



ЧЛЕН НА



## QUANTITATIVE AND QUALITATIVE EVALUATION OF THE “LET’S TALK ABOUT ALCOHOL” PROGRAM IN BULGARIA 2021 – 2022

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## INTRODUCTION

This report is based on a study of the quantitative and qualitative indicators of LET'S TALK ABOUT ALCOHOL socially responsible programme, created and conducted by spiritsBULGARIA, association of producers, importers and traders of spirit drinks, in the 2021-2022 school year. The study was conducted with the following.

## EVALUATION GOALS

- Check and report the effectiveness of the LET'S TALK ABOUT ALCOHOL teachers' seminars.
- Check and report the attitude of both teachers and pupils towards the hour of the class when using the LET'S TALK ABOUT ALCOHOL programme.
- Assess the quality and suitability of educational materials (Teacher's Book and <https://www.predi18.org/>).
- Outline the possibilities for increasing the knowledge of the risk of early alcohol consumption and changing the behavioural attitudes of adolescents aged 12-16.
- Present recommendations regarding the distribution and the future of the programme in Bulgaria.

## SCOPE & METHODOLOGY

The study is a national one and covers a total of 290 teachers<sup>1</sup> and 610 pupils<sup>2</sup> from 12 districts of different sizes and urban arrangements. The teachers' seminars were attended also by 98 police officers from 9 regional cities. They will help teachers and have the right to organise LET'S TALK ABOUT ALCOHOL sessions in settlements and/or schools outside the scope of the seminars. Police officers are not covered by the current study.

There were 3 questionnaires, and they were developed with the independent agency "Teachers in the Cloud", who evaluated the pilot phase of the programme in 2020. They consist of closed (quantitative data) and open (qualitative data) questions and are filled in anonymously, online, on the internet platform of the programme: <https://www.predi18.org/>:

- I. Questionnaire for teachers who participated in the LET'S TALK ABOUT ALCOHOL teachers' seminars**
- II. Questionnaire for teachers who conducted an hour of the class with the LET'S TALK ABOUT ALCOHOL programme**
- III. Questionnaire for pupils who participated in the hour of the class using the LET'S TALK ABOUT ALCOHOL programme**

Pupils only had to fill in one questionnaire after the lesson was given. Questions that address their opinion before and after the training.

The answers to the questionnaires from submitted between January 2022 and May 2022.

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<sup>1</sup> The questionnaire completion system cannot separate participants in the pilot phase from participants in the actual dissemination of the program, so the former are also included in the results below.

<sup>2</sup> See note no 1.

## GEOGRAPHICAL DISTRIBUTION OF THE PROGRAMME

The geographical distribution of the programme was recommended by the Ministry of Education and Science, who provided special written approval for conducting the teacher seminars in the form of a letter to their Regional Inspectorates in the following areas:

Blagoevgrad County Bourgas County Varna County  
Velko Tarnovo County Plovdiv County Rousse County  
Sofia County  
Stara Zagora County Haskovo County

Due to the high interest in the teachers' seminars, teachers and schools from the following areas were also included:

Kardjali County  
Montana County  
Pazardjik County

The greatest interest in the programme was observed in Varna County, and the weakest in Blagoevgrad one.

## NUMBER & PROFILE OF PARTICIPATING SCHOOLS

Types of participating schools: primary school (90), secondary school (56), vocational school or high school (16). They are different in type and size, but train adolescents in a target group that meets the requirements of the programme. The selected schools are a representative and national sample and give full picture of the attitude of the educational system to the LET'S TALK ABOUT ALCOHOL programme.

The total number of participating schools is 162, distributed geographically as follows:

Blagoevgrad city and county	4
Bourgas city and county	16
Varna city and county	24
Veliko Tarnovo city and county	18
Kardjali city and county	21
Montana city and county	6
Pazardjik city	3
Plovdiv city and county	17
Rousse	7
Sofia city and county	21
Stara Zagora city and county	11
Haskovo city and county	14

The above sample excludes private schools.

## NUMBER & PROFILE OF PEDAGOGICAL SPECIALISTS RECEIVING CERTIFICATES FOR LECTURERS

In order to participate in the seminars and obtain a programme certificate teachers had to be class teachers. The profile of the subjects they teach is extremely diverse - from physical education to physics, chemistry, mathematics, information technology and others.

There were 388 participants in total, split as follows:

- 290 teachers<sup>3</sup>, 91% from them - class teachers and 9% - pedagogical advisors. 255 teachers in total have filled in the online questionnaires:
  - o 64 teachers have filled in 2 questionnaires
  - o 191 teachers filled 1 questionnaire
- 98 police officers<sup>4</sup> selected so that they can cover the small settlements in the respective area and teach the programme in case it has not reached them through the seminars.

Teachers complete the seminar with a certificate for 16 qualification credits only after submitting a syllabus and conducting an hour of the class under the program of LET'S TALK ABOUT ALCOHOL.

## NUMBER & PROFILE OF PUPILS PARTICIPATING IN THE PROGRAMME

Until 25.05.2022, a total of 610 pupils<sup>5</sup> took part in the programme, 415 of which completed the questionnaire.

Pupils with whom an hour of the class was held about the risk of early alcohol consumption were aged 12-16. Their socio-economic profile is similar and so is the one of their families, except for the school in the village of Karadjovo, where children were from low-income Roma families.

In smaller settlements, however, there are many children raised by grandparents due to the fact that their parents work abroad. This factor is also a reason for early drinking of alcohol by adolescents.

## PROGRAMME DESCRIPTION

In Bulgaria, LET'S TALK ABOUT ALCOHOL is presented and performed completely free of charge by spiritsBULGARIA - a branch organisation of producers, importers and traders of spirit drinks - as a natural continuation of the long-term prevention program PARENTS' MEETINGS IN BAR, for families of 10–12-year-old children.

