

## 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

**Tobacco, alcohol and other drugs:** 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).

**Tobacco product:** Any device or product that contains organic matter that is heated or burned to create aerosol or smoke that is inhaled by the user.

**E-cigarette/vape product:** 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.

**Drug:** Any substance taken to change the way the body and/or mind functions.<sup>1</sup>

**Alcohol:** A depressant drug that slows down activity in the central nervous system.<sup>1</sup>

<sup>1</sup> Australian Drug Information Network 2012, Glossary <https://adf.org.au/resources/did-glossary/>

## 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<sup>2,3</sup>. 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<sup>5</sup>. 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.

## Procedures and Responsibilities

### Leadership and Commitment

- Staff, families and students are involved in guiding the development and implementation of the whole school Tobacco, Alcohol and Other Drugs Policy and practices.
- Staff, families and students are provided with information about policy requirements, with opportunities to provide feedback and input.

### Healthy Physical Environment

- There is smoke- and vape-free signage that can be easily seen and understood by the whole community.
- All events, on and off site, are smoke-, vape- and illicit drug-free, this includes camps, excursions and all school related trips.
- 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. Low-risk consumption of alcohol is promoted.
- If external organisations use the premises, a formal agreement ensures the school premises are smoke-, vape- and illicit drug-free and low-risk alcohol consumption is promoted.

<sup>2</sup> DET Alcohol and Other Drugs - Students Policy <https://www2.education.vic.gov.au/pal/alcohol-and-other-drugs-students/policy>

<sup>3</sup> DET Smoking and Vaping Ban Policy <https://www2.education.vic.gov.au/pal/smoking-vaping-ban/resources>

<sup>4</sup> DEECD, 2009, Smoke Free Schools Tobacco Prevention and Management Guidelines for Victorian Schools <http://www.education.vic.gov.au/Documents/school/teachers/health/manageguide.pdf>

<sup>5</sup> DET, 2002, Talking Tactics Together <http://www.education.vic.gov.au/Documents/school/teachers/health/talkingtactics.pdf>

## Healthy Culture

- Diversity and cultural practices are considered when implementing this policy and preventative tobacco, e-cigarettes/vape, alcohol and other drug initiatives.
- Staff, families and visitors are required to adhere to legislation and school policies related to smoke- and vape-free areas and are asked not to smoke or vape on school premises.
- Staff who smoke off-site are encouraged to take appropriate hygiene measures, such as thoroughly washing their hands, after smoking or vaping so that students are not exposed to second-hand smoke or e-cigarette/vape aerosol.
- Staff and families are encouraged to engage in low-risk alcohol behaviours and abstain from taking drugs, particularly while around students.
- The majority of our school events, celebrations, awards, gifts and fundraising are encouraged to be free of alcoholic

## Student Teaching and Learning

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

## Families and Community Partnerships

- Information about health risks related to smoking and vaping, high-risk 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-, vape- and drug-free and alcohol harm reduction initiatives where appropriate.
- There are no partnerships with organisations that manufacture or wholesale alcoholic, tobacco or e-cigarette/vape products.

## Intervention

The intervention procedure is designed to address incidents in relation to tobacco, e-cigarettes/vapes, alcohol and other drugs in a way which is in the best interest of all parties, while also conforming to legal requirements.

When faced with the knowledge of a student involved in an incident involving the use or trafficking of tobacco, e-cigarettes/vapes, alcohol or other drugs within the school environment the following processes must be followed:

- Notify the Principal or Deputy Principal. If unavailable, inform one of the appropriate members of the Leadership Team.
- If the incident occurs on camp or excursion, the staff on camp will ensure the safety of both the student involved and the safety of other students. The camp leader is informed and the Leadership Team is informed.
- Isolate and arrange supervision of student(s) concerned.
- Contact Parent/Guardian.
- Normal school incident management procedures are followed from this point.
- Communication with Leadership is ongoing until the matter has been resolved.

## Restorative Approaches

As a Catholic community we are always seeking to forgive and be reconciled. However, we also have a responsibility to protect the interests of the wider College community. Any breach of the tobacco, alcohol and other drugs policy will be considered individually and independently according to the given set of circumstances at the time. Breaches may involve:

- disciplinary action by the appropriate member of the Leadership Team, suspension, behaviour cards, forfeiture of enrolment.
- action against students who have been bystanders.
- referral to health professionals.

## **Cigarettes & E-Cigarettes/vapes**

The possession and/or sale of cigarettes/e-cigarettes/vapes to any person aged under 18 years is an offence under the Australian law, (*Tobacco Act 1987*). A student found smoking/vaping, in possession of cigarettes/e-cigarettes/vapes or supplying cigarettes/e-cigarettes/vapes to other students will be liable to a range of sanctions dependent on whether it is a repeated offence.

### **For the First Offence**

- Inform and consult with parents/guardians
- Consultation about consequence with members of the Leadership Team
- Students to access services – Quitline 137848
- Make an appointment with the College Counsellors

### **For a second offence**

- Inform and consult with parents/guardians
- Conference with parents/guardians, student and the Principal/Deputy Principal, discussion regarding ongoing enrolment and future at Loreto College
- Make an appointment with the College Counsellors

## **Alcohol, Solvents & Misuse of Legal Drugs**

The possession and/or sale of alcohol to any person aged under 18 years is an offence under the Australian law. Students found drinking alcoholic beverages, in possession of alcohol, supplying alcohol to other students, or misusing solvents or legal drugs, are liable to a range of sanctions dependent on whether it is a repeated offence.

### **For the First Offence**

- Inform and consult with Parents/guardians
- Conference between parents/guardians, student and Principal/Deputy Principal, discussion regarding ongoing enrolment and future at Loreto College
- Inform parents/guardians of agencies available within the community to assist with education and counselling of student using teenage addiction agencies - resource <https://positivechoices.org.au/students/>

### **For a subsequent offence**

The student's enrolment at the College would be declared void. The student is then requested to initiate a re-enrolment procedure during which the compatibility of the student's behaviour and the College rules would be vigorously explored.

## **Illicit Drugs**

The possession and/or sale of illicit drugs is an offence under the law. The College views all offences involving illicit drugs as a very serious matter.

Any student who consumes an illicit drug when under the control of the College, as described earlier in this policy, should consider they have forfeited their right to a place in the College. The Principal reserves the right to make exceptions to this where special circumstances prevail.

## **Exclusion**

The exclusion of students is not the final step. The College will endeavour to assist in:

- Re-enrolment in a suitable school.
- Recommending suitable counselling agencies for the student and their family.

## Relevant legislation

- [Tobacco Act 1987](#)
- [DET Smoking and Vaping Ban](#)
- [Liquor Control Reform Act 1998](#)
- [DET Smoking and Vaping Ban](#)
- [DET School Policy and Advisory Guide: Alcohol and Other Drugs - Students](#)
- [Education and Training Reform Act 2006](#)

## Related School Policies

Staff Code of Conduct

## Monitoring and Review

This Tobacco, Alcohol and Other Drugs Policy will be monitored and reviewed by the staff, school council, student representatives and the health and wellbeing team at least once every three years.