



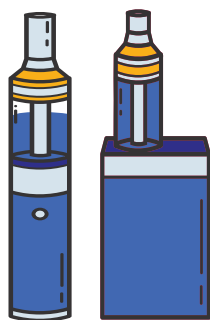
# Support Over Suspension

## Did you know?

A law was passed in Minnesota that raised the minimum legal sales age of tobacco<sup>1</sup> products from 18 to 21 and eliminated all criminal penalties for underage possession, use, or purchase of tobacco products. This law also increased fines for retailers who sell to underage youth.<sup>2</sup>

### What does this mean if or when I find someone underage possessing or using tobacco?

- Under Tobacco 21 law, people under 21 cannot receive a ticket or other criminal penalties for possessing tobacco products (including on school grounds). This law makes tobacco products less accessible to students without the use of these methods.
- Schools should follow their tobacco-free policy when addressing underage commercial tobacco use in schools and on school property. This may be a good time for schools to revisit their policy and determine if it needs to be updated.
- There are several programs available that offer education, peer support groups, and tobacco treatment opportunities that are a great way to support students who may be experiencing addiction to vaping or other tobacco products (see page 2).



2019 Minnesota Student Survey<sup>5</sup>

### From 2016 to 2019, youth vaping rates skyrocketed:

- Grade 8:** 95% increase
- Grade 9:** 75% increase
- Grade 11:** 54% increase

### Are you interested in updating or reviewing your tobacco-free policy?

You can visit the Tobacco-Free Schools Guide<sup>3</sup> below or contact

Wondering where you can dispose of student vapes? Check out the Minnesota Pollution Control Agency (link 4) below.

### Why were possession, use, and purchase penalties taken out of state law?

- Penalties on underage possession, use and purchase have not been proven to reduce tobacco use.
- These penalties divert focus from addressing irresponsible retailers and the tobacco industry which has a long history of targeting youth. They also might increase negative interactions between young people of color and law enforcement.
- There is clear consensus from national health organizations that tobacco policies should not include these penalties.

### What are commercial tobacco products?

Commercial tobacco products include cigarettes, cigars, hookah, smokeless or spit tobacco, and vape products.<sup>1</sup>

It does not include the sacred and traditional use of tobacco by American Indians and other groups.



### Sources:

- 1. FDA Tobacco Product Definitions:**  
<https://www.fda.gov/tobacco-products/products-guidance-regulations/products-ingredients-components>
- 2. Tobacco 21 and Other Statutory Changes:**  
[www.publichealthlawcenter.org/sites/default/files/resources/MN-Tobacco-21-FAQ.pdf](http://www.publichealthlawcenter.org/sites/default/files/resources/MN-Tobacco-21-FAQ.pdf)
- 3. Tobacco Free Schools Guide:**  
<https://www.ansrmn.org/wp-content/uploads/2021/04/K-12-Schools-Tobacco-Free-Policy-Guide-2021.pdf>
- 4. Minnesota Pollution Control Agency:**  
[www.pca.state.mn.us/sites/default/files/w-hw4-65.pdf](http://www.pca.state.mn.us/sites/default/files/w-hw4-65.pdf)
- 5. 2019 Minnesota Student Survey Data**  
[https://www.health.state.mn.us/communities/tobacco/data/docs/2019\\_mss\\_tobacco.pdf](https://www.health.state.mn.us/communities/tobacco/data/docs/2019_mss_tobacco.pdf)

Program Name	Online/In-Person	Time Frame	Audience	Cost	Facilitator	Website / Contact
<b>My Life, My Quit</b> 	Quit coaching via text, chat or call	On-going	Youth aged 13-18 who want to quit	Free	Self-led	Text 'Start My Quit' to 855-891-9989 or <a href="http://www.mylifemyquit.com">www.mylifemyquit.com</a>
<b>In Depth</b> – American Lung Association 	Webinars, handouts, and activities	Four 50-minute lessons	Middle and HS	Free	Trained adult	<a href="http://www.lung.org/INDEPTH">www.lung.org/INDEPTH</a>
<b>Don't Blow It</b> – Essentia Toolkit 	Online video (1), pre- and post-tests, group discussion option	20-30 min., 35 if you do the group discussion questions	HS, education and prevention	Free	Educators	<a href="http://www.essentiahealth.org/services/tobacco-cessation/dont-blow-it-anti-vaping-campaign/">www.essentiahealth.org/services/tobacco-cessation/dont-blow-it-anti-vaping-campaign/</a>
<b>The Real Cost of Vaping</b> – FDA/ Scholastic Toolkit 	Online readings (2), videos (5), interactive activity (1), group setting activities (3).  1 family resource page	45 min., more if you include the group activities	Grades 6-8 & 9-12, education and prevention	Free	Educators	<a href="http://www.scholastic.com/youthvapingrisks/index.html">www.scholastic.com/youthvapingrisks/index.html</a>
<b>Escape the Vape</b> 	Vape prevention video competition for youth	Competition opens in February, & winners announced in April	Grades: Middle and HS, education and prevention	Free	Could be done in groups or self-led	<a href="http://sites.google.com/umn.edu/escape-the-vape/home">sites.google.com/umn.edu/escape-the-vape/home</a>
<b>Vape, Educate</b> 	Online modules and mini quizzes in-between, final exam at the end  <i>Includes vaping and marijuana education</i>	5 hours total	Middle and HS students	Starting at \$20 for each version	Different versions for parents, educators, and community orgs	<a href="https://vapeeducate.com/">https://vapeeducate.com/</a>
<b>Stanford Curriculum-My Healthy Future</b> 	Curriculum, Self-paced	Approx. 40-60 min.	Middle and HS students	Free	Self-led	<a href="http://www.med.stanford.edu/tobaccopreventiontoolkit.html">www.med.stanford.edu/tobaccopreventiontoolkit.html</a>