**Short summary of the evaluation report “Sober about alcohol: Teen Power” prepared by familylab Slovenia**

Translated and summarised by: spiritsEUROPE

# Pre-programme participation surveys

Before each of the activities, participants filled in an online survey to record the current situation about alcohol.

## Teens and alcohol

130 pupils took the survey (50 boys and 80 girls: average age 14). Results show that:

* The most popular reasons for never drinking alcohol (more than one answer possible) were: They are still too young (70%), alcohol is harmful (43%), they don’t want to get drunk (38%) and their parents don’t allow it (30%).
* For those who drink alcohol: 55% said that they have only tried it, but otherwise they don’t drink and 7% said that they drink once a week or more.
* The most popular reasons why they think their peers drink (more than one answer possible) were: They want to have fun (68%) and their friends drink (61%).
* The most popular reasons for drinking (more than one answer possible) were: They want to have fun (58%), they only drink on special occasions or to relax more easily (51% each), and, to feel more confident, their friends drink or to forget about their problems (36% each).
* 67% had already talked to their parents about drinking alcohol.
* Only 10% think that there is not an underage drinking problem in Slovenia, the rest either thought it was either a minor or a serious problem (43% each).
* For awareness of the harmful effects of alcohol and its impact on health (statements that agree or strongly agree): 58% agreed that “Alcohol is harmful to health only if you drink excessively” and 65% agreed with “I think I know enough about the harmful effects of alcohol”. However, only 18% agreed that “Moderate drinking is not harmful to health, even if you are underage.”
* For statements about peer pressure and underage drinking (statements that agree or strongly agree): 51% agreed that “Parents shouldn’t give alcohol to under 18’s”; 88% agreed that “I can resist peer pressure and refuse alcohol”; 45% agreed that “Under 18’s shouldn’t drink alcohol” and 91% agreed that “Drinking alcohol can make you do things that you are ashamed of later.”
* For statements about the harmful consequences of excessive consumption (statements that agree or strongly agree): 88% agreed that “Drinking alcohol can lead to committing a crime; 57% agreed that “I think we should talk more about the consequences of drinking alcohol” and 87% agreed that “It is important for young people to have an adult whom they trust and with whom they can talk about their problems.”

## Parents and alcohol

603 adults took the survey. There was a significantly higher proportion of women (93%) than men (7%). Results show that.

* As to how often they think their teen drinks alcohol: 1% think regularly (weekly or more), 28% occasionally and 61% never.
* For those who think their teen drinks at least occasionally: 15% believed they had already been drunk, 10% believed they had never been drunk and 4% didn’t know.
* For attitudes, parents agreed the most with the following statements: “excessive drinking can get my teen into serious problems” (87%); “I think that I set a good example with my drinking” (81%); “I would like to talk to my teen more often about their problems” (79% 4) and “underage adolescents should not drink alcohol at all” (65%). They least agreed with “I think there is nothing wrong if my teen gets drunk from time to time” (7%), “I think it is OK if teens drink alcohol on special occasions” (17%) and “getting drunk from time to time is part of growing up” (29%).
* 97% agree that teens need help in making responsible decisions about drinking alcohol.
* Setting rules and talking about alcohol: 86% have talked to their teen in the last three months about the negative consequences of excessive drinking, and 85% what can happen in situations where alcohol is present. A smaller proportion set rules for teens regarding drinking alcohol - 47% said that they set clear rules about drinking alcohol, 36% set a limit on how much alcohol can be consumed at an event and 34% set a rule that teens should not drink when they go out.
* Talking to teens about alcohol and what they think about teens drinking: The answers show that they are mostly able to talk to teens about issues related to drinking alcohol. Only 17% agree that it is difficult to find information that would help with problems related to their teen drinking alcohol, only 13% disagree that it is possible to talk to the teen about their teen problems. Parents mostly do not agree that their teen should drink because they find it difficult to solve personal problems. They also disagree more with the statement that their teen sometimes drinks because they feel peer pressure.
* If they worry about the risks related to their teen bingeing: 93% were worried that their teen would get hurt due to excessive drinking. 91% were concerned about peer pressure. 46% worried that teens would embarrass themselves or their family by drinking too much alcohol.
* Although 49% believe that they have enough information and support that could help them in case of possible problems due to excessive drinking, 78% would like more information and support that could help them in case of possible problems. Most believe that the best source of information would be education for young people (44%) and education for parents (39%).

# Post-programme participation surveys

Participants also answered a survey after the workshop to find out their satisfaction with the workshop and whether there had been any change in attitude.

## Assessment of workshops - young people

* Satisfaction with the workshop: 74% thought that the workshop was interesting, 69% said that they received a lot of interesting information.
* Effect of the workshop: After the workshops, participants understand that drinking alcohol will not solve their problems (78%), they also understand that drinking can harm reputation (79%) and health (73 %). However, they were the most indecisive about trying to drink less in the future - 40% of them neither agree nor disagree, while 44% agree.
* Comparison of statements pre/post workshop: Teens agree somewhat more after the workshops with the statement that parents should not offer alcohol to minor children, that young people should not drink alcohol before 18, that it is important for young people to have an adult they trust and talk to about problems, and that they should talk more about the consequences drinking alcohol.

Assessment of workshops – parents

* Parents satisfaction with the workshop: 94% would recommend the workshop to other parents and 95% found it interesting. 92% found the information useful and the same percent would like more such workshops. 87% will now talk to their teen about alcohol.