

Anti-Cigarette Smoking Measures at Anders High School

1. Introduction:

It has come to the attention of the Superintendent that the students of Anders High School have developed a dangerous addiction to smoking. Therefore, on April 24th, Jon Smith (the principal), Dan Jones (the vice principal), Ms. Ford (the president of the Parent Teachers Association [PTA]) and the department heads of Anders High School (Ms. Mckee, Mr. Montoya, Mr. Royal, and Mr. Zane) met with Ms. Ashton, a healthcare consultant from our local hospital. After analyzing the information available, hearing faculty testimonies, and listening to the advice of our health expert, we have created the following recommendations in order to educate our students so that they may learn of the serious consequences of smoking. After all, if we do not take action now, then these students could continue smoking their entire lives, which has been proven to be deadly. They need our help.

2. Background Information: Why Are the Students of Anders High School Smoking?

2.1 The students of Anders High School may be smoking for several reasons. Here are some of the most common explanations:

- Social Pressures: Many teens feel the need to “fit in” with their peers. They may smoke as a dare, casual habit, or a way to physically appear appealing.
- Lack of Knowledge: Many of our students may not be aware of the dangerous nature of smoking. Therefore, they see nothing wrong with it.
- Addiction: What may have begun as one single incidence has now hooked these students so that they are no longer able to quite smoking without support.

3. Recommendations:

Faculty:

3.1. By the October 10th, Mr. Zane, the chairperson of the math department, will create a presentation for our assembly that provides multiple sets of statistics on the dangers of smoking. Some topics of these statistics will include:

- The overall fatality rate of smoking
- The fatality rate of smoking for people under the age of 21
- The dangers of dipping
- The dangers of vaping
- The dangers of secondhand smoke
- The Flagstaff American Cancer Society regarding smoking in our specific community.

3.2. By the October 10th, Ms. Mckee, the chairperson of the biology department will create a presentation for our assembly that provides the physical consequences of smoking on the human body. This presentation will include:

- Graphic images of bodily damage caused by smoking
- Information about lung cancer
- The effects of nicotine on the brain
- The physical effects of second hand smoke
- The comparison of how vaping, chew, and cigarette smoking affect the body.

3.3. By October 1st, Homeroom Monitors(Ms. Jacobs, Mr. Stan, Ms. Gloria, Mr. Hollis) will hold counseling sessions with students. The goals of these sessions are that:

- No one involved in the counseling sessions has predefined roles to play out.
- Everyone will be involved in the sessions and the monitors will prevent click leaders from setting the agenda or monopolizing the group.

3.4. By October 1st, the school counselor, Ms. Schwartz, will plan, create, and conduct weekly trainings to help our homeroom monitors effectively facilitate group counseling sessions.

3.5. By September 25th, the school librarian, Ms. Faust, will have prepared a sections of supplementary materials in the library to assist our homeroom monitors in preparing and conducting their group counseling.

Parent Teacher Association(PTA):

3.6. By October 1st, Ms. Ford, the president of the PTA, will host an informative seminar for PTA members. This seminar will discuss:

- Why parents are typically very important influences for their students' choices.
- Why smoking is often inherited.
- How a parent can stop smoking in order to prevent their student from becoming addicted to nicotine.
- What measures parents can implement at home to support their students and prevent smoking.
- Support available for parents with students that smoke.

4. How to Implement Recommendations:

4.1. **Home Room Monitors (Ms. Jacobs, Mr. Stan, Ms. Gloria, Mr. Hollis):** To learn how to facilitate group counseling sessions, you will:

- Attend weekly trainings with the school counselor to learn how to conduct group sessions.
- Attend in-depth training and meetings on in-service days to further your knowledge and learn helpful activities.
- Check out any and all resources from the library that will help you to understand how to facilitate the group counseling sessions. The librarians will help you to identify helpful trainings and books.