

Smoke-Free Class (SFC) Competition in Italy

Version
En anglais

• History

The first Italian edition of the Smoke-Free Class Competition started in 1997 with the participation of one region in Italy: Veneto. During these past 11 years, the level of participation has dramatically increased with the entry of over half of the Italian regions representing thousands of middle school and high school students primarily from the 2nd and 3rd year of "first level" (11-13 years olds) and the 1st and 2nd year of "second- level" (14-15 years old students). During the school year 2007/08, **more than 18,000 students** have participated to the competition in the following regions: Emilia-Romagna, Friuli Venezia Giulia, Marche, Molise, Campania, Piemonte, Veneto, Sicilia, Lombardia, Abruzzo, Sardegna.



The Competition can boast of a high-level of success with more than 80% of the students that enter the competition continuing through to completion.

• Organisation and Tools

Since 2000, the coordination of the SFC Competition in Italy has been directed by the "**Emanuela Zancan Foundation**" of Padua along with a national working group composed of representatives from the different regions.

Throughout the years, based on the experiences and suggestions received from teachers, students and health operators, we have made helpful changes to the Competition which resulted in an improved level of student engagement:

- The participation to the competition has been opened to 2nd classes of "high school school - second- level" (15 year olds).
- A new agreement called "the **Sympathizing Contract**" has been added to the Competition. Students are now able to involve "sympathetic people" - friends, teachers, relatives, etc. who commit themselves as well in remaining smoke-free for six months.
- **New tools have also been added such as:**
 - The "**Why**" paper: a list to which students write their own opinions and motivations for not smoking. The paper is divided in two parts: student ideas, thoughts and suggestions on why it's important to be smoke-free, followed by the second part in which students, who have just started to smoke, can write reasons about why quitting is the way to go. The list can be transferred onto a poster which is hung up in the classroom.
 - The "**Class Diary**" paper is a useful tool for collecting news during the competition months regarding what is happening in the class, what decisions have been taken, the content of discussions, as well as observations and simply facts. It is a kind of "story board" written

monthly by all participating student. This paper can be used by teachers to start discussions. Some of the most meaningful thoughts in the diary are then published in the next year SFC kit.

- A new **blog** "<http://smokefreeclass.blogspot.com>" has been initiated for all the students participating to the competition, in order to facilitate the exchange of opinions and ideas, and to provide the latest news about SFC.
- A **questionnaire** has been submitted to all teachers involved in the Competition. This helps gather observations and suggestions and to improve activities in the classes. The issues covered include: how to enforce the Competition, the management of problems, and suggestions about the engagement of new teachers.

• The Awards

The national SFC award in Italy consists of educational materials or cultural activities with a maximum value of 2000 €.

The regional award for the winning class is a school bag for every student, while all the students that are involved and finish the competition receive a smaller symbolic prize for participation.

• Each year a new slogan

The new SFC slogan for the 2008/2009 edition is "**A Life of Kisses without *Smoke***" conceived by the 1st class of "Raimondo D'Aronco" High School (2nd level) from Gemona del Friuli (Udine).