

# SECOND CHANCE

Helping youth **re-think** their relationship with tobacco, vaping, and other nicotine products



The Second Chance Program is a free, web-based, interactive, and self-directed alternative to suspension education program for youth who have violated a tobacco policy at school, including use of electronic nicotine products, or tobacco law in the community. The program may also be helpful for youth who may be experimenting with tobacco or other nicotine products, but have not violated policy or law.

## Who Benefits from Second Chance

Schools, youth-serving organizations, and juvenile justice systems can use the program as part of a comprehensive education and prevention strategy for tobacco and other nicotine product use.

## The Rationale Behind Second Chance

Second Chance was developed because tobacco-free school policy and its accompanying alternative to suspension program and non-punitive community tobacco laws may help reduce the amount of youth use of tobacco and other nicotine products. Since many youth-serving organizations want to support positive health behaviors, it is a good resource for them as well.

The program was developed by the Colorado Department of Public Health and Environment's State Tobacco Education and Prevention Partnership.

*In 2019, the Second Chance program was updated to address vaping and other nicotine products.*

## Goals

- Increase student knowledge of and compliance with the tobacco-free school policy and community-based tobacco policy
- Increase student awareness about the benefits of not using tobacco or other nicotine products
- Increase student awareness about skills and strategies that can be used to resist health risk behaviors
- Increase student interest in quitting or reducing tobacco or other nicotine product use.

## Objectives

After completing Second Chance youth will be able to:

- Describe why tobacco-free schools policies and laws exist
- Identify myths and facts about nicotine use and addiction
- Identify strategies used by Big Tobacco to target youth
- Discuss the financial impact of using tobacco and other nicotine products
- Identify social norms related to youth tobacco and other nicotine product use
- Discuss personal tobacco and other nicotine product use behaviors
- Identify skills needed to resist, quit, or reduce tobacco or other nicotine product use.

## A LOOK INSIDE

### Community



Tobacco and Other Nicotine Products  
Myths & Facts | Big Tobacco Tactics  
Tobacco Laws and Policies

### School



Laws & Schools | Teen Opinions & Norms  
Hooked on Nicotine | Influences

### Home



Costs of Smoking, Vaping, Chewing  
Communication and Refusal Skills  
Prevention and Cessation Strategies

## For More Information

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**COLORADO**  
Department of Public  
Health & Environment



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## FREQUENTLY ASKED QUESTIONS



### What is Second Chance?

The Second Chance Program is a free, web-based, interactive, and self-directed alternative to suspension education program for youth who have violated a tobacco policy at school, including use of electronic nicotine products, or tobacco law in the community. The program may also be helpful for youth who may be experimenting with tobacco or other nicotine products, but have not violated policy or law.

### Who is the program for?

Second Chance is designed for middle and high school youth. They can be referred to the Second Chance program by staff in schools, youth-serving organizations, or juvenile justice systems.

### Why was the program developed?

Second Chance was developed because tobacco-free school policy and community tobacco laws may help reduce the amount of youth use of tobacco and other nicotine products. Since many youth-serving organizations want to support positive health behaviors, it is a good resource for them as well.

In 2019, the Second Chance program was updated to address vaping and other nicotine products.

### How is the program accessed?

Because the program is web-based, any computer, including Google Chromebook, in any location with an internet connection can be used. Second Chance Program Administrators are encouraged to guide youth in a preferred method of program access and navigation. Sharing an expectation of program completion is also a suggested best practice.

### How is Second Chance implemented?

The first step is to register to be a Second Chance Program Administrator at [secondchancetobacco.org/admin](http://secondchancetobacco.org/admin). Click on "Not Registered? Sign Up!" and then complete and submit a registration form. An email confirmation is sent, along with forms to complete and return. Once the forms are received, the registration will be approved and activated. This typically takes 1 – 2 business days.

### How long does it take to complete the program?

At one sitting, a youth could complete the program in about 2 – 2 ½ hours. Many youth prefer to complete Second Chance over several visits. Program Administrators should encourage students to complete a section of the program before they log off (i.e. either

the pre-program survey; Community, School, or Home section; or post-program survey).

### Who created Second Chance?

The program was developed by the Colorado Department of Public Health and Environment's State Tobacco Education and Prevention Partnership (STEPP).

### What data is available about Second Chance's effectiveness?

Second Chance includes an evaluation component to track any change in:

- Knowledge about tobacco policies
- Knowledge about the benefits of not using tobacco and other nicotine products
- Knowledge about skills and strategies for resisting health risks
- Interest and motivation to reduce or quit using tobacco and other nicotine products.

Annual reports are available on the effectiveness of the Second Chance program.

### How is the program designed?

The program is highly interactive, and uses games, videos, self-reflection, and quizzes to help youth better understand and evaluate their relationship with tobacco and other nicotine products. Three engaging hosts – James, Maria, and Alex – become familiar faces that communicate facts, information, and direction to youth during the program. Youth personalize their experience by choosing a notebook that they use as they navigate the program and learn information, take quizzes, and jot down ideas.

### Does the program capture any data?

A pre- and post-program survey collects information about tobacco and other nicotine product awareness, use, and behaviors. Second Chance Program Administrators can track progress through the program. A Certificate of Completion is available for Second Chance Program Administrators to give to youth to recognize their successful completion of the program.

### Where can I get more information?

For more information, please contact the Colorado Department of Public Health and Environment's State Tobacco Education and Prevention Partnership (STEPP) at 303-691-4038, or send an email to [help@secondchancetobacco.org](mailto:help@secondchancetobacco.org).