

## STUDENT HEALTH CENTER

### Office Location

Rodda Hall North 125  
Inside the Counseling Department

### Phone

916-558-2367



Stop smoking "Quit Kits" are available in Health Services on campus. Each quit kit contains items to help manage the first few days of a quit attempt.



3835 Freeport Boulevard  
Sacramento CA 95822-1386

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# PROUD TO BE SMOKE TOBACCO | VAPE FREE AT SCC



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## What This Means

SCC is establishing a smoke-, tobacco- and vapor-free learning and work environment on all its campuses. This decision follows extensive conversations among the campus community, including a recent survey about tobacco-related issues. SCC is committed to supporting a culture of health and wellness for all its students, faculty, staff and visitors. Key to that commitment is establishing an environment free of all tobacco use and exposure to secondhand smoke.

## Do I Have to Quit?

We are not requiring smoke, tobacco or vape users to quit. You just can't smoke, vape or use any other tobacco product on all SCC campuses and properties.

## Enforcement of the Standard

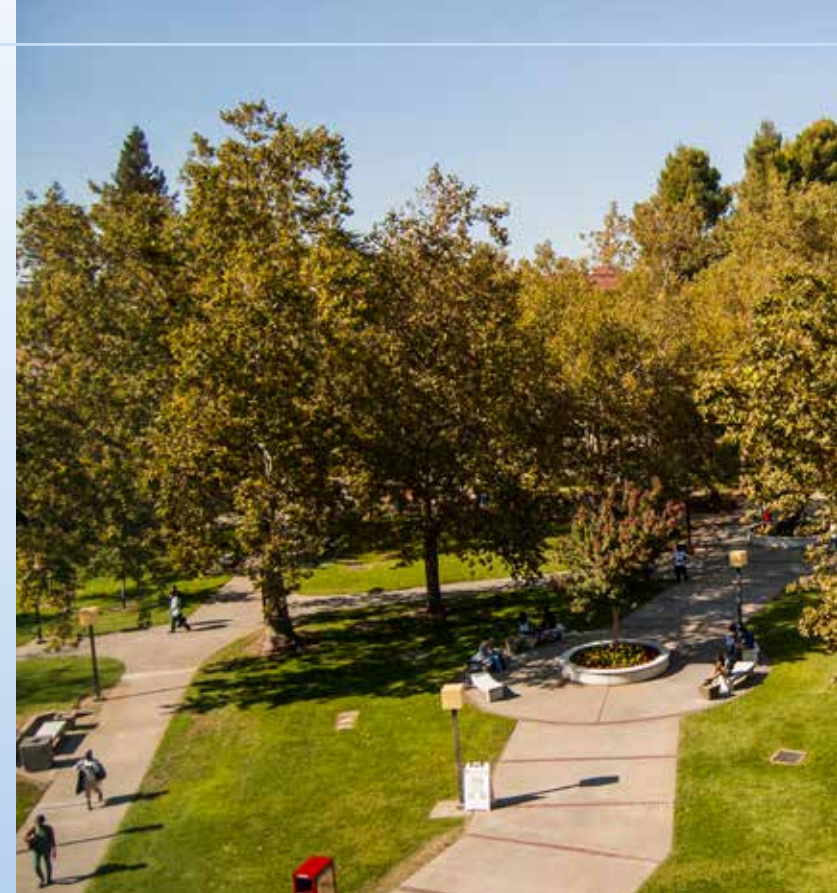
Individuals are encouraged and empowered to inform others tactfully and respectfully about the new standard thus encouraging a culture of compliance. **If you see a person smoking, vaping or using other tobacco products:**

- S** – Smile
- M** – Make the assumption that the person is unaware of the change
- O** – Offer information about the requirements of the new standard
- K** – Kindly remind them that the standard includes all smoking, vaping and other tobacco products
- E** – Enforce the new standard by asking them to refrain from smoking, vaping or using other tobacco products on campus

## Did You Know?

### In the U.S.

- Tobacco use is the leading cause of preventable death – CDC
- 1 in 5 adults smoke
- 50% of smokers will die from smoking-related causes if they do not quit
- About 90% of all regular smokers started smoking before the age of 18
- 70% of current adult smokers want to quit
- Counseling and support boost cessation success rates



## RESOURCES *If you are a smoker and would like help to quit.*

**ONLINE QUITTING PROGRAMS** Online programs are a convenient way to help you quit by providing support anytime, anywhere!  
[SmokeFree.gov/smokefreetxt](http://SmokeFree.gov/smokefreetxt)  
[Become an Ex \(www.BecomeAnEx.com\)](http://www.BecomeAnEx.com)  
[QuitNet \(www.quitnet.com\)](http://www.quitnet.com)

**SMART PHONE QUITTING APPS** Get 24/7 help with an App for your smartphone!

**SmokefreeTXT** is a mobile text messaging service designed for adults and young adults who are trying to quit smoking. The program provides 24/7 encouragement, advice, and tips to help smokers quit smoking and stay quit.  
<http://smokefree.gov/smokefreetxt>

**QuitGuide** is a free app that tracks cravings, moods, slips, and progress to help you understand your smoking patterns and build the skills needed to become smokefree.

<http://smokefree.gov/apps-quitguide>

**CA Smokers' Helpline Text Messaging** gives you a little extra support to quit smoking with text messages. You receive texts each day during the first important weeks of quitting.

<http://forms-nobutts.org/texting>