



SCOTLAND'S CHARTER FOR A TOBACCO FREE GENERATION

HEALTHY BODY HEALTHY MIND AWARD

Gain national
recognition for your
institute's
commitment to
smoking prevention

Supporting the wellbeing
of students & staff; &
promoting healthy
lifestyles is a key role of
colleges and universities

Promoting a tobacco
-free culture on
campus helps work
towards creating a
tobacco-free
generation by 2034

Involvement in the Healthy Body Healthy Mind Award helps your institution to meet the criteria for [Scotland's Charter for a Tobacco-free Generation](#). By supporting the Charter you'll gain recognition for the work you've been doing as part of the award.

The process to register your support is simple; you can pledge your support online and we'll do the rest.

The Charter is flexible to the needs of your institute and is designed to build on activities you do already. You'll gain access to free resources, can display the Charter logo on your materials and could even win a Charter Award.

WWW.ASHSCOTLAND.ORG.UK/CHARTER

Creating a tobacco-free culture on campus

Small steps are as important as bold actions. Here are examples of what you could be doing as part of working towards the Healthy Body Healthy Mind Award...



Smoking prevention resources are available and promoted on campus, with Smokeline clearly promoted across campus.



Provide training for key staff on smoking prevention and sign-posting students to stop smoking support services.



Institute's HBHM strategy actively promotes a tobacco-free culture on campus; is embedded across departments and the wider institute.



Outdoor sporting and wellbeing events throughout the year are promoted as smoke-free, providing prevention/support information as part of HBHM single year action plan.



Multi-year action plan incorporates campaigns highlighting smoking prevention messages while promoting student mental wellbeing and physical health

Become a Tobacco-free Campus

By aspiring to a tobacco-free culture your institute can support everyone on campus to make positive healthy choices and make a significant contribution to Scotland's progress towards a tobacco-free generation by 2034.

ASH Scotland can provide help and advice to support you to create a tobacco-free culture on campus.

Request or download [ASH Scotland's 5 step guide to creating a tobacco free culture on campus.](#)

Read [about the journey taken by Dundee and Angus College to reduce the visibility of smoking and create clean air spaces across campus.](#)



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