

# Tobacco Alcohol and Other Drugs Policy

## Rationale

As a health promoting school, we will promote positive behaviours in relation to the use of tobacco, e-cigarettes/vapes, alcohol and other drugs through learning, policies, creating a safe and healthy physical and social environment and developing community links and partnerships.

Loreto College Ballarat is a Catholic Educational Community of people committed to the holistic development of each student, including their health, wellbeing and general welfare. Leadership and staff acknowledge the importance in reducing harm from tobacco, e-cigarettes/vapes, alcohol and other drugs. Providing a smoke, vape and drug-free environment and promoting responsible alcohol consumption contributes to the overall health and wellbeing of the students, staff and families related to the school.

The policy of the College is that the possession, use and/or distribution of illicit and other unsanctioned drugs is not acceptable due to its negative impact upon the College Community and upon the development of the individual themselves. No student should be distributing drugs of any kind to another student.

This policy pertains to student guidelines for drug, tobacco, e-cigarette/vape and alcohol use. Guidelines for staff are covered in the Staff Code of Conduct.

Loreto College Ballarat is committed to:

- Ensuring a smoke-, vape- and drug-free environment for students, families, staff, volunteers and visitors
- Promoting low-risk alcohol consumption to our service community
- Delivering tobacco, e-cigarette/vapes, alcohol and other drugs education in one or more learning key areas of the curriculum as a part of a whole school approach to health and wellbeing (e.g. developing knowledge, resilience and help-seeking skills of students)
- Providing information to staff and families about the health benefits of not smoking, vaping or taking drugs, and low-risk alcohol consumption
- Providing a safe, inclusive and empowering school environment
- Implementing strategies to prevent and minimise harm
- Dealing with drug use (licit and illicit) as a health and safety issue
- Establishing supportive procedures to respond to drug-related incidents.

## Definitions

| TERM                                    | DEFINITION   |
|---|--|
| <b>Tobacco, Alcohol and Other Drugs</b> | For the purposes of this policy and for the Healthy Schools Achievement Program, the ‘Tobacco, Alcohol and Other Drugs’ health priority area focuses on creating smoke-, vape- and drug-free environments and low-risk alcohol consumption. Smoke- and vape-free refers to both traditional and electronic cigarettes (i.e. e-cigarettes/vapes). |
| <b>Tobacco product:</b>                 | Any device or product that contains organic matter that is heated or burned to create aerosol or smoke that is inhaled by the user.  |
| <b>E-cigarette/vape product:</b>        | Any electronic device that is intended to be used to create an aerosol for inhalation and any liquid, or product containing liquid, intended to be used in or with an electronic device to create an aerosol for inhalation.   |
| <b>Drug:</b>                            | Any substance taken to change the way the body and/or mind functions.  |
| <b>Alcohol:</b>                         | A depressant drug that slows down activity in the central nervous system.  |

## Policy Statement

### Background

Tobacco e-cigarettes/vapes, alcohol and other drugs prevention and 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 or e-cigarette/vape products, and licit and illicit drugs 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. For example, a smoke-, vape- and drug-free school environment sends a clear message that a healthy lifestyle does not include smoking, vaping and drug-taking. Likewise, education can play a counterbalancing role in shaping a normative culture of safety, moderation, and informed decision-making.

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 tobacco or e-cigarette/vape products, alcohol and other drugs<sup>4</sup>. 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, e-cigarette/vape, alcohol 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.

### Whole School Engagement

It is recognised that every member of Loreto College Ballarat has an impact on students’ health and can contribute to creating a healthy environment that is smoke-, vape- and drug-free and promotes low-risk alcohol consumption. All members of our school community including staff, students, families and volunteers will be supported to meet this policy.

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