The programme's main mission to foster a responsible attitude towards alcohol and prevent early use of alcoholic beverages by adolescents (12-16 years).

The programme is an adaptation of the pan-European LET'S TALK ABOUT ALCOHOL programme which began in the UK and spread to 7 other European countries by 2019. It is designed so that each Member State of the European Union has the opportunity to supplement and adjust the content according to their national needs.

LET'S TALK ABOUT ALCOHOL became a part of the UN Sustainable Development Goals 2030 in Bulgaria and is a supporting activity of national actions to prevent the use of alcohol by minors. Bulgarian legislation strictly regulates this issue and according to it alcohol is a prohibited substance for people under 18 years of age.

The main message of the programme is: ***“Childhood without alcohol is the healthiest and best human existence.”***

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<sup>3</sup> Exact information about the number of participants is from Plovdiv University's electronic protocols for conducting teachers' seminars.

<sup>4</sup> Information about the number of participating police officers is from the Traffic Police Directorate of the Ministry of Internal Affairs.

<sup>5</sup> Information about the number of pupils is from the submitted protocols by certified teachers for conducting of the hour of the class to Plovdiv University.

The main guide and methodological tool of the LET'S TALK ABOUT ALCOHOL programme is the Teacher's Book. There are many adaptive materials in it that speak the language of young people aged 12-16. It aims to create a proper and responsible attitude towards alcohol among them and to postpone their first contact with any alcoholic beverages, incl. beer, and give them motivation to withstand their peer pressure.



LET'S TALK ABOUT ALCOHOL is intended for implementation in the hour of the class for pupils from secondary and/or high school. Lectures and exercises bring an accumulation of knowledge, so that if adolescents start with 2-3 hours of class in 5th grade, they can work on it with the same periodicity in the next 2-3 years. The Teacher's book offers separate sheets that can be copied and distributed to participants before each lesson, teaching methods and very interesting and useful information for prevention.

The Teacher's Book also includes additional information for high school graduates, so that it is useful in this educational level as well, as a confirmation and verification of what has already been learned by young people.

The programme facilitates and integrates prevention into the regular school curriculum in order to influence young people's intentions and behaviours about early alcohol use, as well as to draw their attention to a healthy social lifestyle.

## PROGRAMME GOALS

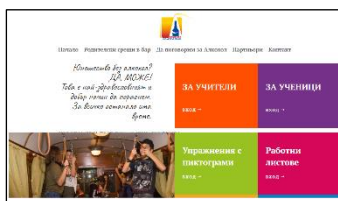
- Inform and explain the risks of early and illicit alcohol use in a language understandable to adolescents.
- Influence the attitudes and behaviour of under 18's towards greater moderation and abstinence from alcohol.
- Prepare class teachers/school psychologists/pedagogical advisors with appropriate methodology for a proper course of speaking about the specifics of the product "alcohol".
- Launch this conversation in schools on a national scale.
- Increase public responsibility for the problem.

## PROGRAMME MATERIALS



**The Teacher's book:** a total of 120 pages, size: 210 x 297 mm (A4 format); folder type, white base with insert of 350 g cardboard, print 4 + 0 colours; body 110 pages; separate sheets, 200 g offset, print 1 + 1 colours / black /

- Produced: 300 pcs (1-2 pcs per school)
- Freely distributed: 297 pcs



**Website:** <https://www.predi18.org/dapogovorimzaalkohol/>

In addition to the paper medium and the attendance seminars in 2021, a special website of the programme was prepared and launched, which is: <http://www.predi18.org/dapogovorimzaalkohol/>, where the paper medium was uploaded and adapted for remote work.

The site has six menus with helpful and interactive materials in addition to the programme.

Feedback questionnaires are also uploaded on this site, and the information from them is generated and processed automatically.

Through <https://www.predi18.org/>, both teachers and pupils can interact and attend classes if the epidemiological situation does not allow them to go to school.

## PARTNERSHIPS

- Department of Qualification and Professional Development of Pedagogical Specialists at Plovdiv University "Paisii Hilendarski".
- Strategic Development, Qualifications and Careers Policy Directorate and Inclusive Education Directorate at the Ministry of Education and Science
- The Regional Inspectorates of Bourgas, Blagoevgrad, Varna, Veliko Tarnovo, Sofia, St. Zagora, Rousse, Haskovo and others.
- Traffic Police Directorate of the Ministry of the Internal Affairs.
- Many famous figures of culture and art.

## TUTORS OF TEACHERS' SEMINARS

- Mrs Kristina Ovcharova Assoc. Prof. - Chief Assistant in the Department of Qualification and Professional Development of Pedagogical Specialists at Plovdiv University "Paisii Hilendarski".
- Mrs Maria Boteva - PR spokesperson and inspector at the Traffic Police, GDNP
- Mrs Gergana Gevezova - Executive Secretary of SpiritsBULGARIA

## PILOT PHASE

In the academic year 2020-2021, together with the Department of Qualification and Professional Development of Pedagogical Specialists at Plovdiv University "Paisii Hilendarski" we organized a pilot implementation of the above-described programme in three different types of settlements in Bulgaria - big city (Sofia), medium-sized city (Plovdiv) and a village (Sadovo village) to see how it will be accepted by the school community locally.

The pilot phase served as a step to study the initial attitudes and expectations for the adoption of the programme and ended with a report by an independent evaluator submitted to SpiritsBULGARIA at the end of December 2020.

## RESULTS AND ANALYSIS OF THE STUDY

What is presented below is the main findings of the questionnaires completed by participating teachers and pupils from 01.01-25.05.2022.

