

Tobacco, Alcohol and Other Drugs Policy

Purpose

Leadership and staff acknowledge the importance of a smoke-free, drug-free environment, which contributes to good health and overall wellbeing.

This policy confirms our commitment to:

- Ensuring a smoke-free, drug-free environment for students, families, staff, volunteers and visitors.
- Delivering tobacco and drug education in one or more learning key areas of the curriculum as a part of a whole school approach to health and wellbeing.
- Providing information to staff and families about the health benefits of not smoking and avoiding the consumption of drugs.

As a health promoting school, we will provide a smoke-free, drug-free environment for students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Background

Tobacco and drug prevention education is most effective when it is delivered in a context of a whole school approach to health and wellbeing. Children and young people begin experimenting with tobacco and drug products at school age, and role modelling by adults is very influential during this period. Teachers and parents are in a particularly influential position as their behaviour can have an impact on how children and young people behave. A smoke-free, drug-free school environment sends a clear message that a healthy lifestyle does not include smoking or the consumption of drugs.

There are a range of risk and protective factors related to the environment, knowledge, attributes and skills of students that influence the likelihood of them experimenting with cigarettes and/or drugs. Research suggests that young people who have a number of protective factors in their lives are less likely to engage in long-term risky behaviour, including tobacco and drug experimentation. Developing protective factors, such as resilience, and social and emotional competencies, will enhance the potential for children and young people to resist risky behaviours.

A smoke-free, drug-free policy will be most effective when all stakeholders (teachers, parents and students) are involved in its development. This enables them to understand the reasons for the policy and increases the likelihood of their support.

Whole school engagement

It is recognised that every member of Barwon Valley School has an impact on students' health and can contribute to creating a smoke-free, drug-free environment. All members of our school community, including staff, students, families and volunteers, will be supported to meet this policy.

Definitions

Tobacco, Alcohol and Other Drugs: For the purposes of this policy the 'Tobacco, Alcohol and Other Drugs' health priority area focusses on creating smoke-free and drug-free environments and responsible alcohol consumption.

Drug: The term 'drug' refers to any substance taken to change the way the body and/or mind functions.

Alcohol: A depressant drug that slows down activity in the central nervous system.

Tobacco prevention: Involves classroom curriculum and smoking prevention messages that are communicated to students regardless of their smoking behaviour.

Resilience: The ability to bounce back from adversity in order to lead a healthy and fulfilling life.

Social and emotional competence: The ability to recognise and manage emotions, develop caring and concern for others, make responsible decisions, establish positive relationships and handle challenging situations capably.

Procedures and Responsibilities

Healthy policies

- Staff, families and students are involved in guiding the implementation of the whole school tobacco, alcohol and other drugs policy and are seen as key partners in promoting and supporting tobacco and drug taking prevention in the school.
- Staff, families and students are provided with information about policy requirements.
- Smoke-free posters are displayed at school entrances, in accordance with tobacco legislation.

Healthy physical environment

- There is smoke-free signage that can be easily seen and understood by the whole community.
- All events, on and off site, are smoke-free and drug-free.
- If there is alcohol at a staff or family event, school leadership ensures all legal requirements related to the sale and supply of alcohol are met. Responsible

consumption of alcohol is promoted. This document broadly outlines what needs to be included in policy to ensure a whole school approach to Tobacco, Alcohol and Other Drugs. Schools: Tobacco, Alcohol & Other Drugs Policy Checklist

- If external organisations use the premises, a formal agreement ensures the service premises are smoke-free, drug-free and responsible alcohol consumption is promoted.

Healthy social environment and culture

- Diversity and cultural practices are considered when implementing this policy and tobacco, alcohol and other drug initiatives.
- Staff, families and visitors are required to adhere to legislation and school policies related to smoke-free areas and are asked not to smoke in sight of students.
- Staff who smoke are encouraged to take appropriate hygiene measures after smoking so that children are not exposed to second-hand smoke.
- Staff and families are encouraged to drink responsibly and refrain from taking drugs, particularly while around students.
- The school avoids encouraging the consumption of alcohol as a part of events, celebrations, awards, gifts and fundraising.

Learning and skills

- Tobacco, alcohol and drug education, including information about related health risks, is appropriately incorporated into the curriculum.
- Students who want to quit smoking, drinking or using drugs are supported to seek information, advice and treatment referrals.
- Staff are supported to access professional development and resources about tobacco, alcohol and other drug education and best-practice responses to student misuse.

Supported Staff

- Staff who want to quit smoking, drinking or using other drugs are supported and referred to appropriate agencies.
- Tobacco, alcohol and other drug policy requirements are included in staff induction/orientation.
- Resources about the health risks related to smoking, excessive drinking and taking drugs are available to staff.

Families and community partnerships

- Information about health risks related to smoking, excessive drinking and using other drugs is available for families and community members, including information about accessing support services. Partnerships are established with relevant organisations

and health professionals to support smoke-free, drug-free and responsible consumption of alcohol initiatives where appropriate.

- There are no partnerships with organisations that market or supply alcohol or tobacco.

Relevant legislation and policies

- Tobacco Act 1987
- Liquor Control Reform Act 1998
- DET, school policy and advisory guide: Drug Prevention
- DET school policy and advisory guide: Smoking ban
- Education and training reform act 2006

Related School Policies

- Staff Health and Wellbeing Policy
- Child Safe Standards Code of Conduct
- Statement of Commitment to Child Safety
- Child Safe Policy
- Duty of Care

Monitoring and review

The tobacco, alcohol and other drugs policy will be monitored and reviewed by the staff, school advisory board and the wellbeing team at least once every three years.

Ratified: December 2019

Next Review Date: December 2022