



The Apple International School



ANTI-SMOKING & DRUG ABUSE EDUCATION POLICY

(Aligned with UAE Law & KHDA Guidelines)

ACADEMIC YEAR 2025-26

Policy Statement

Anti-smoking and Drug Abuse policy has been developed through consultation with the Governing Body, school staff, parents, students and local health authorities recognizes its duty to promote health, safety, and wellbeing, and aims to equip students, staff, and parents with the knowledge, skills, and attitudes to make informed and responsible choices regarding drugs, smoking, and substance misuse.

For the purpose of this policy, “*drugs*” include:

- Legal substances: alcohol, tobacco, energy drinks, caffeine, solvents, vapes/e-cigarettes.
- Medicines: prescribed and non-prescribed.
- Illegal drugs: substances prohibited under UAE Federal Law No. 30 of 2021.

“Drug misuse” refers to the possession, distribution, or use of substances in ways not medically or legally intended.

Legal and Regulatory Framework

- In line with UAE Ministry of Education guidelines and KHDA directives, this policy aligns with national and international best practices.
- The school follows safeguarding, health and safety, and child protection requirements.
- All staff, parents, and students will be made aware of the zero-tolerance approach to illegal drugs on school premises or during school-related activities.

Aims of Drug Education

The drug education programme aims to:

- Provide accurate, age-appropriate information about drugs, alcohol, tobacco and vaping.
- Develop skills to resist peer pressure and make positive lifestyle choices.
- Raise awareness of the social, physical, and mental health risks of drug misuse.
- Equip staff and parents to support students in developing resilience and confidence.
- Foster a safe environment where open discussion about drugs is encouraged.

Objectives

By the end of:

- **FS - Year 2:** Students understand medicines and household substances can help but may also be harmful if misused.
- **Years 3 - 6:** Students understand the risks of smoking, vaping, alcohol, and commonly available substances. They can differentiate between legal and illegal substances.
- **Years 7 - 13:** Students develop deeper understanding of the legal, health, and social consequences of drug use, with focus on decision-making, resilience, and preparation for adulthood. Understand physical, mental, social, and legal consequences of drugs; UAE laws and career/life impacts.

Content and Curriculum

Drug education will be taught across subjects including PSHE/Life skill, Science, Physical Education, ICT, and English.

Delivery methods include:

- Class discussions, debates, and reflection.
- Role-play and drama to build confidence and refusal skills.
- Case studies and peer-led workshops.
- Guest sessions from Dubai Police Anti-Narcotics, MOHAP, and NGOs.
- Awareness campaigns, assemblies, and newsletters for students and parents.
- Annual participation in UAE National Anti-Drug Campaigns.

School Rules

- The school is a strict no-smoking, no-vaping, and no-alcohol zone.
- No student may bring, use, or share illegal substances on school premises or during school activities.
- Misuse of medication or energy drinks is not allowed.
- Possession, use, or distribution of alcohol, illegal drugs, or unauthorised medication on school premises or during school activities is strictly prohibited.
- Any breach will result in disciplinary action in line with the school's behaviour and safeguarding policies.
- Prescribed medicines must be:
 - Submitted to the school clinic in original packaging with doctor's instructions.
 - Administered by the School Nurse or trained staff.
- Staff, parents, and visitors are also bound by this policy while on campus.

Medication & Special Medical Needs

- Students requiring regular medication must have an Individual Medical Action Plan approved by the School Nurse and parents.
- Prescribed medication may be administered during school hours under the supervision of trained staff and with parental consent
- Medication records will be maintained securely.
- On trips, a designated staff member supervises prescribed medication.

Random Bag Checks

- Random student bag checks will be conducted to reinforce safety and deter drug use.
- Bag checks will be:
 - Carried out respectfully and fairly.
 - Conducted in the presence of two staff members (one senior).
 - Where possible, the student concerned will be present.
- Any suspected substances will be:
 - Sealed, labelled, and documented.
 - Handed immediately to Dubai Police.
- Parents will be notified, and an incident report will be completed.

Support for Students

- Early Help and Rehabilitation will be prioritised over punishment where possible.
- The school counsellor and inclusion team provide confidential guidance and support.
- Parents will always be informed and involved when concerns arise.
- At-risk students will receive:
 - Counselling, wellbeing programmes, and referrals provided alongside disciplinary measures.
 - Peer mentoring and workshops.
 - External referrals, if needed.