## I. Questionnaire for teachers who participated in the teachers' seminars under the programme LET'S TALK ABOUT ALCOHOL (13 questions)

The first 3 questions assess the situation regarding the familiarity with the topic of the invited teachers/pedagogical advisors before participating in a teacher's seminar under the programme:

**Question 1:** Are there any lessons, explanations, and conversations with pupils on the topic about alcohol in your school?

**Question 2:** If you answered "Yes" to the previous question, please specify: (more than 1 answer)

**Question 3:** Do you think that 12–16-year-old pupils need up-to-dated information and explanations on the topic of alcohol?

95% of respondents replied that, in general, school lectures on preventing alcohol use are held mainly in class (93%) or as separate thematic events (92%). Most of them (98%) believe that the information should be updated and consistent when speaking on the topic.

Questions 4 to 9 check the work of lecturers and effectiveness of materials recommended for work under the programme and more precisely: the Teacher's book and <https://predi18.org/>:

**Question 4:** Please evaluate how useful the training was.

**Question 5:** How would you rate the presentation provided by the organisers?

**Question 6:** How do you evaluate the materials in the Teacher's Book, the main tool? (more than 1 answer)

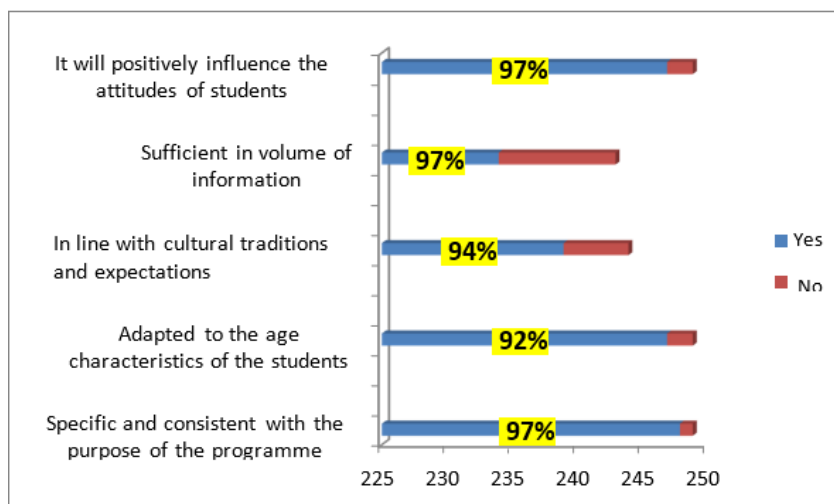
**Question 7:** Do you have any recommendations for the organisers regarding the Teacher's Book? If so, please share (open-ended question)

**Question 8:** How would you rate the website <https://predi18.org/>, created for the purposes of the TALK ABOUT ALCOHOL programme? (more than 1 answer)

**Question 9:** Do you have any recommendations to the organisers regarding the website <https://predi18.org/>? If yes, please share. (open-ended question)

97% of respondents rate the training as useful or very useful. 96% of them rate the presentation of information by lecturers as interesting or very interesting.

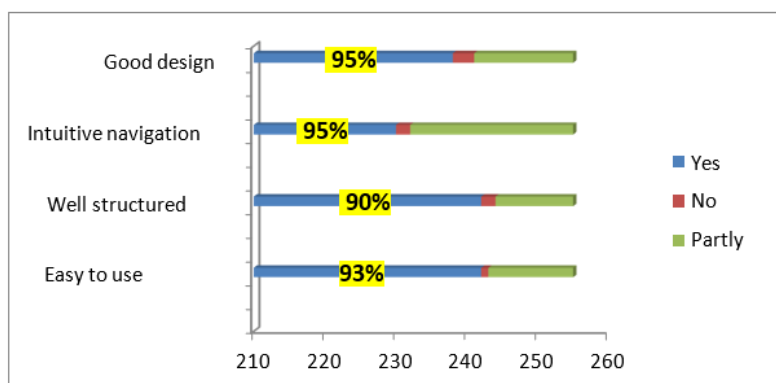
The evaluation of the Teacher's Book is presented in the graph below:



**Question 7** seeks recommendations for the Teacher’s Book (open-ended question). The following are selected comments:

*I have no recommendations. The training was interesting and useful.*  
*I have no recommendations; the book is very comprehensive and accessible even to younger people.*  
*Thank you for the wonderful material, an extremely professionally made book of great help to the teacher and well-thought-out information to the pupils.*  
*I have no recommendations; I will look forward to reading the book!*  
*Is it possible to give access to the book to other class teachers who would like to use it but have not been involved in the training?*  
*Wonderfully designed format - available electronically and on paper. The book is very well structured. It is fascinating and extremely useful. Thank you for the thorough and useful information!*  
*No, I think it's well developed enough.*  
*I hope to have a copy of the book in my hands soon.*

The evaluation of <https://predi18.org/> is presented in the graph below:



**Question 9** looks for recommendations on <https://predi18.org/> (open-ended question). The following are selected comments:

*I have no recommendations, the internet site is very good.*  
*It is easy and understandable.*  
*No, everything is on expected level.*  
*Don't stop evolving!*  
*I have no recommendations. Everything is at an exceptional level. Everything is great.*  
*Everything was great.*  
*Have more games.*  
*Very clear and comprehensive.*  
*The site is informative and useful enough. It is structured efficiently, which makes it easy to work with. The materials are interesting and useful.*  
*I have no recommendations. The site is very easy to work with.*  
*To be promoted on the internet sites of the Regional Inspectorates.*

42% do not have any other recommendations about the site, from which we conclude that their attitude towards it is also positive.



Questions 10-13 concern the future of the programme and its possible perception by pupils.

**Question 10:** How would you start implementing the programme at your school?

**Question 11:** How else can we support you for the easy and lasting implementation of the programme in your school?

**Question 12:** Do you think that an hour of the class about alcohol will be useful for your pupils and may influence them NOT to drink alcohol until they reach adulthood?

