

# NEST+m PSAL Alcohol, Tobacco, and Drug Policy

## Overview of Policy

The NEST+m Athletic Department including coaches and school administrators believe that the illicit use of drugs, and the use/abuse of alcohol or tobacco is detrimental to the physical and mental well-being of our student-athletes.

We encourage the NEST+m values of Intellectualism, Inclusivity, Collaboration and Exploration, and believe that the use/abuse of alcohol or tobacco is detrimental to our fulfillment of these principals, along with hindering athletic performance, and is not consistent with our goal of seeking and maximizing the full potential of our student-athletes.

### Goals of the Policy

1. To promote a culture of accountability and personal discipline that includes the avoidance of alcohol, tobacco, and other drugs.
2. To support and encourage student-athletes that live a health promoting lifestyle.

### Expectations for Student-Athletes

1. Students are expected to follow all New York City Department of Education (NYC DOE) policies along with all New York City, New York State, and Federal Laws.
2. These policies do not supersede or override any NYC DOE policy or rule, or any New York City, New York State, or Federal Law, Rule, or Policy.
3. See below for Citywide Behavioral Expectations and codes associated with Alcohol, Tobacco and Drugs  
<https://www.schools.nyc.gov/school-life/rules-for-students/discipline-code>

*B41 - Possessing controlled substances or prescription medications without appropriate authorization, illegal drugs, synthetic hallucinogens, drug paraphernalia, and/or alcohol (D-K)*

*B49 - Using controlled substances or prescription medication without appropriate authorization, or using illegal drugs, synthetic hallucinogens, and/or alcohol. (D-K)*

*B57 - Selling or distributing illegal drugs or controlled substances and/or alcohol (G-L)*

### NEST+m Policy

In addition to all NEST+m school policies, each situation may be handled on a case-by-case basis, and possible consequences may include but are not limited to the following:

1. Referral to Guidance Counseling
2. Suspension from athletic contests
3. Expulsion from athletics