

AUAHI KORE/SMOKEFREE

Smokefree 2025 is an aspirational goal to aim for a society in which fewer than 5% of New Zealanders will smoke. This means our children will grow up in a much healthier world where smokefree is the norm. In order to achieve this we all need to work together.



Jackie Corby, WAVE Smokefree Health Promoter



Ko koe ki tēnā ko au ki tēnā kī wai o te kete
With you on that handle and me on this handle,
Together we will lift the basket

Smokefree in education settings is more than just a sign on the gate. Schools and early childhood education services are at the heart of communities. They are a place where everyone works together to ensure that young people have the best possible opportunity to achieve success and make positive choices.

FOR ECE

Our most vulnerable people don't have a voice in this. The Little Lungs – Pūkahu Iti programme is about supporting and advocating for smokefree environments for tamariki.



Ask your ECE WAVE facilitator for more details.

- E kimi ana i te hā - searching for clean air
- Hā i runga - air that comes from Tāwhirimātea (the god of the four winds) and Rānginui (the god of the sky)
- Hā i raro - air that comes from Papa-tū-ā-nuku (the earth mother)
- Hā i waho - clean air from outside the whare
- Hā i roto - clean air inside the whare
- Pūkahu Iti - little strong lungs
- E ora ana i te hā - thriving in clean air
- Mauri ora - and enjoying good health benefits associated with breathing fresh air

OUR CENTRE BUILDINGS
AND GROUNDS ARE
SMOKEFREE AT ALL TIMES



OUR SCHOOL BUILDINGS
AND GROUNDS ARE
SMOKEFREE AT ALL TIMES



USEFUL LINKS

- www.smokefree.org.nz
- www.smokefreecanterbury.org.nz

A link to this article can also be found at our website:

- www.wavesouthcanterbury.co.nz

Your WAVE facilitator and Smokefree Health Promoter can support your school to further promote and progress smokefree in your setting.

FOR SCHOOLS

Educating our young people about the benefits of a smokefree lifestyle is essential. Schools are encouraged to implement a whole of school approach. Smokefree can be used as a topic to engage students through a range of curriculum areas.

- 1. KOTAHITANGA:** Mā tō tātau manu tonu me te whakaatu i te kotahitanga e tutuki ai a tātau tohenga
 - A 'whole school' approach to wellbeing will have positive effects on students' health and learning.
- 2. RANGATIRATANGA:** Mauria atu te mana me te rangatiratanga o ōu tīpuna.
 - Being Smokefree/Auahi Kore is a wellbeing issue that needs to be addressed and delivered primarily within the context of whānau ora and is an expression of tino rangatiratanga.
- 3. KIA KIKI AKE TE HAUORA:** He iti te tōki e rite anō ki te tangata.
 - If a student is found smoking it is important to work with the student and give them appropriate support to ensure they do not go on to smoke regularly.
- 4. WHĀNAU ORA:** Ko te whānau te hunga tūturu, ko te kaupapa hoki o te iwi.
 - A smokefree school involves the whole school community. Parents, whānau and staff working together with a shared understanding of what keeps young people smokefree creates young people's chances of remaining smokefree for life.
- 5. WHAKAPAPA:** Ko ngā tikanga nei i whakaheke mai i tētahi whakatipuranga ki tētahi.
 - Young people are less likely to take up smoking when they feel connected to a school environment that encourages their participation and involvement.
- 6. AKO:** He tauutuutu kai te manawa o tō tātau Māoritanga
 - Staff are aware of the risk and protective factors for young people taking up smoking. The role of the school community and environment is imperative in keeping young people smokefree.
- 7. KAUPAPA:** Koia te kaupapa o te rangatiratanga, o te tika, me te maungārongo i te ao.
 - Having smokefree signs and grounds is adhering to the law, however, it is only one step in becoming a Smokefree/Auahi Kore school.

