

# **Plan to prevent and stop substance abuse in Espoo's basic education and upper secondary schools**

Updated 12/2025

Appendix 9, Espoo Student Welfare Plan

# Everyday preventive substance abuse work at educational institutions



- Schools are a vital place for promoting the health of children and young people. Educational institutions are well positioned for long-term preventive substance abuse work through the promotion of health. Studies show that substance abuse work at educational institutions makes a difference.
- Teaching should include a preventive approach by integrating content that improves wellbeing, health, and emotional and interpersonal skills.
- Support students (*including pupils in basic education*) develop their self-esteem. Encourage students to talk about and find information on how to improve their own health and wellbeing and make choices that promote wellbeing.
- Reinforce the students' understanding of the risks of substance abuse with recent material, such as images and video, and factors that protect against substance abuse.
- Preventive substance abuse includes developing school work and the school environment to better protect students against substance abuse.
- Engage students to process the results of school health promotion studies and create action plans.

## **To be decided by the Communal Wellbeing Group (YHR) at the beginning of the academic year:**

- How does our educational institution handle the above?
- What is the role of communal student welfare in preventive substance abuse work?
- How do we ensure that preventive substance abuse work works together with students and guardians?

→ **record in the plan for the academic year or in the YHR calendar**

## **Preventive substance abuse work at educational institutions includes:**

1. Supporting healthy growth, development, and emotional and interpersonal skills
2. Promoting a healthy and safe learning environment
3. Interactive education on substance abuse
4. Monitoring of substance abuse at the institution, such as through the results of the school health promotion study
5. Good cooperation with parents and guardians
6. Support for teachers to help students get through and keep at their studies
7. Multidisciplinary cooperation in student welfare and health examinations
8. The correct and timely intervention in substance abuse
9. Cooperation with the Western Uusimaa Wellbeing Services County's student welfare and youth services
10. Cooperation with other professional and civic members of the local network for preventive substance abuse work and the police
11. Cooperation with recreational and other actors in the leisure sector (sports and cultural services)

# Preventive substance abuse work succeeds when it works with guardians

Guardians are responsible for their child's education and leisure. It may be difficult for some guardians to set clear boundaries and rules regarding alcohol, nicotine products and other intoxicants. The educational institution can help them do that:

## **Opportunities for cooperation between guardians and the educational institution**

- Inform the guardians in advance of current preventive measures that students are part of and encourage them to talk about it at home.
- Information on the practices regarding the substance abuse plan and substance practices of the educational institution (such as websites, meetings, parent-teacher associations and Wilma). Guardians get to discuss and have an impact on the school's preventive substance abuse work.
- Guardians get to talk to a student welfare professional (social worker/psychologist, public health nurse about parenthood, puberty, and setting boundaries. They also have access to service guidance to other services, such as family counselling or Nupoli.
- In the work between educational institutions and guardians, such as at parent-teacher conferences, we bring up the guardians' responsibility for following alcohol legislation and particularly of giving a minor alcohol, tobacco or other intoxicants.
- Reviewing the results of the School Health Promotion studies with the guardians: let them know how the school uses the results to plan its activities.

# The operating model at all levels of school regarding a **minor's** use of **nicotine products** (tobacco, vapes, nicotine pouches, snus) during a school day.

**You can always talk to student welfare professionals anonymously. Don't dwell on your problems alone!**

1 A student smokes or uses other nicotine products during a school day.	2 A student smokes or uses other nicotine products again during school days.	3 Monitoring
<p>Talks with the student.</p> <p>Contact with their guardian (for instance, the student calls their guardian while a teacher is present).</p> <p>Written, same-day notification to the guardians (on Wilma, for example)</p>	<p>Talks with the student.</p> <p>Contact with their guardian (for instance, the student calls their guardian while a teacher is present)</p> <p>Written notification to the guardians (on Wilma, for example).</p> <p>Contact the school's student welfare service (statutory referral to public health nurse/social worker/psychologist).</p> <p>Survey the overall situation and agree on a follow-up plan (such as referral to student welfare services or multidisciplinary expert group)</p>	<p>If the use of tobacco/nicotine products continues, agree on further measures and monitoring on a case-by-case basis with the student and guardians.</p> <p>Consult the Western Uusimaa Wellbeing Services County's (/student's municipality of residence's) family social work service or child welfare expert (tel. <b>+358 29 151 3530</b>).</p> <p>When necessary, contact the <b>public authority responsible for social services with the guardian</b>: <a href="#">Notification of concern   Western Uusimaa Wellbeing Services County</a> or prepare a <b>child welfare notification</b> <a href="#">Child welfare   Western Uusimaa Wellbeing Services County</a></p>

There are instructions on the available disciplinary and protective measures in the plan for basic education on educational talks, disciplinary measures and related procedures, and the upper secondary schools' plan for disciplinary measures and related procedures (such as seizure of the products).

