



Tobacco-Free School Policy Dunbar Grammar School

Two thirds of smokers start before they are 18. Most say they regret having done so. Every day in Scotland, a classroom full of young people take up smoking – that's 13,000 young Scots each year.

There are many different factors which lead young people to smoke, but the extent to which tobacco is prominent, normal or accepted around them plays a crucial part.

Creating a **Tobacco-Free School** is therefore an important piece in the jigsaw of support which enables young people to make positive choices about tobacco.

In 2015 Dunbar Grammar School staff began working with **NHS Lothian** and **ASH Scotland (Action on Smoking and Health)** and during 2016/17 we plan to consult with staff (teaching and non-teaching), parents/carers to raise awareness of our updated tobacco-free school policy and the rationale behind it.

ASH Scotland's aim is -

- To ensure the foundations are in place for Scotland to achieve a generation free from tobacco (smoking rate of 5% or less) by 2034.

Curriculum for Excellence and GIREFEC documentation says that -

- Protecting and promoting the health and wellbeing of young people is fundamental to the role of all schools.

United Nations Convention the Rights of the Child states that –

- Every child has the right to the best possible health. Governments must provide education on health and wellbeing.

The Scottish Government has set the following target –

- To reduce smoking amongst young people from 13% by 2.5% every 2 years until a floor of 2% is reached.

The National Improvement Framework set out 4 key priorities which must feature in school improvement planning. One of these is –

- Improvement in children and young people's health and wellbeing.

Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) 2013 stated that-

- 40% of pupils in Lothian schools reported that they are given cigarettes by friends or a family member. 17% of pupils also report buying cigarettes from other people.

Why are we doing this?

- One of the core elements of the Scottish Government's new tobacco control strategy (2013) is smoking prevention with the key aim being to create an environment where young people do not want to smoke.
- Students, staff, parents/carers and visitors at Dunbar Grammar School want this school to be a tobacco-free.
- All students, staff, parents/carers and visitors have an obligation to provide a safe and healthy learning and working environment.
- All school staff, parents/carers and visitors are role models for the young people at Dunbar Grammar School. We should all do everything we can to encourage young people to make positive, healthy life choices.
- This policy is intended to promote "not smoking" as the social norm.

What do we hope to achieve?

- All students, staff and visitors will be able to learn and socialise in places that are free from tobacco.
- All students will have the right to effective education that equips them to make informed positive choices about tobacco and health.
- All students will have the knowledge and skills which will enable them to protect themselves from the commercial interests which profit from recruiting new smokers.
- All students who smoke will be offered accessible support to help them to become tobacco-free.
- Local businesses who sell cigarettes/tobacco close to the school grounds will be aware of our policy and what we are trying to achieve. They will also understand that we are obliged to report to Trading Standards any suspected or actual under-age sales.

How are we going to do this?

- Consult widely with staff, student (in particular smokers) and other adults who use the building.
- Produce a policy which reflects the issues raised from the consultation.
- Raise awareness of the new policy and the rationale behind it - assemblies, posters, press, newsletters and parent's nights.
- Review the PSE materials and work with other faculties to consider how they can reinforce the message.
- Apply for Scotland's Charter for a Tobacco Free Generation status.
- Support the delivery of the DECIPHer-ASSIST programme (a peer led initiative) with S2 students.

- Identify Tobacco Ambassadors.
- Implement policy by January 2017.
- Design and source new signage at the entrances to the car parks and on all buildings.
- Identified groups of students will be given a laminated card to promote our policy.
- All adults in DGS will be aware of and will support the policy.

Policy Statement:

East Lothian Council's Health and Safety Management Arrangements for Smoke Free Workplaces directly supports the Smoking, Health and Social Care Act (2005). It aims to protect the general public from the harmful effects of second - hand smoke. This prohibits smoking in no-smoking premises by making it an offence to:

- Smoke in no - smoking premises
- Permit others to smoke in no smoking premises
- Fail to display warning signs and notices.

By developing, implementing and supporting a Tobacco-free School policy, Dunbar Grammar is going further. Children and young people should be provided with a positive environment to promote healthy lifestyles. Staffs at Dunbar Grammar School have an important role to play in preventing young people from taking up smoking and encouraging them to stop, by providing clear rules and guidance around smoking and setting positive examples by not using tobacco in front of them.

Implementing and supporting our Tobacco-free School Policy

Everyone consulted in the development of this policy told us that they want DGS to be a school that promotes and supports healthy lifestyles and nurtures positive values and opinions in all our young people. Many students told us that there are places in the school, the grounds and areas close to the school that they do not like to go because students are smoking and they do not like the image that this creates of DGS.

From (date) the following will not be tolerated in DGS, on surrounding grounds or on school trips* -

- Smoking tobacco or using e-cigarettes.
- Being in possession of smoking related paraphernalia or e-cigarettes.
- Giving or selling tobacco, smoking related paraphernalia or e-cigarettes.

***School Trips: Students who smoke will be welcome on trips, however they must be aware that the policy still applies. Students who will find this difficult will be offered support prior to the trip.**

Smoking or using e-cigarettes near to the school grounds is discouraged.

If a student is in breach of this policy the following will happen –

- Tobacco products will be confiscated and disposed of.
- E-cigarettes and smoking related paraphernalia will be confiscated and will require to be recovered by a parent/carer.
- If the breach involves selling tobacco, smoking related paraphernalia or e-cigarettes the Police will be informed.
- If a breach of the policy occurs on an overnight trip the person in charge will contact the member of SMT responsible for advice.
- The student will be referred through SEEMiS to the Policy Lead (Ms Gillies).

AND

Supportive Enforcement will be considered –

- The student will be offered support from the Pupil Support Team or the School Nurse. This support is enhanced by working in partnership with local NHS Lothian Smoking Cessation advisers.
- If a student breaches the policy 3 times, a meeting with the student and parents/carers will be arranged outside of the school day as alternative to detention.
- At the meeting with parents/carers, more formal measures of enforcement will be discussed and agreed, to be used if the breach continues.

Following the launch of the policy to all students at assemblies on the week beginning 28th November 2016, there will be a two week amnesty.

During this amnesty period, staff and student mentors will do outreach work in areas that we think smokers are likely to meet. If we find a student smoking/vaping they will be asked to stop and we will have a conversation about our policy - what we are doing and why we are doing it. We will issue those gathered with a student-friendly version of the policy to students.

AT THIS STAGE THERE WILL BE NO CONSEQUENCE TO THE STUDENTS.

The Supportive Enforcement section of the policy will apply from Monday 12th December.

Monitoring and Evaluation

For monitoring purposes the Policy Lead must be copied into all referrals relating to breaches of the policy.

A cross section of staff and students will complete a questionnaire annually; this will focus on the areas of concern raised by staff and students during the consultation period.

Evaluation will be completed by reflecting upon the number of students who engage with cessation classes.