

University of Southern Maine Tobacco-free Policy effective January 1, 2013

Frequently Asked Questions

[Why is USM becoming a tobacco-free campus?](#)

USM has a responsibility to its students, faculty and staff to provide a safe and healthy environment. Research shows that tobacco use in general, in addition to the effects of secondhand smoke, constitutes a significant health hazard. Tobacco-free policies create a healthier and safer environment for all USM Community Members and visitors.

[To whom does the tobacco-free policy apply?](#)

The policy applies to anyone who is on the University of Southern Maine campuses, i.e., faculty and staff members, students, contractors, vendors, volunteers, and visitors.

[Where does the tobacco-free policy apply?](#)

The use of any and all tobacco products (including e-cigarettes, snus, and other tobacco related products) are prohibited throughout the USM campuses in Gorham, Portland, and Lewiston/ Auburn, including university buildings, parking areas, athletic fields and arenas. It also applies to university vehicles and other university property — located statewide — not otherwise leased to another organization. Personal, private, leased, or borrowed vehicles not owned by the university, when on the USM campus, are also prohibited areas of tobacco use.

[What resources are available to help those who would like to quit using tobacco products?](#)

The following tobacco cessation resources and programs are available for students, faculty and staff members:

For more information about the Tobacco Free Campus Policy, contact:

For Students: Office of Community Standards at 207-780-5242

For Employees: Office of Human Resources at 207-780-5115

For information on tobacco cessation and services, contact:

For Students: University Health and Counseling Services at 207-780-5411

The Well-Wellness Resource Center at 207-780-5158

For Employees: Employee Wellness Program at 207-228-8151

University Benefits Center 1-866-269-9635.

[What about the rights of tobacco users?](#)

The Tobacco-free policy is not about making tobacco users quit their habit. It is about maintaining a healthy environment and eliminating everyone's exposure to tobacco and secondhand smoke by refraining from using tobacco products while on university grounds.

[Why not build designated smoking shelters?](#)

The previous policy allowing smoking only in designated areas was ineffective and did not address public health concerns. Designated smoking areas have not kept people from smoking wherever they choose to smoke on campus grounds. Research indicates that

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because tobacco use has a strong social component, designated smoking areas actually promote more tobacco use on campus.

[How is the policy being communicated?](#)

Posters, signs, notices in event programs, wallet cards and other advertising, will all contribute to increased awareness that USM is a tobacco-free campus. Notices are also being included in new employee packets and other materials distributed to outside groups using University facilities.

[How is the policy being enforced?](#)

The policy will be formally announced before it is implemented on January 1, 2013. As with other university policies, compliance is an expectation for all employees, faculty, students and visitors. Initial enforcement will involve education, awareness, interventions and referrals for those seeking smoking/tobacco cessation supports. As with all USM policies, progressive disciplinary procedures will then be used as necessary and appropriate for violations. Please contact your supervisor, Human Resources (employees), or **Office of Community Standards** (students), for assistance regarding specific enforcement concerns.

[What should I do if I see someone using tobacco on university grounds?](#)

Faculty, staff and students who see individuals smoking on university grounds may respectfully inform these individuals of the university policy prohibiting tobacco use anywhere on university grounds. The Tobacco Policy Committee will provide constant reminders that USM is a Tobacco-free campus through signage, publications, and multi-media messages. Concerns about policy adherence can be addressed with Suzanne Roy, Chair of the TPC, sroy@usm.maine.edu or Malinda Scannell Co-Chair, msscannell@usm.maine.edu

[How should managers/supervisors talk to their employees and students about the policy?](#)

We recommend that managers/supervisors remind their employees and students of this policy and seek their cooperation with compliance. Supervisors are encouraged to communicate the University's smoking cessation assistance opportunities to employees and students.

Managers of employees should consult with Human Resources, prior to taking disciplinary action.

Supervisors of students should contact the office of Community Standards prior to taking disciplinary action.

A "Supervisor Talking Tips" document is available on the Tobacco Policy Committee's website www.usm.maine.edu/sustainability/tobacco-free-usm for assistance on how to approach the topic.

[Is there any change to existing break policies to allow smokers to go off campus to smoke?](#)

No. Non-exempt employees will continue to get the same breaks and meal periods currently in effect.

FMI, please visit: www.usm.maine.edu/sustainability/tobacco-free-usm