

## Minors not a single drop educational programme



**Oferta Educativa Menores ni una Gota**  
**Fundación Alcohol y Sociedad**  
**Spain**  
**2001 > Ongoing**  
**#AwarenessRaising #Parents**  
**#PublicPrivate #Schools**



### 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 pupils. The educational offer includes three main parts:

1. The school programme
2. The website programme: [www.lascarasdelalcohol.com.es](http://www.lascarasdelalcohol.com.es)
3. The workshops programme

**School Programme:** The school programme is carried out by specially trained experts and is held in secondary schools (targeted at pupils aged 12 to 18 years old). It is supported by guides for pupils, teachers and families.

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

- **The pupil'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 says about drink-driving or consumption by pupils. All the issues covered in the guide are discussed during workshops.
- **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? It also provides tips and tools for talking to their children about alcohol, and the necessary information to talk about the risks associated with underage drinking.

**Website:** website ([www.lascaradelalcohol.com](http://www.lascaradelalcohol.com)) has 3 sections, one for parents, one for pupils and one for teachers. Teachers can take part in a training session before using the programme on the website with their pupils.

- **Pupil workshops** are tailored by age group and run by fully trained professionals, and all the issues covered in the guide are discussed.
- **Family workshops:** Parents may also attend the family workshops “Charla y Escuela para padres y madres” (Talk and School for parents) organised at the schools where these issues covered in the guide are approached.

## Partners

Athletic Madrid Football club

Autonomous Communities of Andalusia, Catalonia, Extremadura, Galicia and Madrid

CINESA (film exhibition company)

### Directorate-General for Traffic (DGT)

Fundación Bosch i Guimpera (research facility at the University of Barcelona)

Institut d'Investigació en Ciències de la Salut Germans Trias i Pujol (public research centre in the Autonomous region of Catalonia)

Instituto Deusto de Drogodependencias (Institute of Drug Dependencies)

Interbus, Metro and RENFE (bus, metro and train companies)

Municipal Transport Company of Madrid (EMT)

National Midwives association

National Pharmaceutical Society

Real Madrid Football club

University Complutense

University of Barcelona

Vaughan Group (teacher training company)

## Results

Results for the 2023-2024 school year:

- 79,442 students from 593 schools took part the programme.

- 659 families attended the 47 workshops for parents.
- 2 teachers used the website programme [lascarasdelalcohol.es](http://www.lascarasdelalcohol.es).

Since 2001 over 2,841,579 pupils from 18,659 schools have taken part in the programme.

## Measurement & evaluation

An evaluation carried out in 2023 shows:

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

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

- Pupils 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 took part in the programme is highly positive, two out of five pupils interviewed confirmed that they would stop drinking and one out of three pupils confirmed that they would reduce their alcohol intake. Three out of four pupils confirmed that their alcohol-related knowledge increased substantially as a result of the programme.
- Those who took part now drink less during the week compared to those who didn't take part.
- Pupils who took part over three years reduced the amount and frequency of alcohol consumed. They also reduced weekend alcohol consumption. Average alcohol consumption in the past year was 3.64% for those who took part vs 4.32% for those who did not.

## Website

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

## Downloads

## Photo gallery

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## Documents

**Guía familias.pdf** (pdf - 2.91 Mo)

**Folleto alumnos castellano.pdf** (pdf - 1.56 Mo)