

Smoke and Tobacco Free FAQ and List of Resources

1. Why did FSCJ become a tobacco and smoke-free institution?

FSCJ is committed to providing students, faculty, staff, and visitors a safe, clean, green and healthy environment. The benefits to a smoke and tobacco-free environment include:

- Reduced exposure to health hazards of smoking and second-hand smoke
- Improved health of students, faculty, staff, and visitors
- Decreased maintenance costs

The U.S. Surgeon General stated that there are no safe levels of exposure to secondhand smoke and breathing it for even a short time can be harmful.

2. When did this policy go into effect?

As of March 1, 2013, and in accordance with Board Rule [6Hx7-2.19](#) and Administrative Procedure Manual (APM) [02-1803](#), the College became a tobacco- and smoke-free environment. This policy prohibits the use, distribution, or sale of all tobacco products in all areas of FSCJ, including campuses, centers, satellite locations, administrative offices, and parking lots.

3. Who does this policy affect?

This policy applies to all College students, employees, contractors, vendors, and visitors. It is the responsibility of every member of the College community to comply with this policy. Organizers and attendees at public events such as conferences, meetings, public lectures, social and cultural events, and athletic events using College facilities are also expected to comply with this policy.

4. What products are prohibited?

The use of all forms of tobacco (including, but not limited to, cigarettes, cigars, pipes, hookah, electronic devices not approved by the FDA for tobacco cessation therapy, chew, snuff, smokeless pouches, any other form of loose-leaf tobacco, and other smokeless tobacco products) and the sale or distribution of these products on campus-owned or leased property including buildings, grounds, plazas, ramps, parking lots, and outdoor common areas. No ashtrays or smoking shelters are provided on tobacco-free campus grounds.

5. How will this policy be enforced?

Enforcement of this policy will require that all faculty, students, and staff work to comply with this policy and encourage others to comply. All administrators, deans, directors, department chairs, and supervisors should communicate this policy to everyone in their areas of responsibility.

Employees and students whose conduct is found to be in violation of this policy will be subject to disciplinary action based on the violation of the Board Rule and/or Student Code of Conduct. Visitors who refuse to comply will be asked to leave the premises.

6. How can I get help to quit using tobacco?

Help is available! The College actively promotes smoking cessation assistance and prevention services to students, faculty, and staff who want to stop using tobacco products. You may access support and resources through the organizations below.

Smokefree.gov is a free resource including quit plans and quit coaches that will support those who want to quit using tobacco. This site offers smokefree apps, research studies, free resources to help you quit, and tips for slips (small setbacks). Visitors to the site can learn how smoking affects your health, how secondhand smoke impacts your loved ones, how build a quit plan, and also gives advice for eating healthier and managing your mood.

[Tobacco Free Florida](#) also provides support for quitting tobacco. Learn more about how to quit, how much money you will save by quitting, helping friends and family to quit, and how to download a Quit Kit.

The [Florida Area Health Education Centers \(AHEC\)](#) provide free tobacco cessation services in local communities. Its program, the IQUIT Program, strengthens the capacity of Florida's healthcare system to deliver effective, evidence-based tobacco use treatment and prevention services. Watch for on-campus sessions or visit the [Florida AHEC Network Calendar](#) to find a community program near you.

The [Tobacco-Free Jacksonville Coalition](#) is another local resource that offers support, news, videos, and resources. TFJC also provides a list of [local cessation resources](#).

The American Lung Association provides tools, tips, and support to help you quit smoking. You can access this information at www.QuitterInYou.org.