

Teacher & University Staff Guide

Your school or campus, a clean environment for the next generation

For: Teachers, faculty, and university staff

Students look up to you, and your words carry real weight. This guide helps you address smoking and vaping in the classroom or on campus in an effective, motivating way, and contribute to a smoke-free learning environment.

Steps to launch a smoke-free school/university policy

- 1. Raise the idea with management** — Propose adopting an official policy banning smoking and vaping across all facilities.
- 2. Form a small implementation team** — Enthusiastic teachers and students to follow up on enforcement.
- 3. Post signage** — At gates, restrooms, and gathering areas.
- 4. Hold a launch day** — A simple event announcing the new policy in a positive, motivating way.
- 5. Contact Pink Lung** — To request an awareness workshop or ready-made educational materials.

How to talk to students about smoking and vaping

- ◆ Avoid preachy or overly scary tones — it makes students tune out.
- ◆ Use open dialogue: ask their opinion before sharing yours.
- ◆ Give accurate, up-to-date information, especially about vaping, which is often marketed as 'less harmful' — that's misleading.
- ◆ Connect the topic to what they care about: athletic performance, appearance, money, freedom from addiction.
- ◆ Use interactive activities (discussion, role-play, contests) instead of traditional lectures.

Handling a student suspected of smoking

- 1. Don't jump to punishment** — Before understanding the situation, immediate punishment pushes students to hide and repeat the behavior secretly.
- 2. Talk to them privately** — In a calm tone that shows concern, not just rule enforcement.
- 3. Refer them to a counselor** — Or the school/university health clinic for specialized follow-up.
- 4. Inform the parent thoughtfully** — In coordination with management, in a way that opens dialogue, not just discipline.

Suggested awareness activities

- ◆ A drawing or short-video contest about a smoke-free life.
- ◆ Train a group of students as 'health ambassadors' to educate peers.
- ◆ A weekly info corner on the school/university notice board.
- ◆ Invite a Pink Lung speaker for a live awareness session.

Help build a smoke-free generation

- ◆ Register as a partner teacher on the Pink Lung platform.
- ◆ Request a free awareness workshop for your students.
- ◆ Help us implement a smoke-free school/university policy at your institution.

One word from you today can protect a student from a lifelong habit.

<https://pinklung.egypthealth.net/>



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