

During their schooling, young people experience a variety of situations related to various issues of health and well-being. On this sheet, you will find specific intervention guidelines that have been developed to support the work of stakeholders who plan and implement health promotion and prevention actions.

To see all the health-related recommendations presented in the EKIP reference framework: [Visit the School-based interventions section](#)

**Tobacco** refers to the consumption of tobacco products in various forms: cigarettes, cigars, cigarillos, electronic cigarettes, snuff, shisha, etc. Tobacco products are the only legal products that can lead to death when consumed as intended by the manufacturer. There is no safe threshold for the use of these products because nicotine is highly addictive.

### ACTIONS TO BE PRIORITIZED IN SCHOOLS SHOULD:

- Aim to prevent the use of tobacco by:
  - providing young people with tools to remain smoke-free
  - facilitating young people's engagement in actions to build a smoke-free society
  - promoting smoke-free environments



## SPECIFIC RECOMMENDATIONS

### For Elementary 6 students in environments in which tobacco use is common:

- Refrain from talking directly about tobacco use. Limit interventions to questions asked by students and answer them directly, succinctly and simply.

### For Elementary 6 students in environments in which tobacco use is common and for secondary school students:

- Use interventions to promote young people's ability to refuse offers to consume tobacco, appropriately manage stress and emotions, and become involved in their community.
- Provide age-appropriate information to young people directly and objectively, and do not focus solely on the risks associated with tobacco use.
- Inform young people of the following:
  - Tobacco use starts gradually; it's sneaky—you take a first drag, you inhale, you smoke a whole cigarette, you smoke frequently.

- There is no safe threshold for tobacco use.
- There is no typical initiation pathway, and research shows that addiction can occur very early, well before weekly or daily consumption.
- The earlier a person starts using tobacco products, the more likely they are to become addicted to nicotine.

- Aim for the critical initiation period for prevention (at the secondary school level, this applies to students in Secondary I and II).



## KEYWORDS

- Initiation to tobacco
- Non-smoking
- Smoking prevention
- Smoking or tobacco use
- Initiation to tobacco
- Non-use of tobacco
- Preventing tobacco use



See also the sheet dedicated to [General recommendations for health and well-being actions in schools](#), which are not linked to a specific theme.

