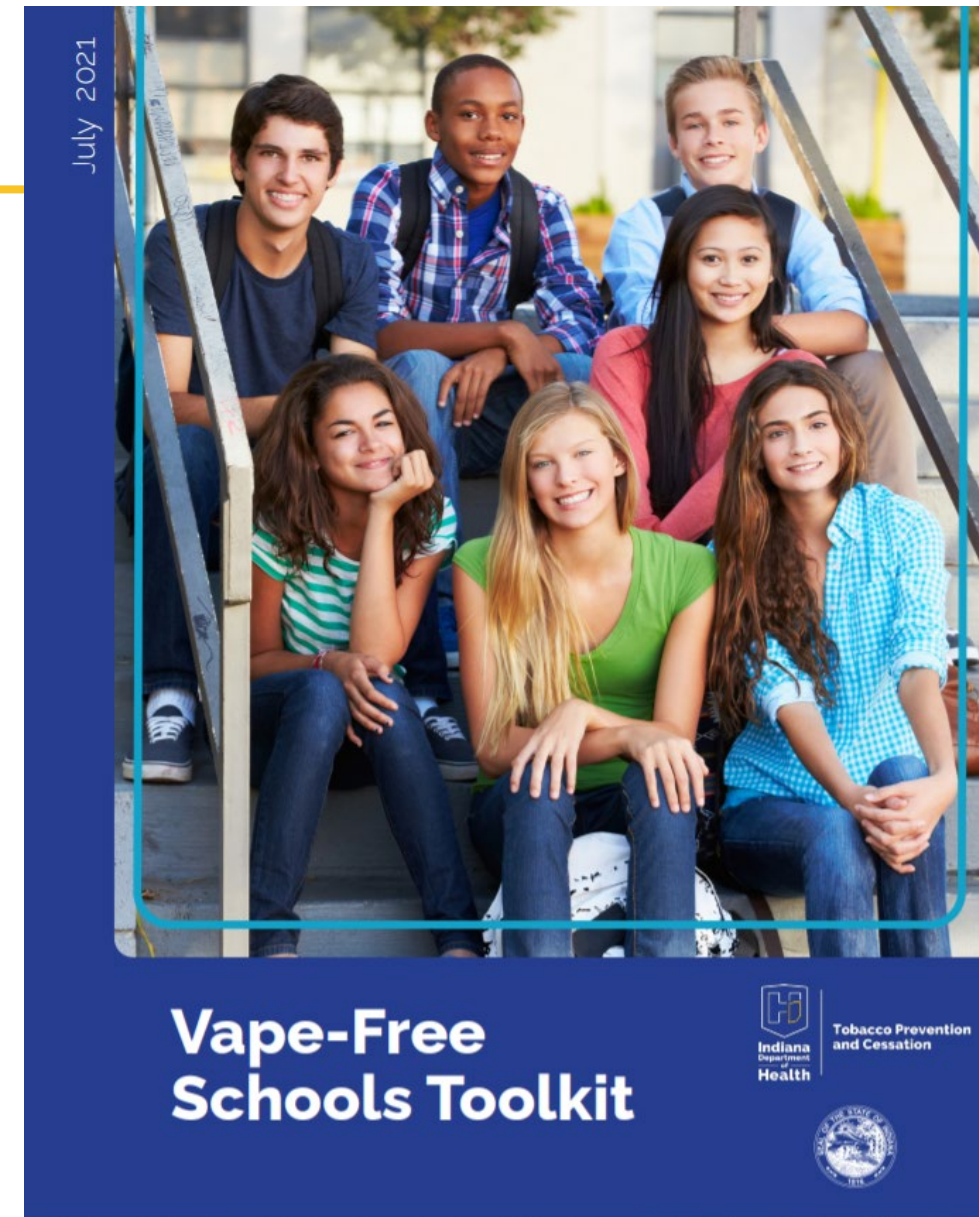




# Vape-Free Schools Toolkit

Tobacco-Free School Policy  
Youth Prevention Resources  
Youth Cessation Resources  
Youth Engagement  
Parent/Adult Resources  
Alternatives to Suspension

[https://www.in.gov/vapefreeindiana/files/Vape-Free-School-Toolkit\\_2024.02.pdf](https://www.in.gov/vapefreeindiana/files/Vape-Free-School-Toolkit_2024.02.pdf)







# Group Activity



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# Activity Instructions

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- Get into small groups
- Each group will get a handout
- Review the handout
- Discuss the handout as a team
- Prepare to report out:
  - One next step
  - One support needed



