

# STOMP

## STOMP: Students Together Moving to Prevent Tobacco Use

Students Together Moving to Reduce Tobacco Use (STOMP) is a multi-year pilot project (2021-2024) that takes a comprehensive approach to curb tobacco and vaping use by targeting the student population and its unique characteristics, norms, and needs directly. Students in grades 7-12 at 12 pilot school sites will work with school staff and community leaders to co-create a grassroots approach to reducing commercial tobacco use in their school community.

**The goal of STOMP is to encourage youth-led programming that is:**



### Rationale

As a reduction, and more so, prevention program, STOMP engages youth at a point in their lives when they are establishing healthy habits and behaviours. It is designed to be equity-driven and culturally responsive. This means designing interventions for, and more importantly with, these diverse groups of youth, including those from socially and economically marginalized communities. It also means facilitating access to services and programs by eliminating stigmatizing practices and institutional barriers, such as racism and discrimination, which prevent youth from being able to reach out or find the necessary supports.

### Project Outcomes

- Develop an understanding of the inter-related factors influencing tobacco use and vaping in young people and the meaning that tobacco has for young people
- Build knowledge and understanding in young people and develop their critical thinking skills to make informed decisions about the consumption of commercial tobacco
- Empower students to encourage protective behaviours about tobacco
- Foster life skills so that young people can effectively implement decisions and employ learning strategies to manage high-risk situations

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## Regional Leads

Each STOMP site will be supported by a Regional Lead located in their province/territory as well as identified staff champions within each school. Regional Leads are representatives from provincial/territorial physical and health education organizations that will provide on-the-ground support to the staff champions. A total of 12 STOMP pilot school sites will be located in the following provinces and territories:

Newfoundland & Labrador	Prince Edward Island	Nova Scotia	New Brunswick	Québec	
Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Yukon

Each pilot site will be provided with \$1,500 per school year to administer the following steps:

### 1. Pre-Intervention Survey and Focus Groups

Provide consent forms to identified students for parent/caregiver approval. COMPASS schools will also receive an additional \$250.

### 6. Action Planning

The SATs plan the equipment, materials, and supports needed to implement their action plan and receive \$1,000 - as well as \$300 for food, supplies, etc. for meetings or events .

### 2. Professional Development Session

Invite a variety of school community members to participate to gain an understanding of the project and the resources and supports available.

### 7. Action Plan Implementation

The SATs implement their action plan, collect information about the impact, and make necessary adjustments for the next school year.

### 3. Recruit Student Action Team (SAT)

Ensure the SAT is representative of the student population with participation from various grade levels and priority populations.

### 8. Knowledge Product Development

The SATs develop necessary knowledge and promotional products to support their action plan and to share their successes and challenges.

### 4. Design Lab

Students participate in a 3hr workshop to brainstorm an action plan (intervention) to reduce and prevent tobacco use within the school community.

### 9. Health Education Instruction

Using the learnings from the PD session (#2), teachers are encouraged to build knowledge of tobacco use and health impacts in their instruction.

### 5. Healthy Schools Certification

The SAT creates a Healthy Schools Certification profile to guide the action plan and collect data about the intervention.

### 10. Post-Intervention Survey and Focus Groups

Support project evaluator with interim and post intervention evaluation logistics as requested.