



Smoke Free Vape Free Policy

2022 -23

This policy applies to The Meadows School's whole workforce.

Reviewed on	October 2022
Next Review	September 2023

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1. Introduction and Aims

At our school, we take seriously our duty to promote children and young people's wellbeing and their spiritual, moral, social and cultural development. We see our commitment to creating a smoke/vape free environment and developing pupil's knowledge, attitudes and skills in decision making around smoking/vaping as part of our work on keeping children and young people safe, developing healthy habits and managing risk.

The aim of this policy is to ensure a whole-school approach to smoking /vaping in order to protect all members of the school community from the harms of second-hand smoke and to prevent the uptake of, and reduce the prevalence of, smoking/vaping across the school community.

2. Objectives and Rationale

- To provide a smoke free/vape free environment for the whole school community.
- To ensure that smoking/vaping education is part of the school's progressive entitlement curriculum of drug education / PSHE (including the health effects, legal, economic and social aspects of tobacco/vape use).
- To ensure that all staff promote positive attitudes and behaviour in relation to healthy habits and stresses.
- To ensure that staff have the knowledge and understanding of procedures and agreed practice to support the implementation of the smoke free/vape free policy.
- To involve the whole school community (staff, governors, pupils, parents/carers and outside agencies as appropriate) in the development of policy and practice in relation to smoking / vaping.
- To adopt and support interventions that aim to prevent the uptake of smoking/vaping amongst pupils, staff, parents/carers and members of the wider school community.
- To involve the wider school community in interventions to prevent the uptake of smoking/vaping in children and young people, by providing support for parents and carers through helping them to talk to their children about smoking/vaping and other risk-taking behaviours.
- To provide assistance for pupils, staff and other members of the school community who smoke/vape and wish to stop.
- To ensure that the school's smoke free/vape free policy is applied when children / young people are taken off site.

All members of the school community have the right to work and learn in a smoke free/vape free environment. Smoking remains the largest preventable cause of death and illness in England. Government Statistics state that in 2017, 77,800 deaths in England could be attributed to smoking (www.gov.uk/statistics on smoking - England – 2019) and kills half of all long-term users.

Smoking is transmitted across the generations in a cycle underpinned by social norms, familiarisation and addiction: where there are higher smoking rates, young people are more exposed to smoking behaviour, more likely to try smoking and, once hooked, they find it harder to quit, thereby sustaining the higher prevalence and the inequality

(https://ash.org.uk/uploads/ASH-Briefing_Health-Inequalities.pdf)

Young people may be influenced by adults' smoking/vaping. There are no current statistics in regard to children living with parents and siblings who choose to vape and the likelihood of them taking up vaping.

Smoke free /vape free school sites and non-smoking staff provide positive role models for children and young people and contribute to the development of a health-promoting school.

This school includes the use of e-cigarettes/vaping (electronic cigarettes) in this policy due to the following reasons:

- Although e-cigarettes/vapes are now regulated, we are still unsure about the safety of the product.
- Data (ASH 2022) shows the proportion of children vaping is rising, up from 4% in 2020 to 7% in 2022, alongside the growing popularity of disposable vapes. The number of children who admit to ever trying vaping has risen from 14% in 2020 to 16% in 2022.

3. A Smoke Free Environment

- This policy applies to students, staff, parents/carers, members of the public, contractors or others working / using the school premises or vehicles and all vehicles used to transport students.
- Employees are not permitted to smoke/vape in the view of pupils. Employees who do smoke/vape will be asked to ensure they cannot be seen smoking/vaping by students (even if it is off the school grounds).
- Smoking/vaping is not permitted in any part of the school's premises and grounds including the entrance area to the school, on land adjacent to the school building.
- There are no designated smoking/vaping areas provided within the school buildings or grounds.
- The smoke free/vape free policy applies to all events / activities held in the school including before and after school sessions, any meetings organised which are attended by school employees as part of their work and/or visitors to such meetings/events.
- Smoking is not permitted in any school owned/hired/leased vehicles, as well as private vehicles when used for carrying students or staff on school business.
- This policy applies when students are taken off site on school visits.