**Question 13:** Space for anything you want to tell us, not already covered.

Questions 10 and 11 have open-ended answers, most of which overlap.

**Question 10:** How would you start implementing the programme at your school? (open-ended question). The following are selected comments:

*I am a class teacher of the 6th grade and I would start with the video for children. Introducing colleagues to the programme, after which classes will be held on the topic.*

*Perhaps with the case of alcohol influence on human behaviour and health.*

*For many years I have been conducting these topics as part of the programme "my health" in class or school clubs in the 7th or 8th grade*

*I will invite the nurse to introduce some medical research in health care, after which I will continue the lesson in the form of a conversation with the pupils.*

*I would apply the approaches and methods presented in the book.*

*Through talks about these topics and with the help of materials from the internet site and the teacher's book.*

*I will study the attitude and interest of the pupils in the class and will determine what cases, information and games to include.*

*With an explanation of what alcohol is; the consequences of its use; with serious discussion about whether it is right to drink alcohol. Conclusions, recommendations... Everything happens in class.*

*We will talk about alcohol use with my class.*

*With a thematic week on the harm of alcohol with drawing competition and other....*

*With a discussion, a conversation about the influence of alcohol and its consequences. With "breaking the ice" exercises and exercise with pictograms.*

*I would plan group work with scientists in the junior high school phase and with some of the materials from the site.*

*I will firstly introduce the programme to Pupil Council representatives.*

*With the introduction of folk customs, family gatherings and traditional ways of welcoming and celebrating.*

*I will start immediately in hour of the class. I will suggest to the colleague with whom we were in the course to organise something like internal training to share what we learned with colleagues!*

**Question 11:** How else can we support you for the easy and lasting implementation of the programme in your school? (open-ended question). The following are selected comments:

*With materials and brochures. Materials and worksheets.*

*The materials you have presented to us are somewhat sufficient to begin the implementation of the programme.*

*For now, I can't think of anything extra.*

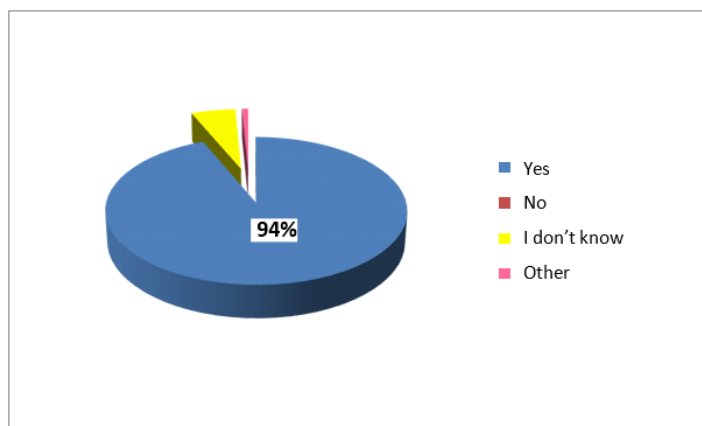
*The classes in Biology and Health will be enough to solve the problem.*

*With video materials.*

*You can expand the range of organizations to join the programme - e.g. RHI, BRC, etc. Many*

*of them also conduct prevention among pupils on this topic.  
The information was comprehensive, it is good that there are such trainings.  
With a movie about teenagers who drink alcohol.  
You can do also something like a Parents' Guide "How to handle or what to do if ..."  
Maybe with different working materials on the topic, because I have not come across much information in Bulgarian.*

In confirmation of our expectations, 94% of respondents believe that the talks about alcohol will have an impact on preventing underage drinking.



The recommendations to the team are more in the form of gratitude. The following are selected comments:

*Good luck with the programme, I think it has serious future. Thanks, you're great.  
Your book and website are great! The training can be more concise, as the information you provide us in the materials is quite comprehensive. "Our time is scarce" :)  
In my opinion, it is extremely necessary and useful for the prevention of addictions.  
Thank you! The training was useful, interesting and applicable in practice! The materials are also useful and easy to apply for children!  
Is the Teacher's Book being distributed in bookstores?  
We may not help everyone, but we must try. It is enough to make pupils think and talk, share, argue, exchange ideas and know that they are not alone when they need help.  
You have created an extremely well-structured and well-developed book, but perhaps the most important is, it will be EXTREMELY useful for teachers. Keep going!  
I am satisfied with the training, everything was up to standard. Different ideas and situations were discussed. I hope we do not get into such situations with children, but the experience shared by more experienced colleagues and you as a lecturer can always be useful to us, for which I thank you.  
Visual materials and games for high school course.  
For me personally, the training was very useful and interesting. Thank you!  
We are waiting for your book so that we can provide them to our colleagues.  
I did not expect such an interesting training, you were a little skeptical, but now I am completely satisfied. Keep up the good work. SUCCESS!  
Let there be further trainings on the topic.*

## II. Questionnaire for teachers who conducted an hour of the class under the programme LET'S TALK ABOUT ALCOHOL (15 questions)

The questionnaire examines the programme lesson, its practical suitability and interaction with teachers and pupils.

The answers from the 1st to the 8th question give information about the ease and accessibility of educational materials and these are:

**Question 1:** What topics did you cover with the pupils? Please specify.

**Question 2:** Which exercises from the Teacher's Book did you use?

**Question 3:** Did you use any other materials or games to break the ice from the Teacher's Book? If YES, please specify.

