



Sober about alcohol



For Students, Parents & Teachers



Objective

- To reduce the number of pupils who drink alcohol.
- To delay the age of first drink.
- To promote responsible attitudes towards alcohol.
- To implement a holistic approach to education about alcohol.

Description

Data shows that Slovenian youth start to consume alcoholic beverages early. Therefore, GIZ PDŽP, in cooperation with FamilyLab Slovenia designed the programme focusing on pupils aged 13 to 15 years.

The programme was launched as a pilot at selected schools for the 2015-2016 school year. The programme consists of:

Lectures for school staff and parents are given over 3 separate lectures:

- I. Caution, an explosive mixture: brain, alcohol, teenagers. Topics include: basic information on the biochemistry of alcohol use and the basic characteristics of neurobiological characteristics of teen brains and their implications in everyday life.
- II. Self-esteem: the basic protective factor. It covers self-esteem - what it is, how it works, consequences of a lack and how to develop it.
- III. Teenage: a time for conflicts and growing apart? It covers relational dynamics and communication skills, protective and risk factors.

An educational leaflet with instructions for parents and teachers on how to communicate with their children and pupils on the issue of responsible use of alcohol use is shared during lectures.

Experiential workshops for pupils: Role play and practice on the topic of self-esteem and personal responsibility for students, which are the main protective factors in relation to responsible use of alcohol.

Partners

Family Lab Slovenija (education experts).
Elementary schools.

2015-2018: Economic Interest Grouping producers and distributors of spirits (Gospodarsko interesno združenje distributerjev in proizvajalcev žganih pijač GIZ PDŽP) leader. Members are Brown-Forman Ljubljana, G3 Spirits, Mabat Int, Merit Hp, Pernod Ricard Slovenia and PPD Slovenia.

Results

So far, the total number of participants in all of the years has reached 2400. By the end of 2019, the estimated reach should be of 2800.

2019 - 2020 school year: The programme is ongoing but 5 adult events have taken place reaching a total of 371.

2018 - 2019 school year: Figures will follow.

2017 - 2018 school year: 1130 (850 adults and 280 pupils).

2016-2017 school year: 6 primary schools (1 in Ljubljana, 1 in Kamnik, 1 in Maribor, 1 in Celje, 1 in Murska Sobotota, 1 in Logatec. It reached: 960 (710 adults and 250 pupils).

2015-2016 school year: The project was carried in four primary schools (1 Ljubljana, 1 in Maribor, 1 in Koper and 1 in Ljutomer). It reached: 1164 (785 adults and 379 pupils).

Measurement & evaluation

The evaluation of the programme is conducted in three ways: through questionnaires given to the participants immediately after an activity; through interviews conducted at regular meetings of lecturers and workshop leaders in the programme; and by the evaluation teams

from individual schools.

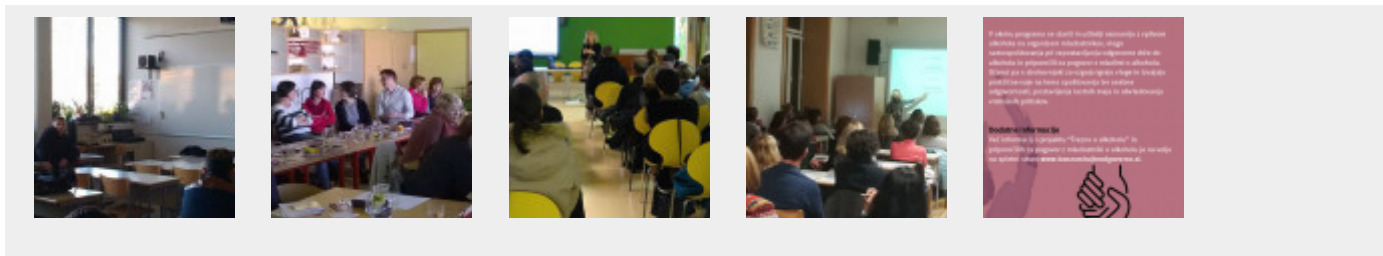
2019: Preliminary results confirm that the programme significantly contributes to the level of awareness regarding the responsible use of alcohol in all of the target groups. Since the subject is not approached from the moralistic but the existential point of view its influence on actually changing the habits, the views, the attitudes and the behaviour of participants was more effective and the content the participants received had a greater practical value in their everyday life. The latest findings in the field of inter and intra-psychology, relational skills and neuroscience, which have been included in the content, makes the program especially relevant and applicable in everyday life.

2017: Responses from the participants in all three groups show a very high degree of satisfaction with the participation in the project, both content- and process-wise. Participants from all the schools expressed the desire and the need to continue the project, either in the same form as 2017 or adapted according to possibilities. The pupils showed a high degree of active participation. In the discussions they expressed themselves very openly. They highlighted the great need for (and lack of) such or similar programs. Based on their responses it is estimated that with the inclusion of children through social games and role play the programme can effectively contribute to higher the age of the first drink.

The programme is estimated to have significantly contributed to the level of awareness regarding the responsible use of alcohol in all of the target groups. Since the subject was not approached from the moralistic but the existential point of view it is believed that its influence on changing the habits, the views, the attitudes and the behaviour of participants was more effective and that the content the participants received had a greater practical value in their everyday life. The latest findings in the field of inter and intra-psychology, relational skills and neuroscience, which have been included in the content, makes the program especially relevant and applicable in everyday life.

Downloads

Photo gallery



Documents

ISIS_TOK_September 2016.pdf (pdf - 1.1 Mo)

Jana_Trezno o alkoholu_september 2017.pdf (pdf - 1.22 Mo)

Medicina & ljudje_Trezno o alkoholu.pdf (pdf - 1.1 Mo)

Zloženska_Trezno o alkoholu_print.pdf (pdf - 4.02 Mo)