

BOBCAT Approach with Someone Using Tobacco on Our Campus

When approaching someone who may be smoking or using tobacco products on an OHIO campus, use the BOBCAT approach!

Be positive. smile and introduce yourself and your role in the Bobcat family (student, faculty member, employee, etc.). Remind the person that OHIO is now smoke and tobacco-free and that it is a wellness initiative. *Sample: "Hello, my name is _____ and I am a (student, faculty, staff member) at Ohio University. You may not be aware but we are now a tobacco-free campus. Please don't use tobacco on campus. Thank you."*

Offer ways of finding out more about the policy, such as our new tobacco-free website, www.ohio.edu/tobaccofree.

Be polite. Remember to respect the person even if you don't like the behavior. If you feel the situation escalating, choose to walk away.

Cessation support is always an option. If the person shares that she wants to quit using tobacco, stress that the university has various ways of supporting her.

Always listen. A conversation needs more than one voice, and the individual may want to ask questions or share some of his story.

Thank the person for his time at the end of the conversation, and if he's been nice about it, also thank him for this.

*Thanks to Athens Mediation Services for their input.