**Question 4:** How did you conduct your classes?

**Question 5:** With what age group of pupils did you conduct the classes?

**Question 6:** In which city did you conduct the classes?

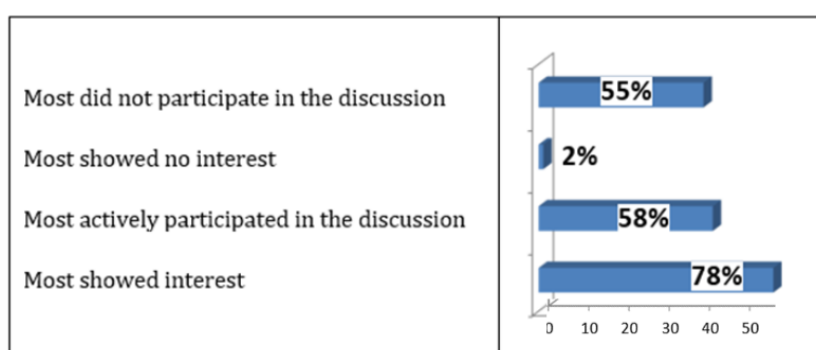
25% of the teachers used both of the programme's recommended topics "How to decide whether or NOT to use alcohol" and "Facts or myths". Exercises with pictograms (26%), worksheets (14%) and combined exercises with pictograms and worksheets (24%) were used for this purpose.

The preferred game for breaking the ice was "Hot Chair" (76%). Preference is given to face-to-face classes (80%), but some lecturers tried online classes (14%) and others combined teaching (6%), which is a proof of the working functionality of both the Teacher's Book and on the website: <https://predi18.org/>.

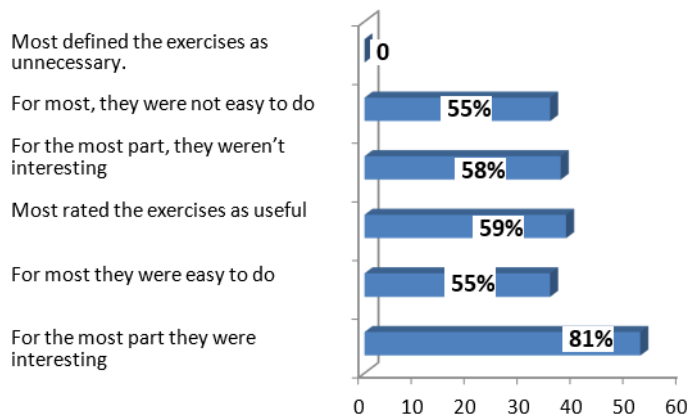
The age groups of participating pupils were 12-14 years (75%) and 14-16 years (25%). The settlements reached by the programme were: Sofia, Plovdiv, Ruse, Svilengrad, Karnobat, Burgas, Simeonovgrad, Varna, Kazanlak, Stara Zagora, Lyubimets, Pavlikeni, Gorna Oryahovitsa, Kardzhali, Veliko Tarnovo, Suhindol.

Questions 7 and 8 look at pupils' perceptions according to their teacher's impressions:

**Question 7:** What do you think the pupils felt about the discussion section? (more than 1 answer)

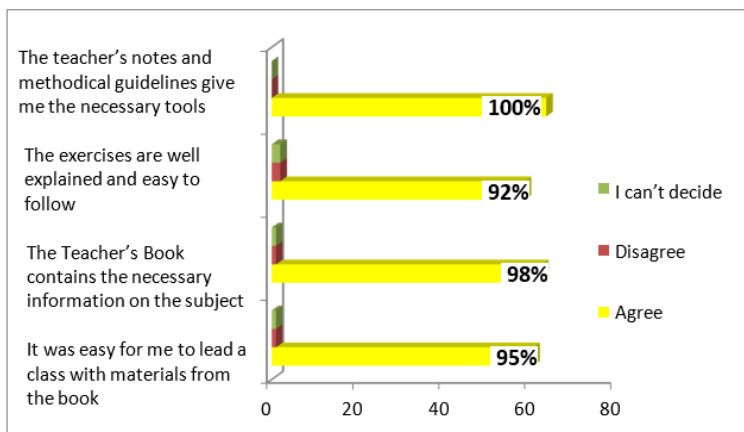


**Question 8:** How do you think pupils viewed the exercises with pictograms and worksheets? (more than 1 answer)

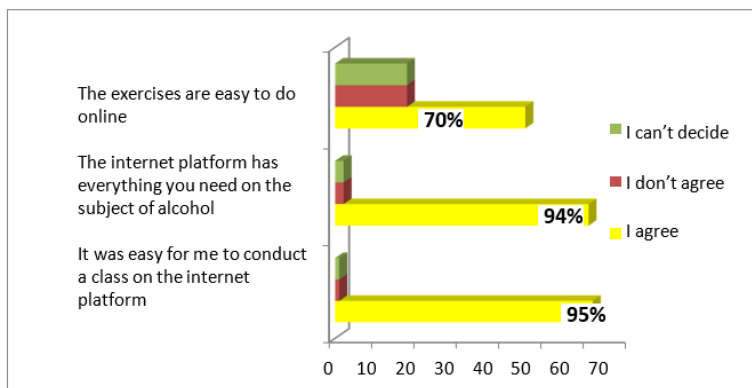


Replies to questions 9 and 10 confirm teachers' perception from the pilot phase questionnaire on the quality and effectiveness of the teaching materials provided and more specifically for the Teacher's Book and <https://predi18.org/> after participants' physical contact with them:

**Question 9:** How do you feel about the following statements about the Teacher's Book? (more than 1 answer)

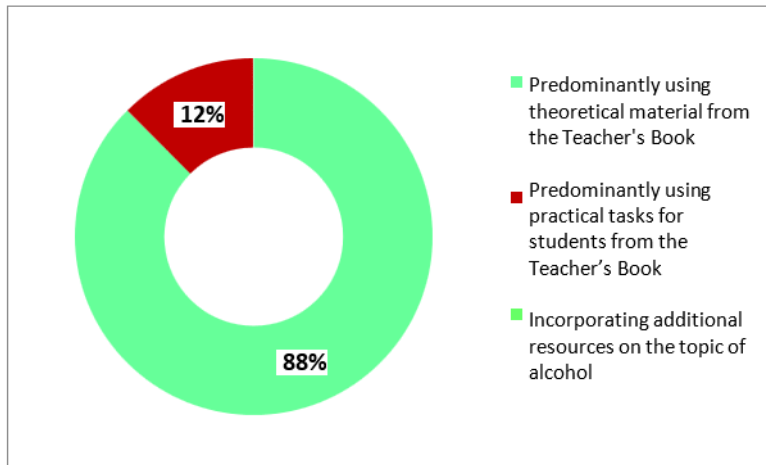


**Question 10:** How do you feel about the following statements about the platform on the site: <https://predi18.org/> (more than 1 answer)

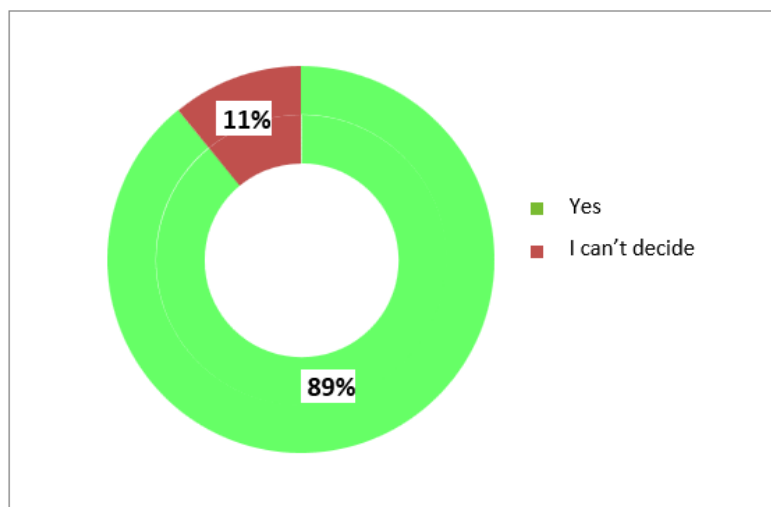


Questions 11 to 15 give us the most important information about the effectiveness of the programme and its future:

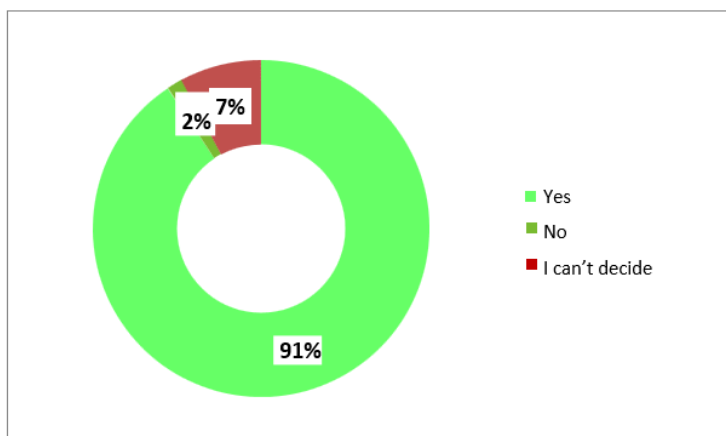
**Question 11:** How would you continue the LET'S TALK ABOUT ALCOHOL programme?



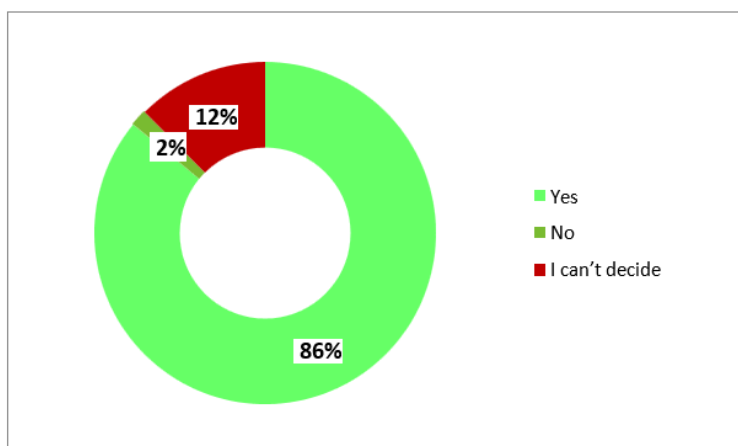
**Question 12:** Will you be able to easily explain to a colleague who would like to become a lecturer in the programme how to use the materials from the Teacher's Book in class?



**Question 13:** Does the programme give an informed and accurate picture of the risks of early alcohol use on young people?



**Question 14:** Does the programme give pupils the means to resist drinking alcohol before they are 18?



**Question 15:** What would be your recommendation to project organisers? What do they need to do differently? What not to do? How do you think sustainability can be achieved in the implementation of this programme? (open-ended question). The following are selected comments:

*The programme is great!*

*I have no recommendations. The book is comprehensive and has the necessary resources.*

*The programme is useful and applicable for pupils. The topic is relevant for both families and pupils, so there should be an upgrade with parents.*

*Everything is very precisely done, so I would not give any recommendations.*

*To work on specific cases related to the harm from the ABUSE of alcohol!*

*To enrich the case studies and materials for pupils.*

*Pupils were very interested, but they also get bored quickly. There should be more materials for the class.*

*Let this enable trained teachers to also train their colleagues. And why not help them, through your site and they can handle themselves?*

*It is very easy, and the children are active, which helps the teacher. More interactive tasks.*

*Everything in the book is written accurately and clearly. In my opinion, this topic should be addressed several times a year.*