Role of Parents

- Talk openly with your child about the risks of drugs and alcohol.
- Encourage healthy habits and balanced routines.
- Partner with the school by attending wellbeing workshops and awareness programs.

Incident Management

In the event of a drug-related incident:

- Medical emergency → The School Doctor and Nurse provide immediate care. If critical, call 999.
- Immediate action → Remove the student from the situation, ensure safety of others.
- Confiscation → Any suspected substance will be sealed, labelled, signed by witnesses, and handed directly to Dubai Police or relevant UAE authorities.
- Investigation → Conducted confidentially and fairly, with medical input from the School Doctor where needed.
- Reporting → Notify Senior Leadership, parents, and UAE authorities.
- Investigation → Conducted confidentially and fairly, with medical input from the School Doctor where needed.
- Documentation → Complete an Incident Sheet (Appendix A).

Making a Decision

- Allow time and space to consider the seriousness of the situation.
- Is the drug involved legal or illegal? Is the student co-operative or not? Are others involved? Notify parents/carers.
- Focus on the young person rather than the substance. Any decision should take into account what is best for the student, what is best for the school and lastly what is the legal position for all involved?
- You may need to seek advice from professionals to inform the decision e.g. the LEA or another appropriate agency.

Responding to the Incident

- Each incident should be considered on its own merit, and a variety of responses will be necessary.
- An incident sheet must be filled in each time.

Roles and Responsibilities

- Governing Body / Senior Leadership → Oversight and review of the policy.
- Wellbeing Lead / Counsellor → Oversee curriculum delivery, staff training, resources, and provide emotional support.
- School Doctor →
 - Provide medical expertise in handling drug-related incidents.
 - Oversee medication protocols and supervise the School Nurse in administering prescribed medication.
 - Conduct student health assessments where substance misuse is suspected.
 - Liaise with health authorities (MOHAP) for referrals when required.

- Advise parents and staff on preventive health education related to drugs, smoking, and substance misuse.
- School Nurse → Administer prescribed medicines safely, maintain records, and support the doctor in student health needs.
- Teachers → Deliver lessons, identify and report concerns, support prevention initiatives.
- Parents → Reinforce awareness at home, attend workshops, and cooperate with interventions.
- Students → Engage positively and uphold the code of conduct.

Staff Training

- Staff must not attend school under the influence of alcohol or drugs.
- All staff will receive training on drug awareness, safeguarding, and incident management.
- Designated staff will receive training on handling evidence and reporting procedures.
- Specialist training will be provided to first aiders and staff responsible for administering medication.

Equal Opportunities

- Drug education will be accessible to all students regardless of ability, gender, nationality, or background.
- Lessons will respect cultural and religious sensitivities while ensuring compliance with UAE law.

Monitoring and Evaluation

- The policy will be reviewed annually or as required by changes in legislation or UAE law or MoE/KHDA guidelines change.
- Regular reviews will be conducted by the Counsellor and Senior Leadership Team.
- Effectiveness will be evaluated through student feedback, staff reflections, and parent surveys.

External Partnerships

The school collaborates with:

- Dubai Police Anti-Narcotics Department for awareness campaigns.
- Ministry of Health and Prevention (MOHAP) for health education.
- KHDA/MoE wellbeing initiatives.
- Licensed NGOs and community organisations for counselling and parent support.

Together We Can

By working as a team – school, parents, and students – we can ensure that every child grows up safe, informed, and empowered to make the right choices.

For questions or concerns, please contact the School Counsellor / Head of Inclusion.

Dr Jinto Sebastain

Executive Principal

The Apple International School, Dubai

Reviewed Annually

Last date of Review: August 2025

Drug Related Incident Sheet

Student Name:	
Class:	
Incident Details	
Date: _____ Time: _____	
Location _____ Drug Involved _____	
Evidence KEPT/DESTROYED (please circle)	
Witnessed By: _____	
Others Involved: _____	
Student's Belongings searched YES/NO (please circle) by _____	

School Response
<u>STEP 1 – Immediate response</u>
Emergency: YES NO
Parents/Carers notified: YES NO
Others notified: _____
<u>STEP 2 – Making a Decision</u>
Students Age _____
Behaviour in school _____
Type of drug LEGAL ILLEGAL
First Occasion YES NO
<u>STEP 3 – Action to be Taken</u>