

## More dialogue, less risky behaviours!

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**Više razgovora, manje rizičnih ponašanja!**  
**Croatian Spirits Association**  
**Croatia**  
**2019 > 2020**  
**#AwarenessRaising #Parents**



### Objective

To address underage drinking by educating parents and school professionals about the issue.

To inform adults how to approach underage drinkers to inspire them to live a healthier lifestyle.

### Description

The programme aims to combat widespread alcohol consumption and misuse among pre-teens and teens (high school students) in Croatia. Research shows that teen behaviour can be significantly influenced by the adults in their life and when they share good quality relationships with them, teens are less likely to engage in risky behaviours.

It is hoped that after the workshop that adults would be inspired to share experience and meaningful advice on the issues raised, thus providing teens with an adult perspective. The 2-hour long workshop provides information such as:

- The need for building quality relationships with teens.
- Mental health issues, addiction issues, and risky behaviours common among teens and how to approach these issues.
- How to relate to and approach situations over which adults have no direct insight or control.

- Why some teens drink alcohol and the risks related to underage consumption, such as the effects of alcohol on the brain and body, and the short-term and long-term consequences.
- Ideas about how to prevent underage alcohol consumption and promote mental health among teens.

All workshops are announced on Familylab's Facebook page and through local media (radio, local web portals, professional networks etc.) and are free and open to the public.

In December 2020, workshops took place online because of the COVID-19 situation.

## Partners

Familylab (carries out the programme)

NGO Klupko from Vinkovci

NGO Klubko from Zagreb

## Results

December 2020: 2 workshops hosted by Neda Vac Burid, psychologist and Familylab seminar-leader, were held online. They reached a total of 119 participants in 2 cities (11 December workshop in Vinkovci and surrounding areas reached 40 and 15 December workshop in Zagreb and surrounding areas, with some participants from Šibenik, Zadar, Vinkovci, Rijeka, Split, Pula and Primošten, reached 79).

In the 2019/2020 period: A total of 20 organisations (schools, city libraries, professional organisations and associations, regional health centres, public institutions and NGOs) in 15 cities across the country partnered with Familylab in the programme.

January to March 2020: A total of 6 workshops, hosted by 5 lecturers, took place in 6 cities reaching a total of 143 participants (Benkovak: 16; Rijeka: 28; Sisak: 25; Varazdin: 20; Slavonski Brod: 32; PAG: 22).

June to December 2019: A total of 9 workshops, hosted by 7 lecturers, took place in 9 cities reaching a total of 276 participants (Umag: 18; Porec: 71; Sibenik: 15; Split: 21; Zagreb: 31; Zadar: 39; Vinkovci: 37; Buzet: 23; Makarska: 21).

## Measurement & evaluation

Evaluation took place in December 2020 via online questionnaire (105 respondents: 40 from the first workshop and 52 from the second). 20% of respondents were parents. It found that they:

- Relevance of the topic: They think that the topic is very important but that there is not enough societal awareness of it. More workshops of this type should be held for the good of society.
- Workshop content: They found the content very useful, especially the section on young people's self-esteem. They appreciated learning how important it is, especially in relation

to experimenting with drinking alcohol and dealing with other challenges. Most gained new insights to help them deal with the topic of children and alcohol in the future.

- Appreciation of the workshop/format: They liked the workshop format and the way the lecturer delivered it (her attitude, openness, authenticity, competence, and honesty). They also appreciated the time allocated to reflection on the questions brought up during the workshop.
- Practical examples: They appreciated the connection between practice and theory. Concrete examples on how to manage difficult situations relating to children and alcohol were very useful such as how to build relationship with teens and teach them responsibility and how to deal with the issue with younger children.
- Dilemma sharing: They found that sharing their experiences helped them recognise that many parents have similar doubts and challenges with their children as they do. They felt reassured that they had already been handling the situation with their children well.
- The majority would attend a future Familylab workshop.