The operating model for upper secondary school regarding an **adult** student's use of **nicotine products** (tobacco, vapes, nicotine pouches, snus) during a school day.



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1 A student smokes or uses other nicotine products during a school day.	2 A student smokes or uses other nicotine products again during school days.	3 Monitoring
Talks with the student. A student aged 18 or older has the right to possess nicotine and tobacco products, but not the right to use them at school.	Talks with the student. Educational measure of the institution (student, representative(s) of the institution).  If necessary, the student is referred to talk with the public health nurse.	If the use of tobacco/nicotine products at school continues, agree on further measures and monitoring on a case-by-case basis with the student.

There are instructions for disciplinary and protection measures in the upper secondary schools' plan on disciplinary measures and related procedures.

# Procedure when there is a suspicion of an **under-age student** using intoxicants (alcohol, narcotics, and medicines classified as narcotics)

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1 Suspicion of intoxicant use	2 Verified use of intoxicants	3 Monitoring
<p><b>A member of staff talks to the student about</b> their possible use of intoxicants on the day that the suspicion is raised. When necessary, inform the principal and class/homeroom teacher or instructor.</p> <p>Always <b>contact the student's guardian as well.</b></p> <p>Assess the situation with the student and their guardian (student's age, intoxicant in question, family conditions, level of concern).</p> <p><b>Instructions for handling an intoxicated student are available in the city's internal action plans.</b></p>	<p>If the suspicion of concerning intoxicant abuse is confirmed: Continue working with and informing the guardians Contact the school's student welfare service (statutory referral to public health nurse/social worker/psychologist).</p> <p>Review the overall situation and agree on further measures.</p> <p>There is also a <b>possibility of consulting with</b> family social work, the police, and mental health and substance abuse services.</p> <p>Contact the <b>public authority responsible for social services with the guardian:</b> <a href="#">Notification of concern   Western Uusimaa Wellbeing Services County</a> or prepare a <b>child welfare notification</b> <a href="#">Child welfare   Western Uusimaa Wellbeing Services County</a></p>	<p>With the student's (and their guardian's) consent, open a client relationship with the school social worker, psychologist, public health nurse or school doctor and/or convene a multidisciplinary expert group.</p> <p>When necessary, the multidisciplinary network can handle and agree on the support measures that the child/family needs with the student and their guardian (such as family social work, Nupoli). Prepare a plan together.</p> <p>Monitor the partnership to improve the student's condition and the effectiveness of support measures.</p>

There are instructions on the available disciplinary and protective measures in the plan for basic education on educational talks, disciplinary measures and related procedures, and the upper secondary schools' plan for disciplinary measures and related procedures (such as seizure of the products).

# Procedure when there is a suspicion of an **adult student using a concerning amount of** intoxicants (alcohol, narcotics, and medicines classified as narcotics)

**You can always talk to student welfare professionals anonymously. Don't dwell on your problems alone!**

1 Suspicion of intoxicant use	2 Verified use of intoxicants	3 Monitoring
<p><b>A member of staff talks to the student</b> about their possible use of intoxicants on the day that the suspicion is raised. When necessary, inform the principal and homeroom teacher.</p> <p>With the student's permission, you can also contact their parents.</p> <p>Assess the situation (intoxicant, level of concern)</p> <p>Things to consider in the student's situation:</p> <ul style="list-style-type: none"><li>- absences, changes in schooling and/or behaviour, interpersonal relationships</li></ul> <p><b>Instructions for handling an intoxicated student are available in the city's internal action plans.</b></p>	<p>If the suspicion of concerning intoxicant abuse is confirmed:</p> <p>Contact the parents with the student's permission</p> <p>Contact the school's student welfare service (statutory referral to public health nurse/social worker/psychologist).</p> <p>Review the overall situation and agree on further measures.</p> <p>If the concern is urgent, file a <b>notification of concern</b> with social services for support need assessment <a href="#">Notification of concern   Western Uusimaa Wellbeing Services County</a></p> <p><b>There is also a possibility of consulting with the police, social services and mental health and substance abuse services.</b></p>	<p>With the student's consent, open a client relationship with the school social worker, psychologist, public health nurse or school doctor and/or convene a multidisciplinary expert group.</p> <p>When necessary, the multidisciplinary network can handle and agree on the necessary support measures with the student. Prepare a plan together.</p> <p>Monitor the partnership to improve the student's condition and the effectiveness of support measures.</p>

There are instructions on the available disciplinary and protective measures in the plan for basic education on educational talks, disciplinary measures and related procedures, and the upper secondary schools' plan for disciplinary measures and related procedures (such as seizure of the products).