

Model School Board Tobacco Policy

Compiled by Action on Smoking & Health (ASH)
April 2017

Category	Population	Policy Details
Organization	School Administrator or Principal	<ul style="list-style-type: none"> • Include a rationale that discusses the health and environmental implications of tobacco use • List all tobacco and smoking products including e-cigarettes, marijuana/cannabis and hookah/shisha • Include an enforcement date and a signature
Smoke-Free Environment	Students, staff and visitors	<ul style="list-style-type: none"> • Prohibit the use of any tobacco product or tobacco-like product on all school property, by any person, at any time, in any location, and at any event • “Any tobacco product or tobacco-like product” includes spit tobacco, cigarettes, e-cigarettes, cigars, cigarillos, marijuana/cannabis, shisha, snus, snuff or any other kind of tobacco product • “Any person” includes students, staff, visitors, all groups using school property, and any other persons • “Any time” means 24 hours per day, seven days per week, and 365 days per year • “Any location” includes the school’s property, grounds, buildings, and vehicles, even when school is out of session or the event is sponsored by another organization • “Any event” includes all school-sponsored events, whether on or off school property
Youth Tobacco Possession	Persons under 18 years	<ul style="list-style-type: none"> • The Alberta Tobacco Reduction Act prohibits the use and possession of tobacco by persons under 18 years of age

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Enforcement or Disciplinary Consequences	Students, staff and visitors	<p>Identifies the responsibility of the Principal or School Administrator to:</p> <ul style="list-style-type: none"> • Communicate this policy to students, staff, family members, and visitors, at school events, through prominent signage and in the student code of conduct • Develop and implement procedures for consistent and fair enforcement • Develop educational alternatives to suspension • Treat violators who are students or staff with disciplinary action in the same manner as violations of other school policies • Ensure that visitors who violate the policy discontinue using the tobacco product or leave the premises • Include the expectation that the prohibition will be enforced in contracts with outside groups who use the school building • Coordinate with local law enforcement agencies on enforcement of the Tobacco and Smoking Reduction Act and any relevant municipal bylaws
Tobacco Use Prevention Education	Students and staff	<ul style="list-style-type: none"> • Ensure that effective, evidence-based tobacco prevention programs are integrated with the school health curriculum from grades K-12 and adhere to the following best practices: <ul style="list-style-type: none"> ○ Prevention programs should be comprehensive and interactive. The programs should be started early and be sustained. ○ Prevention education should incorporate a number of lessons and integrated into a community wide approach. ○ Prevention efforts must address all aspects of tobacco use, including negative health effects, social acceptability, negative social consequences, peer norms and peer pressure, resistance and refusal skills and medial literacy on tobacco marketing and advertising ○ Program-specific training should be provided for teachers and staff

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Smoking Cessation Treatment	Students	<ul style="list-style-type: none"> • Provide access to effective cessation treatment and information about community cessation programs to students • Programs should be developmentally appropriate, expressed in a child or teen-friendly language and conducted in small groups • Cessation programs should take into account factors such as accessibility, affordability and cost-effectiveness • The delivery and tone of the cessation program should be informative and not preachy • One-to-one motivational interviewing counselling sessions should be provided by a trained professional • Self-help materials should be made readily available for students (e.g., Quit4Life)
	Staff	<ul style="list-style-type: none"> • Group cessation counselling and individual counselling services should be provided on site by a trained professional • Cessation programs should be easily accessible and flexible for staff • Links should be made for staff to access cessation services in the community • Nicotine addiction treatment or medication should be provided to staff who are trying to quit smoking • Cessation costs should be covered in the employee benefits plan

References

Barbero, Colleen; Moreland-Russel, Sarah; Bach, Laura E.; Cyr, Julianne, “An Evaluation of Public School District Tobacco Policies in St. Louis County, Missouri” (Online Document July 2013).

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Ontario Tobacco Research Unit, "The Next Stage: Delivering Tobacco Prevention and Cessation Knowledge through Public Health Networks" (online document 2010) Online at

http://www.cpha.ca/uploads/progs/substance/tobacco/cpha_litreview.pdf

Province of Alberta, "Tobacco and Smoking Reduction Act" (online document 2015) online at <http://www.qp.alberta.ca/documents/Acts/T03P8.pdf>

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