

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.



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 ānō 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.