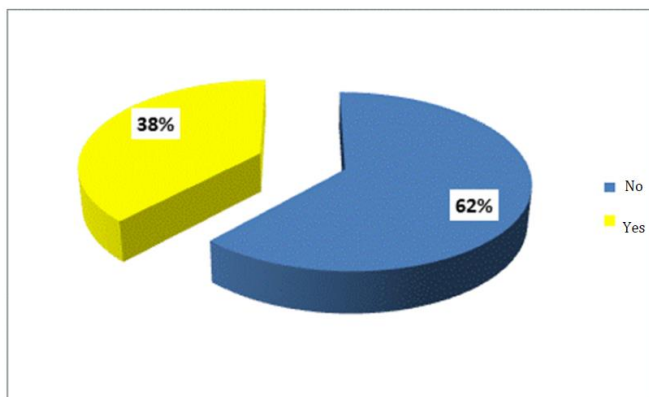
### III. Questionnaire for pupils who participated in an hour of the class under the LET'S TALK ABOUT ALCOHOL programme (20 questions).

Questions 1 to 5 make an overview of the current situation regarding the consumption of alcohol by minors and it shows the following:

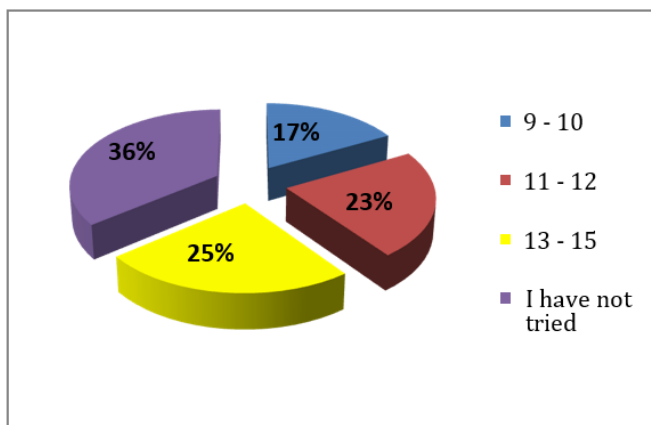
Unfortunately, a big percentage - 62% of all respondents (12-16 YO teenagers) have already tried alcohol. Still, more than half of all respondents (55%) believe that the use of alcohol by minors is highly undesirable. Those who have already tried alcohol (38%) most often do so between 13-15 years, but there are many cases of trying alcohol between 11-12 (23%) and 9-11 years (17%). Most often this happens with friends at home (37%) or outside (31%) with friends. Alcohol is most often taken from home with the knowledge of a parent (27%).

Graphs of questions 1-5:

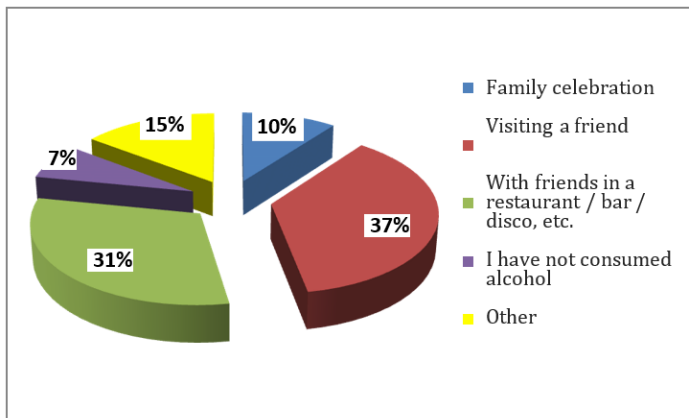
**Question 1:** Have you ever tried alcohol?



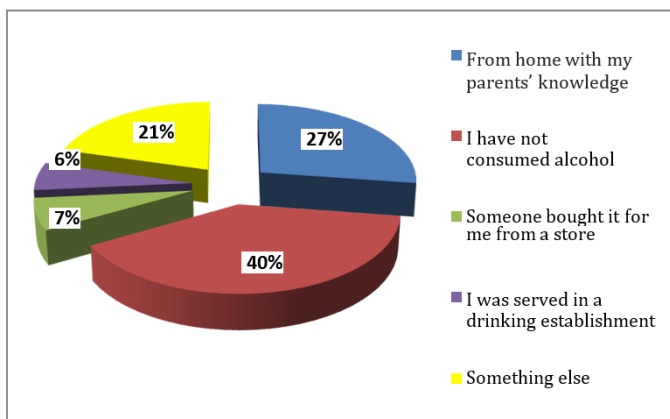
**Question 2:** If the answer to the above question is "Yes", indicate at what age?



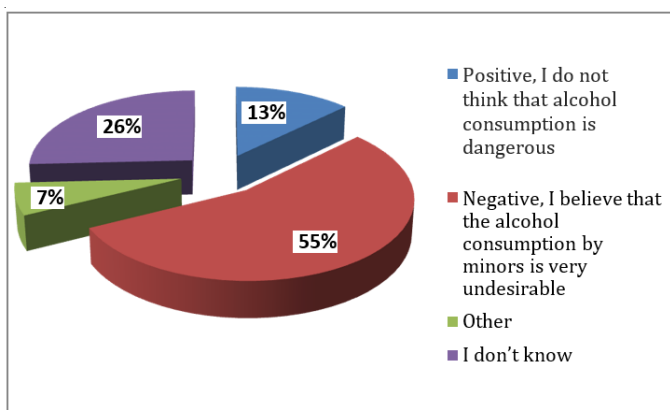
**Question 3:** On what occasion did you drink alcohol for the first time?



