

► **Whakaritenga** *Topics your policy should cover*

Purpose
Promoting a healthy and safe environment for students, whānau and staff, to reduce alcohol-related harm and remain engaged in school.

School balls and celebrations
Is alcohol permitted at school balls, formals, leavers' dinners or other senior celebrations held at licensed premises or on school grounds? If so, see 'host responsibility'.

Use and sale of alcohol at school events
Is alcohol permitted at school events when students are present? When students are not present? If alcohol is available, refer to 'host responsibility'. Is alcohol served to or by students?

Alcohol sponsorship
Are school events, teams, activities or resources sponsored by alcohol producers or suppliers? Is it permissible to have teaching activities involving students that may promote the use of alcohol?

Responsibility for policy
Who is responsible for your policy and ensuring school community consultation? How often will the policy be reviewed?

Intervention & support
Is there a clear procedure for intervention and support if alcohol use is causing problems for staff, students, or whānau? What steps will be taken if staff, students, or whānau are intoxicated at school events? Does school have strong relationships with relevant support services? How are students supported to stay in education?

Fundraising, prizes & gifts
Does the school permit sale of take-home alcohol for fundraising? If yes, may students be involved in sales? Is it clear that alcohol may not be offered as prizes at functions or in raffles? Is it appropriate for alcohol to be given or received as a gift in the presence of students and whānau?

Provision of alcohol to students
Is it clear that staff members must not give alcohol to a student or enable a student to obtain alcohol? What support and information about the social supply of alcohol, is available to whānau?

Other school users
Is sale or use of alcohol permitted when school premises are used by community groups?

Alcohol use by adults or staff around students
Is it clear that staff and other adults must not consume or be affected by alcohol while responsible for students? Should staff be able to drink alcohol in the presence of students?

Staff social functions
Is alcohol permitted at staff social functions at school? If so see 'host responsibility'. May students be present? Is alcohol served by students?

Host responsibility
If alcohol is provided and/or consumed by adults, are the principles of host responsibility followed? Are non-alcoholic drinks, low-alcohol drinks, water and food also available? Are there other planned activities? Will drink service stop for people becoming intoxicated? Are adults asked to drink responsibly? Are children supervised? Are there safe transport options?

Other initiatives
What else will you do to strengthen relationships and empower the school community to reduce alcohol-related harm? Will your school make submissions on local alcohol licence applications (e.g. new bottle shops)?



NGĀ KAUPAPA HERE
SCHOOL ALCOHOL POLICIES

► **Kupu tohutohu**
A guide for school communities

This guide provides information for developing an alcohol policy for your school (kura or education setting).

Schools have an obligation to provide a safe environment for their students (NAG5).

Exposure, access, and availability of alcohol in communities increase alcohol harm.

Generic school policy templates may meet basic legal requirements but these must be adapted to reflect your school community's values, ethos, goals and lived experiences.

Having a comprehensive school alcohol policy means everyone is clear about:

- the use of alcohol on your premises or at school events
- how to respond to alcohol-related incidents

Consultation ensures your policy meets your school community needs. We recommend your Board of Trustees works with a team that represents and consults with your whole school community including staff, students, whānau/ families, kaumātua and community leaders to develop your alcohol policy.


The policy should reflect the intentions of the Sale and Supply of Alcohol Act 2012, and Te Tiriti o Waitangi/The Treaty of Waitangi.

“A clear alcohol policy offers consistent expectations, improved safety, and effective support pathways.”

► **Ngā rauemi** *Further information*

Find more information and links to relevant laws, resources, and research on our website: www.cph.co.nz/your-health/alcohol

For support contact:
Community & Public Health/ Te Mana Ora www.cph.co.nz
Canterbury Ph: 03 364 1777
Mid Canterbury Ph: 03 307 6902
West Coast Ph: 03 768 1160



Canterbury
District Health Board
Te Poari Hauora o Te Waipahi

This resource is informed by:

Carter, K., & Filoche, S., & McKenzie, S. (2017). *Alcohol and young people: A review of New Zealand and other international literature.* Report commissioned by the Health Promotion Agency. Wellington: Health Promotion Agency.

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Gluckman, P. (2017). *Youth Suicide in New Zealand: a Discussion Paper.* Auckland: Office of the Prime Minister's Chief Science Advisor

Hammond (n.d.). *Setting the Standard: Alcohol sales and promotion in New Zealand Schools, Public Health South, Southern District Health Board.* www.southerndhb.govt.nz/files/17281_20160616120652-1466035612.pdf.

Ministry of Health (2009). *Alcohol Use in New Zealand: Key results of the 2007/08 New Zealand Alcohol and Drug Use Survey.* Wellington: Ministry of Health.

