

## **FREQUENTLY ASKED QUESTIONS**

### **When does the policy go into effect?**

July 15, 2015

### **Why has North Carolina Wesleyan College adopted a tobacco free policy?**

The health and safety of our students, staff, faculty and visitors is of primary concern to North Carolina Wesleyan College. The Surgeon General of the United States has declared tobacco use as the nation's leading preventable cause of premature death and disability and there is no safe level of second hand smoke. Additionally, The US Department of Education and The American College Health Association along with many other public health care entities have encouraged colleges to adopt tobacco free policies.

### **What activities does the policy prohibit?**

The policy prohibits use of tobacco in any form. Banned items include Blunts, Chewing Tobacco, Cigarettes, Cigars, Dipping Tobacco, E-cigarettes, Hookah, Queen's tobacco-pipe, loose leaf, Shag (tobacco), Smokeless tobacco, Snuff, Snus and Vapers/Vapes.

The policy also prohibits the use of tobacco substitutes, including herbals such as clove, bidi, kretek or any such similar substance.

### **Are there designated smoking areas?**

Effective July 15, 2015 North Carolina Wesleyan College will be 100% tobacco free and there are no designated smoking areas. The goal of the policy is to make the College a healthy, clean and inviting place to learn, work and visit and having designated smoking areas does not accomplish that goal.

### **Do I have to quit smoking?**

No, the decision to smoke or use tobacco products is an individual decision that everyone has to make for themselves. However, with this policy you may no longer use tobacco products on College campus or property. If you would like to quit, please contact our health center for advice as well as using the **QUITTING RESOURCES** page.

### **What can I do if I want to quit?**

Please contact the North Carolina Wesleyan College Health Center at 252-985-5186 for more information.

Contact a physician, many health insurance plans offer benefits for those who wish to quit tobacco use.

Please see the **QUITTING RESOURCES** page or use the following resources.

[American Cancer Society Guide to Quitting Smoking](#)

<http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/index>

[American Lung Association How to Quit](#)

<http://www.lung.org/stop-smoking/how-to-quit/>

[Center for Disease Control -How to Quit](#)

[http://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/index.htm](http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)

[Tobacco Free U - preparing to quit](#)

[http://www.tobaccofreeu.org/cessation/preparing\\_to\\_quit.asp](http://www.tobaccofreeu.org/cessation/preparing_to_quit.asp)

[SmokefreeNC.gov Quitline](#)

<http://www.quitlinenc.com/>

call 1-800-quit-now or 1800-784-8669

**What if I see someone smoking on campus?**

Compliance is everyone's responsibility. If you see someone violating the policy you should immediately call security at 252-406-7928 and report the violation. If you feel comfortable you may politely and respectfully remind the person of the policy.

**How will the policy be enforced?**

It is the hope and expectation that the campus community will honor and abide by the policy. However any violation of this policy will be enforced as any other violation of campus rules and regulations. For faculty and staff it will be handled as a personnel matter by your supervisor and or human resources. For students it will be a violation of the Student Code of Conduct violation and could result in disciplinary sanctions.

**Are other colleges or universities tobacco free?**

Many other colleges and universities are now smoke free and or tobacco free. According to [www.no-smoke.org](http://www.no-smoke.org) there are at least 1,043 colleges and universities who are 100% tobacco-free.

**Can I smoke in my personal vehicle?**

Not if the vehicle is on the College campus. All parking lots and roads on the campus are owned and/or operated by the College and the policy applies.