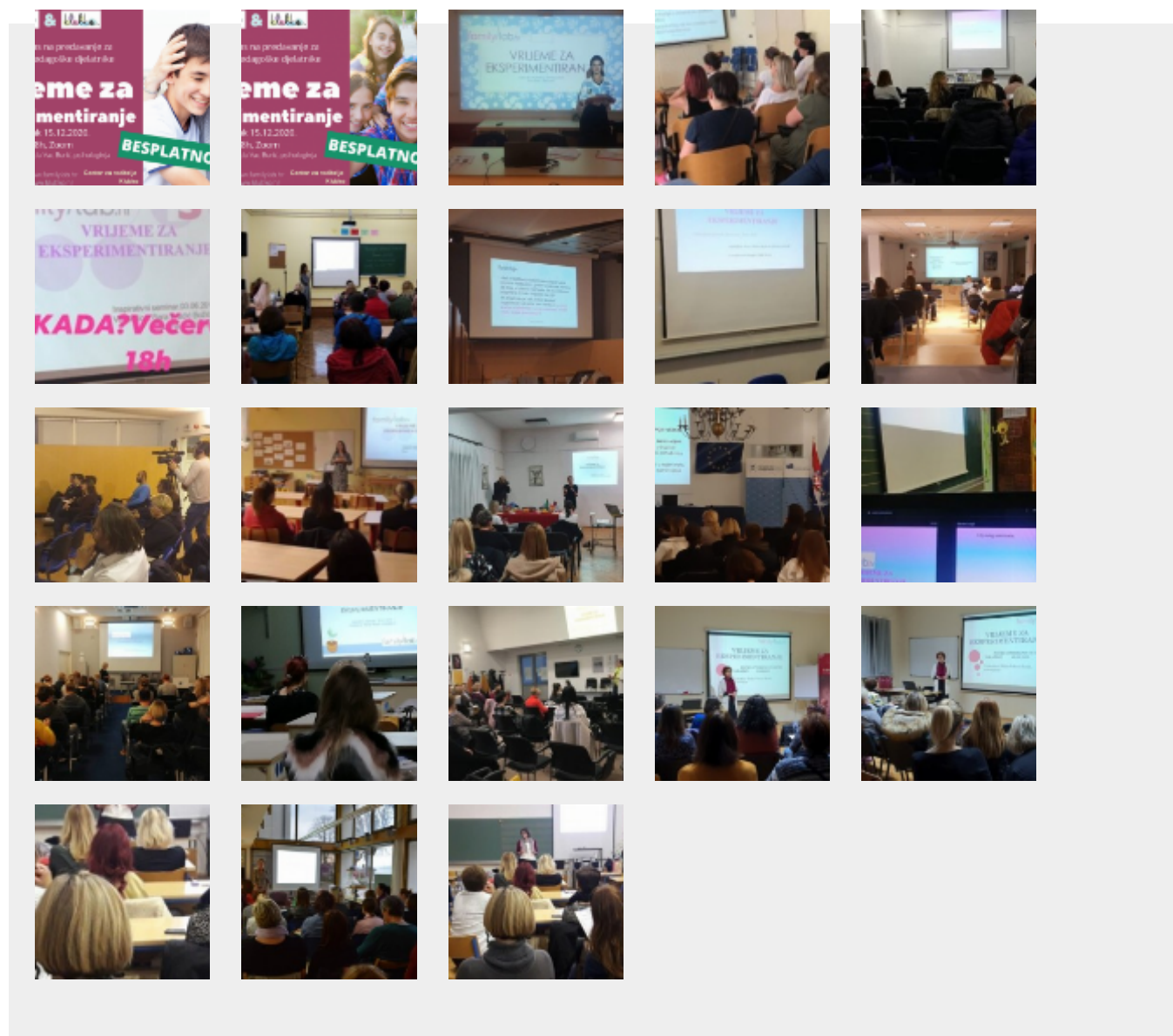
At the end of the first workshop (Umag, June 2019), participants were asked to fill in an anonymous questionnaire for feedback on the importance of the topic and the workshop itself. Total answers 17 (15 parents and 2 teaching staff)

- Appreciation of the workshop (scale of 1-5): 16 rated "5" (very), one rated "4" (mostly).
- What was appreciated the most about the workshop (open answer examples): "I learnt about personal responsibility"; "I was made aware of my own mistakes"; "I was made more self-aware"; "I learnt something new"; "the concrete examples and alcohol related exercises"; "the illustration of theory with practical examples"; "the practical examples" and "the concrete approach".
- Usefulness of the theoretical section (presentation: 15 found it to be as useful as the discussion; 1 found it was useful and 1 found it the most useful.
- Importance of knowing about teen risky behaviours: 16 found it extremely important (highest rating).
- Issues of concern/relevance to the participants raised during the workshops (open answer examples): "everything discussed"; "loss or change core values in society", "youth addiction"; "how to shape the teen's behaviour in various situations"; "how to be authentic without losing parental authority"; "how to be more confident in discussing the topics"; "the importance of trying to understand the teen more"; "knowing I'm on the right track"; "being more self-aware" and "developing responsibility".
- Additional comments, opinions, or suggestions (open answer examples): "you should organise workshops like this for children aged 16"; "this kind workshop is necessary in schools to better pupil behaviour"; "I love your workshops"; and "it was very interesting and educational, thank you!"
- All participants would attend another Familylab workshop on a similar topic

In addition, all partner organisations involved in the programme would be interested in supporting future actions and prevention activities. Other organisations are interested in the programme and would like to be included in any future plans for preventive activities on the topic.

## Downloads

## Photo gallery



## Documents

**FAMILYLAB CROATIA - More dialogue, less risk behaviours!.pptx** (pptx - 13.77 Mo)