

## **ALCOHOL, SMOKING AND OTHER DRUGS POLICY**

Students

<b>Approval Authority</b>	Principal
<b>Policy Author</b>	Director of Wellbeing
<b>Effective Date</b>	1 February 2025
<b>Review Date</b>	Annual

### **PURPOSE**

The purpose of this policy is to outline the College's position concerning alcohol, smoking and other drug use by the College community.

### **SCOPE**

This policy applies to all members of the College community.

### **POLICY DETAIL**

Emmanuel College Members have the right to make choices free from peer pressure and with a clear understanding of the facts and potential outcomes of that choice.

This includes:

- The alcohol content of a drink;
- Being given sufficient information to understand what they agree to;
- Being given a free choice to opt in or out without any negative consequence;
- Being permitted to change their mind at any time.

### **Harm Minimisation**

Emmanuel College adopts a harm minimisation approach towards the use of alcohol, smoking, medications and other drugs. This approach recognises that the use of substances can be a part of life for many young people in Australia and seeks to reduce the associated risk and harm. This is the recommended approach by the Department of Health in Australia. The College wishes to minimise harm associated with alcohol, smoking, medications and other drugs, to develop responsible attitudes and behaviours towards them and to ensure that these substances do not prevent College Members from engaging energetically with College life.

### **Safer alcohol consumption levels**

There is no safe level of alcohol consumption. If College Members do make the decision to engage in alcohol consumption, current Australian Guidelines suggest that:

- Drinking two standard drinks or less per day reduces the lifetime risk of harm from alcohol related disease or injury while;
- Drinking four standard drinks or less on one occasion reduces the risk of alcohol-related injury arising from that occasion.

## Alcohol at College

- College Members who are 18+ years old have the right to make an informed choice free from peer pressure to consume or not to consume alcohol;
- College Members who are under 18 years old are not permitted to drink alcohol on College grounds under any circumstance;
- College Members who are 18+ years old and who have chosen to consume alcohol are encouraged to drink at lower risk levels: *that means up to 2 standard drinks per day to decrease lifetime risk of harm and up to 4 standard drinks on one occasion to decrease acute risk of harm on any drinking occasion*;
- College Members who are 18+ years old, who have chosen to consume alcohol, are encouraged to eat food and drink water before, during and after consuming alcohol. Emmanuel College will always serve food when alcohol is available at College events;
- If there is injury or risk of injury to a student, regardless of alcohol or substance use, College Members are encouraged to call for help;
- College Members are expected to always maintain respectful relationships. (See Respectful Relationships Policy);
- Alcohol may be consumed at non-licensed social events held on College grounds if:
  - Alcohol is only consumed by those 18+ years old;
  - All those 18+ years old in attendance, who are consuming alcohol, are freely consenting;
  - All those 18+ years old in attendance must be aware of the alcohol content of each drink.
- All licensed events must comply with the law.

## Smoking at College

- College Members who are 18+ years old and who have chosen to smoke should understand that smoking, whether it is tobacco, cannabis or nicotine smoked through cigarettes or e-cigarettes, is harmful to the health of the users and others. There is no known safe level of use for any of these products or devices, including the inhalation of second-hand smoke/vapour;
- Emmanuel College is a non-smoking precinct (cigarettes or e-cigarettes). Smoking anywhere on College grounds will be considered a breach of College Policy;
- College Members who smoke must comply with the law as well as the University of Queensland Smoke Free Policy when on UQ grounds;
- College Members who smoke are encouraged to quit for their own health and the health of others. Support is available for College Members through our counselling services. All enquiries will be dealt with confidentially and respectfully.

## Medications and Other Drugs at College

- The College does not condone the use of any prescribed drugs other than those specified by a medical practitioner for an individual;
- Non-legal use of other drugs by any member of College on College grounds is prohibited;
- The sale or dealing of any other drugs by College members is prohibited;
- All matters relating to drug use will be dealt with on a case-by-case basis. While the College will always remain consistent with Australian law, its priority is the health and safety of residents. It will, when possible, facilitate members' access to services required to minimise harm and enable rehabilitation;
- Visitors to College found to be using, selling or dealing illegal substances on site will be asked to leave and may be banned. The Police may also be called.

### What are other drugs?

Other drugs include, but are not limited to:

- Sedatives e.g. codeine, heroin, gamma-hydroxybutyrate (GHB), etc.;
- Stimulants e.g. cocaine, ecstasy, amphetamines, including 'ice' etc.;
- Hallucinogens and other drugs e.g. Cannabis, nitrous oxide etc.

If a College member is prescribed medications by their doctor that can be used for non-medical reasons, College understands that this is private information and suggests that the College member:

- Keep medications in a locked box in their room;
- Keep this information private and do not inform other college residents or visitors of the medications, unless they are supporting the member and their medical condition;
- Consider informing the Deputy Principal. This information will be kept strictly confidential.

**All members of the College Community with concerns or questions about any of the areas covered above, are encouraged to seek help for themselves or for others at any time. All matters will be confidentially and respectfully managed. The health and wellbeing of everyone concerned are of the utmost importance.**

### ROLES AND RESPONSIBILITIES

<b>Staff</b>	To report any breach of this policy to the Deputy Principal. To comply with the policy at all times while on College grounds.
<b>Students</b>	To comply with the policy at all times while on College grounds.