# Real Life Experiences



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# Floyd County

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# Howard County

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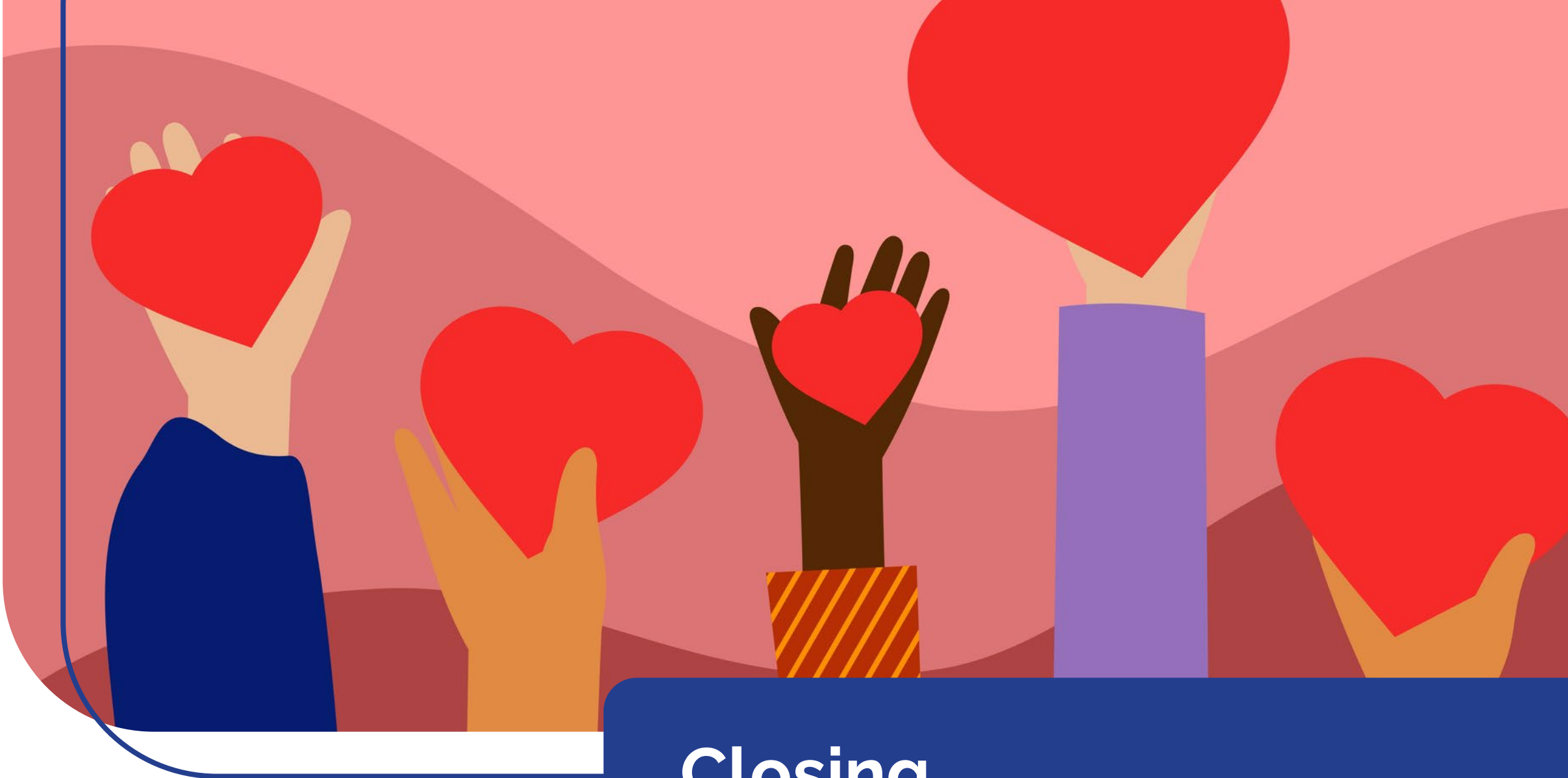
Kokomo Family YMCA

# Q&A

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Questions for any of us?





# Closing



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# Final Thoughts

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- Building trust is key
- Encourage best practice, don't demand it
- Take what you can get
- This work takes time and baby steps



# Find your local Tobacco-Free Coordinator

[www.in.gov/health/tpc/community-programs](http://www.in.gov/health/tpc/community-programs)

← → ↻ in.gov/health/tpc/community-programs/ Accessibility Settings Language Translation Governor Eric J. Holcomb

**Indiana Department of Health** Search TPC

Health Home > Tobacco Prevention & Cessation

Contact and Information

**Partnerships**

Community Programs

Statewide

Health System Change

Tobacco Free Recovery

Grant Opportunities

**Helping Hoosiers Quit**

Quit Now Indiana

Youth and Young Adult Prevention

Indiana Leadership Academy for Wellness & Tobacco-Free Recovery Summit

TTS Community of Practice

**Data**

Fact Sheets

Surveys and Reports

Tobacco Control Data Dashboard

**Public Policy**

Smoke Free Air

Other Indiana Tobacco Related Policies

Tobacco Retail Enforcement

TOBACCO PREVENTION & CESSATION / COMMUNITY PROGRAMS

## Community Programs

### TPC Community-based Partnerships

Click below for tobacco-related data, tobacco free policies and tobacco control coalition information by county.

[Data sources](#) for county page information.

- Adams County
- Allen County
- Bartholomew County
- Benton County
- Blackford County
- Boone County
- Brown County
- Carroll County
- Cass County
- Clark County
- Clay County
- Clinton County
- Crawford County
- Daviess County
- Dearborn County
- Decatur County
- DeKalb County
- Delaware County
- Dubois County
- Elkhart County
- Fayette County
- Floyd County
- Fountain County
- Franklin County
- Fulton County
- Gibson County
- Grant County
- Greene County
- Hamilton County
- Hancock County
- Harrison County
- Hendricks County
- Henry County
- Howard County
- Huntington County
- Jackson County
- Jasper County
- Jay County
- Jefferson County
- Jennings County
- Johnson County
- Knox County
- Kosciusko County
- LaGrange County
- Lake County
- LaPorte County
- Lawrence County
- Madison County
- Marion County
- Marshall County
- Martin County
- Miami County
- Monroe County
- Montgomery County
- Morgan County
- Newton County
- Noble County
- Ohio County
- Orange County
- Owen County
- Parke County
- Perry County
- Pike County
- Porter County
- Posey County
- Pulaski County
- Putnam County
- Randolph County
- Ripley County
- Rush County
- St. Joseph County
- Scott County
- Shelby County
- Spencer County
- Starke County
- Steuben County
- Sullivan County
- Switzerland County
- Tiptecanoe County
- Tipton County
- Union County
- Vanderburgh County
- Vermillion County
- Vigo County
- Wabash County
- Warren County
- Warrick County
- Washington County
- Wayne County
- Wells County
- White County
- Whitley County

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# Questions?

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