

Smoke free secondary schools: an evaluation of a whole school approach to tobacco prevention

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Project Aims

1. Facilitate a review of tobacco education and identify areas for improvement across the curriculum and across all year groups
2. Facilitate a review of and improve implementation of the school smoking policy
3. Inform how tobacco education can be improved within other Lothian schools



Project management: NHS Lothian health promotion specialist

Project delivery: ASH Scotland Development Worker

Evaluation by NHS Lothian Public Health

12 secondary schools from across Lothian
Lead teacher & member of school management
team

2015/16: review, consultation, write action plan
2016/17: implement action plan

Consultancy from ASHS development worker
Access to tobacco control/prevention resources
Grant to each school of £1800

Evaluating the Strength of School Tobacco Policies: The Development of a Practical Rating System

**(JENNIFER C. BOYCE, NANCY B. MUELLER, MELISSA HOGAN-WATTS,
DOUGLAS A. LUKE) 2009**

EVALUATION METHODS

- 2 interviews with lead teachers
- **May 2016** – why take part, process and consultation, challenges and facilitators
- **May 2017** – implementation, review of tobacco education, pupil involvement, achievements, future plans

WHAT HELPED

- Systematic approach – the ‘Checklist’
- Reframing the issue
- Increased clarity and greater visibility of the policy in practice
- Support on how to manage difficult topics



A clear approach

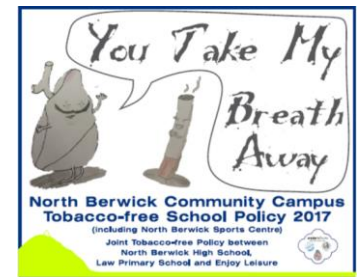
As well staff realising that we're moving away from the punitive to a more supportive, and that might make them more inclinedsay look, I was outside and seen this young person smoking, rather than thinking oh I'm gonna damage the relationship that I've got with that, you know.

Staff want 'clear guidelines on what to do and how to approach that and what line to take, and is it a disciplinary thing, is it a social and emotional thing, is it a health issue, what is it?'

And the policy's non judgemental.....What's the point of punishing someone, who's addicted to something?

WHAT HELPED (cont.)

- Consultation – a policy specific to each school
- Resources and materials
- Ongoing contact with ASH advisor
- Snr. management support – teacher capacity
- Realistic timescale



Listening to pupils

*Smokers
'not used to being
asked what they
thought'*

*The kids also said that they
wanted support from senior
staff with it...and have them
more of a presence
regarding it, more present in
particular areas around the
school where they'd
identified where kids go.
They really felt that that
needed to be tightened up
on.*

SOME ISSUES AND DILEMMAS

- Right to smoke **VS** right to fresh air

- Who smokes and who doesn't



- Review and provision of tobacco education

Who smokes?

Mainly your kids that stay on to 6th Year are quite conscientious and, you know, that sort of thing. And they all felt quite strongly about smoking.

They (non smoking pupils) hate it, they hate it, and they find it quite intimidating as well, walking through areas where pupils are smoking

Although it is a struggle too because we want to include people

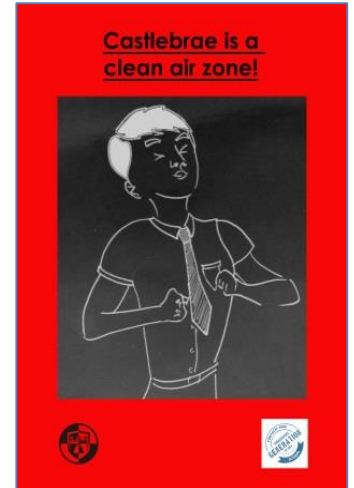
Tobacco prevention education

...we've completely changed the programme, SO much new stuff come in.....Last year it worked out perfectly, it hasn't worked this year but it'll be in it next year..... It's just the nature of PSE, it's always changing

Is it smoking or sexual health?'

ACHIEVEMENTS

- All schools have a Smoke Free Policy in place
- Increased consistency of policy being implemented
- Good compliance – culture shift
- Pupil involvement
- Beginning to address tobacco across year groups and subjects
- Smoking cessation provision in school
- Beginning of a positive process (into the wider community)



Thanks for listening!



And thanks to:
all the schools that took part
& Donald Lockhart