

## Minors not a single drop educational programme



#MenoresNiGota #Private #Sc

### 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](http://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 at students aged 12 to 18 years old).

The programme is supported by guides for students, 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 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 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.

**Workshops:** In addition, workshops for parents and students are also held.

- **Student 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

University of Barcelona

University Complutense

Institut d'Investigació en Ciències de la Salut Germans Trias i Pujol

Fundación Bosch i Guimpera

Instituto Deusto de Drogodependencias

Autonomous Communities: Catalonia, Madrid, Andalusia , Extremadura and Galicia.

National Pharmaceutical Society

Vaughan Group

Real Madrid Football club

Athletic Madrid Football club

Metro

Interbus

DGT

RENFE

EMT

National Midwives association

## Results

Results for the 2022-2023 school year:

- 75,686 students from 550 schools took part the programme.
- 1,076 families attended the 61 workshops for parents.
- 5 teachers used the website programme [lascarasdelalcohol.es](https://lascarasdelalcohol.es).

Since 2001 over 2,76,137 students from 18,052 schools have taken part in the programme.

## Measurement & evaluation

An evaluation carried out in 2022 shows:

- Schools satisfaction: 4.9 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:

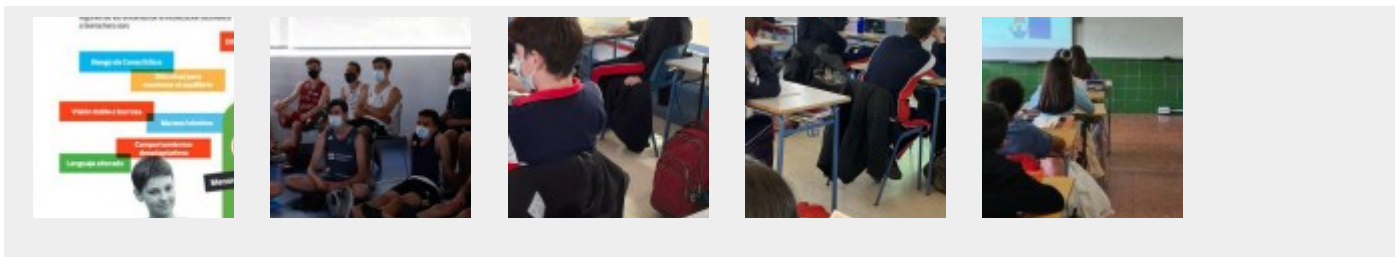
- Students who participated in the programme delayed the age of onset. 33.1% said that the information helped them to take the choice to drink less and 38.7% said that they wouldn't drink anymore.
- The opinion of those who took part in the programme is highly positive, two out of five students interviewed 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 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.
- Students 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



## Documents

**Guía familias.pdf** (pdf - 2.91 Mo)

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