Ministry of Health (2019). *Alcohol webpage:* www.health.govt.nz/your-health/healthy-living/addictions/alcohol-and-drug-abuse/alcohol

Muriwai, E., Huckle, T., & Romeo, J. (2018). *Māori attitudes and behaviours towards alcohol.* Wellington: Health Promotion Agency

New Zealand Police (2010). *Framework for preventing and reducing alcohol-related offending and victimisation 2010 – 2014.* Wellington: New Zealand Police. www.police.govt.nz/about-us/publication/online-version/framework-preventing-and-reducing-alcohol-related-offending-and

► Whakatakataka

Steps to develop your policy

Form an alcohol policy working group that represents your whole school community

Review & debate your school alcohol policies & procedures, including how to respond to students, whānau, or staff affected by alcohol

Draft a new school alcohol policy

Consult your whole school community and relevant support agencies (including Community & Public Health)

Agree to final policy and procedures revisions, and propose to your BOT to ratify

Communicate changes with all stakeholders

Support staff to implement new procedures (this may involve professional development)

Review your policy regularly

► He aha ai?

Why have a school alcohol policy?

Schools have an important role in our society as a core part of our community and social structure. Alcohol is a risk-factor for multiple health and social problems. Schools have the potential to reduce alcohol harm in their communities.

Legal requirements:

Schools are required to provide a safe environment for student hauora (physical, emotional, spiritual and family wellbeing). They are also required to comply fully with legislation to ensure the safety of students and employees.

A Medical Officer of Health may oppose a school alcohol licence application if it could inappropriately increase children's exposure to alcohol. If you apply for an alcohol licence you will be asked to provide your alcohol policy.

Exposure causes harm:

Although drinking alcohol is often seen as a normal part of social behaviour, normalisation has led to an acceptance in our society of excessive consumption. Drinking alcohol in the presence of young people reinforces this.

The common perception has been for parents and whānau to teach young people how to drink sensibly, however advice has changed, particularly due to emerging research on the effect of alcohol on developing brains.

There is evidence that “normalising” drinking causes alcohol-related harm in young people, even with the best intentions of promoting sensible drinking.

Children's future drinking behaviour is influenced by seeing adults drink alcohol in school settings. Children can identify adult drinking behaviours from a very young age.

Early exposure to alcohol use by parents and peers is a predictor of early alcohol uptake by young people which increases their risk of later alcohol abuse and dependence.

If children associate positive effects with drinking alcohol they will start drinking younger, and more intensively.

A safe community space:

Your school might consider being both smoke-free and alcohol-free, to create a place where young people feel safe, knowing that whānau will not be drinking or smoking. Any whānau struggling with alcohol will feel supported not to drink. The chance of disorder at events is reduced, as alcohol is involved in one-third of all offences recorded by New Zealand Police.

Direct harm that can result from the supply and use of alcohol at school events includes:

- hazardous drinking behaviour by whānau and guests;
- consequential disruption of students' activities and events;
- physical assaults; and
- embarrassment or shame felt by children as a result of parental behaviour;
- division within school communities

Schools can model having fun and being active without alcohol.

Improved outcomes for all:

Different youth populations experience varying impacts from alcohol. As an example, youth living in high-deprivation areas are more likely to engage in harmful drinking behaviours and experience alcohol-related harm. Effective school policies can help reduce such inequalities.

For young people, feeling connected to whānau and school is key to positive health choices including lower rates of alcohol and other drug use. Policies that exclude students from school break not only their connection to school, but the connection of others who see it as unfair. Exclusion of students involved in alcohol-related incidents affects their academic achievement, as well as later health and social outcomes.

Reduced harm for youth:

Ministry of Health guidelines advise that **not drinking alcohol is the safest option for people under 18 years, and to delay drinking for as long as possible**. For those under 15 years of age, not drinking is especially important.

Young people are at high risk of alcohol-related harm and almost a quarter of New Zealand secondary school students have reported recent binge drinking behaviour.

New Zealand has the highest youth suicide rate in the developed world and more than half of all youth suicides in New Zealand are associated with alcohol or illicit drugs.

Drinking alcohol in adolescence can adversely affect physical and brain development, psychological wellbeing, relationships, academic achievement, employment, financial status, and increases the risk of injury. This is in addition to the harmful consequences associated with intoxication of others, such as physical and sexual assault.

Treatment for young people with harmful drinking behaviours is problematic and overall not very successful. Prevention is the best intervention.

► He pātai

Consultation questions

When developing your policy, we recommend discussing the following questions with your whole school community:

- How can we ensure that our students, whānau and staff are safe at school and school events?
- How does our school contribute to reducing alcohol harm in our community?
- How will our policy support students involved in alcohol-related incidents to stay engaged with school?
- What example do we want to set for our students and community?
- Does having alcohol available on school premises or at school events have any benefit to our students and community?
- How will our policy support a whole-school strengths-based approach to wellbeing?
(A supportive school environment, what we teach and learn, community development)

Under the Gambling Act 2003, alcohol is prohibited from being offered as a prize for gambling activities (e.g. school raffle prizes)

► Whakatureture

What the law says

The object of the *Sale and Supply of Alcohol 2012* (the Act) is that:

- the sale, supply, and consumption of alcohol should be undertaken safely and responsibly, and
- the harm caused by the excessive or inappropriate consumption of alcohol should be minimised.

“Harm” includes wider harm to the community. Among other things, the Act makes it an offence to supply alcohol to a minor (a person under 18) unless you are their parent or guardian or have the parent or guardian's express consent, and the alcohol is supplied in a responsible manner.

Who is a guardian? A legal guardian is not another whānau member, a person is only considered a legal guardian if he or she is recognised as a guardian under the Care of Children Act 2004.