4. Smoking / Vaping Education / Prevention

Sense of Belonging

Progress for All

Additional and Different

Always Learning

- Smoking/vaping education is part of the school's progressive entitlement curriculum of drug education / PSHE (including the health effects, legal, economic and social aspects of tobacco/vape use) which may be delivered across the curriculum (Appendix 1 Healthy Lifestyles Cross Curricular Plan 2022-23).
- Students are not permitted to smoke/vape. This includes all tobacco products and electronic (e) cigarettes.
- A range of methodologies will be used to deliver tobacco/vaping education with the aim of preventing the uptake of smoking/vaping including direct teaching, discussion and the use of outside agencies.
- Scripts are being developed to support consistent messages to be shared (Appendix 2 Scripts)
- The school supports smoking/vaping education through the transition phase from primary to secondary school
- Parents/carers are encouraged and supported to be actively involved in their child's drug/tobacco/vaping education through home /school communication and shared problem solving.

5. School Nurse Cessation Sessions

Sessions with the School Nurse Charlotte Bradbury who visits weekly are promoted.



The focus of the sessions is on providing non-judgemental support to empower young people to make informed decisions as well as changes to their behaviour.

6. Staff Training and Links

There is a whole school commitment to a smoke free vape free school through education and personal development.

Training on smoking/vaping is available both generic and connected to roles.

Sense of Belonging Progress for All Additional and Different Always Learning

The following are considered useful for staff:

Action on Smoking and Health ASH

<https://ash.org.uk/fact-sheets/>

<https://ash.org.uk/resources/view/ash-brief-for-local-authorities-on-youth-vaping>

Durham County Council Briefing

<https://docs.google.com/document/d/1jTRhxUcvPRdp0cwDowWJZk6rsWt87MOe/edit>

Government Collections

<https://www.gov.uk/government/collections/e-cigarettes-and-vaping-policy-regulation-and-guidance>

National Institute for Health and Care Excellence

<https://www.nice.org.uk/guidance/ng209>

Psychological Change Model

<https://psycnet.apa.org/doiLanding?doi=10.1037%2F0022-006X.51.3>

7. Related Policies

Within the School this policy is linked to/consistent with:

- Drug Education Policy
- PSHE Policy /Healthy and Wellbeing Strategy
- Health and Safety Policy
- Behaviour Policy
- Disciplinary Policy

8. Appendix 1

Healthy Lifestyles Cross Curricular Plan 2022-23

The intent of teaching our students about healthy lifestyles is to give them the information that they need to make good decisions about their own health and wellbeing. Below is a curriculum map showing topics taught in subjects across year groups which have a focus on the areas of living a healthy lifestyle such as: physical activity, diet and nutrition, sexual health and effects of legal and illegal substances on health.

The areas of this curriculum are mainly taught through the subjects of **PHSE**, **Science**, **Food** and **PE**, however these are often supplemented through our Tutor lessons and Vocational Education curriculum as well as holistically through impromptu teaching by our experienced teaching staff body when these areas arise.

*Areas that specifically link to **Smoking and Vaping** are highlighted in grey

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
11	PHSE Mental Health and Wellbeing Obesity and body positivity. Fertility and reproductive health - part 1. Fertility and reproductive health - part 2.	PHSE Mental Health and Wellbeing/ Living in the Wider World Importance of sleep. PE Theory: Physiology Cardiovascular and respiratory systems - links to effects of smoking and fitness	SCIENCE Biology Contraception including the use of a condom to prevent STIs. FOOD Healthy eating	FOOD Adapting recipes to follow healthy eating guidelines	PHSE RSE What is safe sex and chemical sex?	
10	PE Theory: SocioCultural, Media and Drugs Drugs and effects both in general and specific to	PHSE Mental Health and Wellbeing Binge drinking.	SCIENCE Physics Movement and energy - Factors affecting stopping distance such as drugs,	FOOD Adapting recipes to follow healthy eating guidelines	PE Theory: Physiology Health, fitness, well-being, diet and nutrition	

	<p>performance and abuse.</p> <p>PE Theory/Practical Fitness Knowledge of fitness, planning and delivery of fitness sessions</p>		<p>alcohol and sleep .</p> <p>SCIENCE Biology Health, disease and the development of medicines - Non-communicable diseases, such as heart disease and cancer, and factors that increase risk, such as obesity, smoking and alcohol, as well as factors that decrease risk, such as exercise and healthy diet, are discussed. Additionally, communicable diseases, including sexually transmitted diseases, and how to prevent spread of these diseases (i.e. wear a condom) are also discussed.</p> <p>FOOD Healthy eating</p>			
9	<p>PHSE Health and Welbeing Why do people take illegal drugs and what does the law say about drug use?</p>	<p>PHSE Health and Welbeing What are the short and long term consequences of excess alcohol drinking?</p>	<p>SCIENCE Biology/Physics Factors affecting reaction times, such as drugs, alcohol and sleep, are discussed.</p>		<p>SCIENCE Biology Diet, food groups (and their functions), food labelling (e.g. traffic lights, reference intake and RDA) are discussed.</p>	<p>PHSE RSE What is peer pressure - why is it so powerful and how can we overcome this?</p>

