



Minors not a single drop educational programme



DrinksInitiatives.eu | My School | Teachers | Parents | Students | #PublicF

Objective

- To delay the onset of alcohol consumption and reduce the number of underage drinkers.
- To reduce the quantity of alcohol consumed by underage drinkers.
- To raise awareness of the effects of underage drinking.

Description

The Alcohol and Society Foundation works on the main source of influence to pupils: Teachers, families and students. The educational offer includes three main parts:

1. The school programme
2. The website programme: www.lascarasdelalcohol.com.es
3. The conferences for parents programme

School Programme

The school programme is carried out by specially trained experts and is held in secondary schools (targeted to students aged between 12 to 18 years old). The programme is supported by guides for students, teachers and families. In addition, workshops for parents and students are also held.

- **The teacher's guide** covers topics such as: the programme and their role in it; adolescents and the effects of alcohol on their bodies and 21 exercises divided according to the age group covering health, peer and social pressure.
- **The student's guide** covers topics such as: the effects of alcohol on their bodies; reasons

why adolescents should not drink alcohol, myths and facts about alcohol, and what the law say about drink-driving or consumption by pupils. Student workshops are tailored by age group and run by fully trained professionals. All the issues covered in the guide are discussed.

- **The parent's guide** covers topics such as: How to deal with adolescents, when and why do they begin to drink? How much and in which way do they drink? Also provides tips and tools for talking to your children about alcohol, and the necessary information to talk about the risks associated with underage drinking. Parents may also attend to the families workshops "Charla y Escuela para padres y madres" organised at the schools where these issues are approached.

The programme receives administrative support from local public authorities where it is implemented.

Partners

University of Barcelona

Fundación Bosch i Guimpera

Autonomous Communities: Catalonia, Madrid and Andalusia

Instituto Deusto de Drogodependencias

Results

Results for the 2019- 2020 school year:

- 77,551 students from 545 schools took part the programme.
- 1,311 families attended the workshops for parents.
- Over 31 teachers used the website programme www.lascarasdelalcohol.es.

Since 2001 over 2,568,377 students from 15,755 schools have taken part in the programme.

Measurement & evaluation

An evaluation carried out in 2016 shows:

- Schools satisfaction: 4.8 out of 5.
- Parents evaluation: 4.8 out of 5.
- Teacher's evaluation: 4.8 out of 5.

A longitudinal study with the Instituto Deusto was carried between 2010 and 2015. The final results of the research shows:

- Students who participated in the programme delayed the age of onset. 33.1% said that the information helped them to take the choice to drink less and 38.7% said that they wouldn't drink anymore.

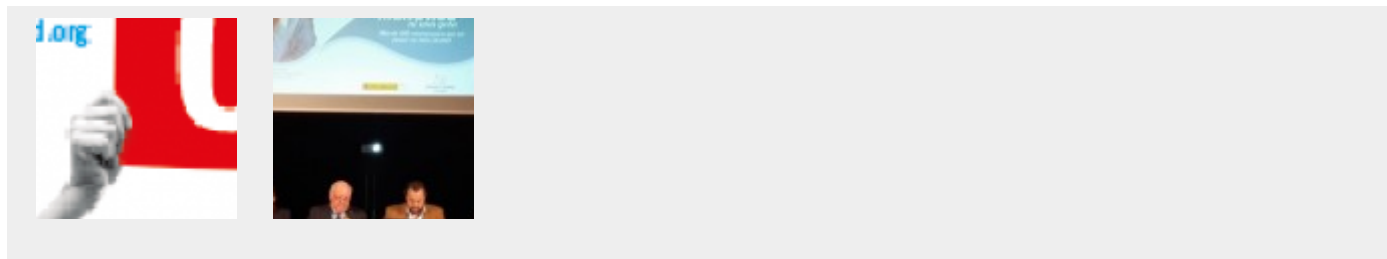
- The opinion of those who received the programme is highly positive, two out of five students interviewed confirmed that they would stop drinking and one out of three students confirmed that they would reduce their alcohol intake. Three out of four students confirmed that thanks to the programme their knowledge related to alcohol is much greater.
- Those who received the programme now drink less during the week compared to those who hadn't received the programme. Weekend alcohol consumption is less for those students who took the programme over three years. The average alcohol consumption in the last year 3.64% those who received the programme VS 4.32% for those who did not receive the programme.
- Those students who received the programme over three years reduce the amount and frequency of alcohol consumption.

Website

<http://www.lascarasdelalcohol.com/>

Downloads

Photo gallery



Documents

Guía familias.pdf (pdf - 2.91 Mo)

Folleto alumnos castellano.pdf (pdf - 1.56 Mo)