

AUAHI KORE / SMOKEFREE

Education settings are the heart of our communities, and play an important part in role-modelling smokefree environments and lifestyles. There are lots of ways that schools and early childhood settings can support smokefree. Talk to your WAVE facilitator if you are interested in Professional Development opportunities, or incorporating smokefree activities into your curriculum.



Hazel Guyan, Smokefree Health Promoter

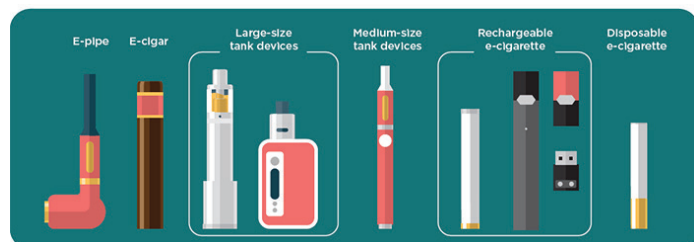
POLICY UPDATE

The increasing popularity of e-cigarettes means that settings may need to review their smokefree policies. Currently, vaping products can legally be used in places where smoking is banned, including schools and early childhood centres. It is up to each setting to include e-cigarettes in their own smokefree policy.

Why ban vaping products?

- To avoid confusion and make policies easier to enforce.
- Children can't distinguish between vaping and smoking, so reducing their visibility contributes to positive role-modelling.
- To make it clear that vaping products are only intended for smokers trying to quit.

ECE can learn more by participating in Little Lungs, while schools can take up a new Professional Development opportunity offered by WAVE in 2019, which specifically focusses on e-cigarettes.



Source: CDC accessed from

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

SMOKEFREE CARS

You've probably noticed the recent media attention on banning smoking in cars with children. This is a great opportunity for schools and ECE to engage with the topic, and to show your support for a ban. Second-hand smoke harms children, and over 90% of New Zealanders' support a ban. 80% of cigarette smoke is invisible. Chemicals can remain in the air for up to 2 hours, and in fabric for weeks or months. A 100% smokefree car is the best way to protect children.

Ideas for ECE:

- Book the smokefree car from the WAVE resource centre
- Create artwork about smokefree cars
- Participate in Little Lungs, so staff understand more about second-hand smoke, and how to raise this issue with whānau

Ideas for schools:

- Book the smokefree car from the WAVE resource centre
- Create artwork using the smokefree cars theme
- Encourage children to write their thoughts about why cars should be smokefree
- In health classes, students can learn about second-hand smoke and why it is harmful
- For more classroom activity ideas visit www.smokefree.org.nz

USEFUL LINKS

- www.smokefree.org.nz
- Smokefree Resources are available from the WAVE resource centre: www.wavesouthcanterbury.co.nz
- Speak to your WAVE facilitator about "Make your car smokefree" pamphlets
- Link to this article can also be found at our website: www.wavesouthcanterbury.co.nz