			<p>FOOD Introduction to the eat well guide</p>		Improved performance in sport through exercise is discussed.	
8	<p>SCIENCE Biology Food & digestion - Balanced diets and food groups (and their functions) with some food labelling (e.g. food groups) along with the effects of deficiency diseases, obesity and exercise are discussed.</p>	<p>PHSE Health and Wellbeing What is vaping and is this as bad as smoking?</p>	<p>SCIENCE Biology Breathing & respiration - The positive effects of exercise and negative effects of smoking on the body are discussed.</p> <p>FOOD Introduction to the eat well guide</p>	<p>PHSE Living in the Wider World/RSE How do we have safe sex and use different forms of contraception?</p>	<p>PHSE RSE How do we keep good sexual health and avoid STIs?</p>	

7	<p>PHSE Health and Wellbeing Food groups, diet and nutrition - How can I keep healthy?</p> <p>Eating responsibly - Food labels and health hazards</p> <p>Healthy living - exercise and keeping active</p> <p>SCIENCE Biology Sexual reproduction in animals - The effects of using drugs, smoking and alcohol during pregnancy are discussed.</p>	<p>PHSE Health and Wellbeing Not eating healthily - what are the consequences?</p> <p>What's the big deal about energy drinks?</p> <p>The dangers of cigarettes and alcohol</p>	<p>PHSE Health and Wellbeing / Living in the Wider World What are drugs? Why are they dangerous? (class A, B and C)</p> <p>FOOD Healthy diets</p> <p>SCIENCE Biology Muscles & bones - The positive effect of exercise on the heart is discussed.</p>			

Date	October 2023
Update	March 2023

9. Appendix 2: Responding to Smoking / Vaping Incidents

Staff

The Schools Disciplinary Procedure will be followed for members of staff who do not comply with the school's smoke/vape free policy.

Staff are responsible and authorised to ask non-employees who breach the policy to adhere to the policy.

Students

The following *Change Loop* will be followed and repeated for students in breach of the school's smoke/vape free policy. This is based on staged model applied in health psychology:

The stages of change are:

- Precontemplation (Not yet acknowledging that there is a problem behaviour that needs to be changed)
- Contemplation (Acknowledging that there is a problem but not yet ready or sure of wanting to make a change)
- Preparation/Determination (Getting ready to change)
- Action/Willpower (Changing behaviour)
- Maintenance (Maintaining the behaviour change)
- Relapse (Returning to older behaviours and abandoning the new changes)

Change Loop

- Staff notice and directly comment, recording on the Behaviour Log on the Staff Portal so that communication with parents/carers is completed.
- Staff update risk assessment for individual students.
- Staff use and develop scripts to explore students thinking and prompt thinking about behaviour choices and possible change
- Invitation / prompt to discussion with School Nurse
- Letter home highlighting School Nurse Support
- Home/school planning problem solve and review focusing on goal setting and individual support plan for change

Support is being offered to quit smoking / vaping as nicotine is highly addictive and research shows that children /young people and adults are more likely to quit smoking with support. Nicotine replacement therapy (NRT). This support is available on prescription from GP services following consultation for students 12 years old and above.

10. Appendix 3: Staff Scripts

Commentary

School is a smoke free / vape free place.
This is to protect and keep all of us all healthy.

Smoking /Vaping is not for children.

Vaping may help people quit smoking, if you don't smoke don't vape.

It is illegal to sell cigarettes or nicotine containing vapes to under-18s.
Where do you get your vape / cigarettes from?

(Complaints can be made to trading standards through the Citizens Advice online portal. Staff should be aware that vapes / tobacco could be used to exploit children)

Exploration to promote change

When did you first start smoking/vaping? What made you start?

How does it feel when you need/want to smoke?

What advice would you give to somebody younger considering smoking/vaping?

How much does it cost you? Where do you get you cigarettes/vapes from?

If you had the money, what else would you want to buy or spend your money on?

If you didn't smoke, what do you think you would enjoy doing?

Do you have any suggestions of things you would like to do at breaks and lunches instead of smoking/vaping?

What do you think school could do to reduce students' smoking/ vaping?

People think that vaping is healthier, do you think people understand what the effects are?

How much money do you think you could save if you reduced smoking?

Years ago people said smoking was healthy until research showed that it wasn't, the same may happen with vapes.

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