**Question 4:** Where and how did you get alcohol when you first tried it?



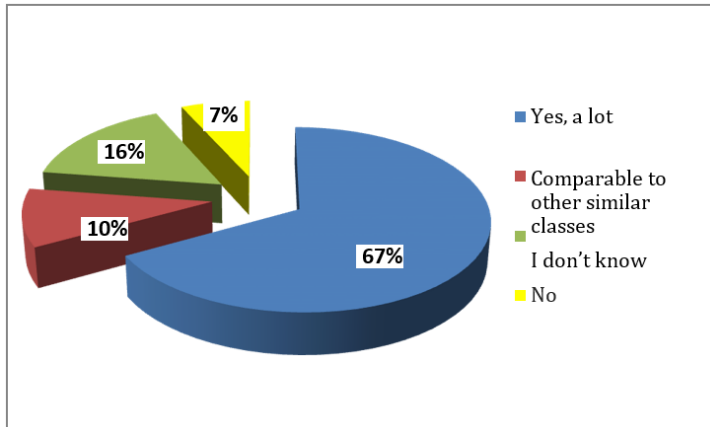
**Question 5:** What was your attitude towards alcohol consumption before your participation in the LET'S TALK ABOUT ALCOHOL programme?



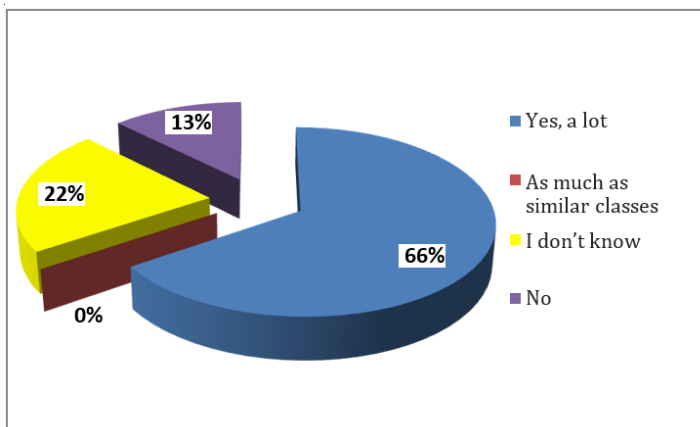


Replies to questions 6 to 9 give information about the general impression that the LET'S TALK ABOUT ALCOHOL programme gives teenagers:

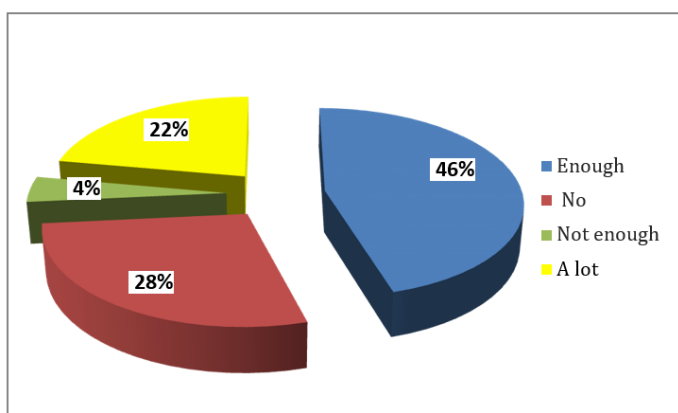
**Question 6:** Do you think that the LET'S TALK ABOUT ALCOHOL classes were interesting?



**Question 7:** Do you think that you and your peers need LET'S TALK ABOUT ALCOHOL classes?



**Question 8:** Was there any new and useful information you didn't know before?



**Question 9:** What impressed you the most and what do you remember from the LET'S TALK ABOUT ALCOHOL lessons? (open-ended question). The following are selected comments:

*I already know the information that was there, but it's good to show such things at school and that's why I don't have a problem with the class itself.*

*That we cannot drink alcohol before 18.*

*Solving pictograms.*

*Fact or myth.*

*The game "Hot chair".*

*How dangerous and harmful alcohol really is for us.*

*I was interested to hear the opinion of my classmates on the subject.*

*That alcohol leads to very serious consequences.*

*I will remember the things we talked about.*

*Be careful with alcohol.*

*It is good to talk to young children about the topic of alcohol so that they know why not to touch.*

*To draw the parts of the human body.*

*The whole topic.*

*I learned how alcohol affects our body.*

*I liked it the most when we painted what a drunk person looks like.*

*Helping underage children not to consume alcohol and improving their opinion about alcohol.*

*I was impressed that alcohol can damage the liver and many other organs.*

*I was impressed by how dangerous alcohol is and what it causes.*

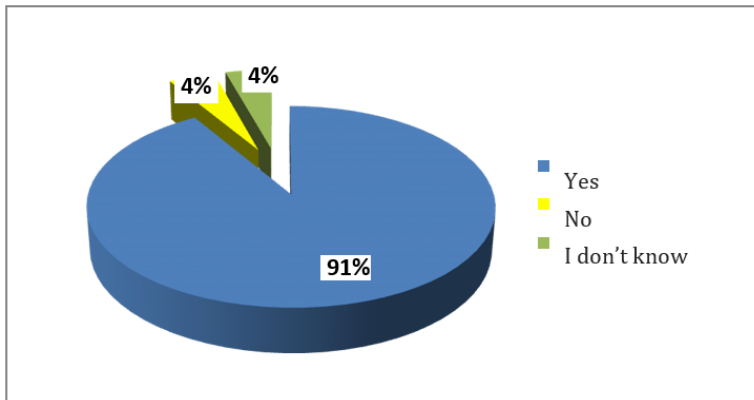
*Everything impressed me.*

The above gives us the reason to say that the programme is appropriate and well done for the relevant age group (67% are very positively impressed, and another 10% think it is as appropriate as other similar programmes). The programme was rated by them as necessary (77%), and the information as useful (68%) for pupils.

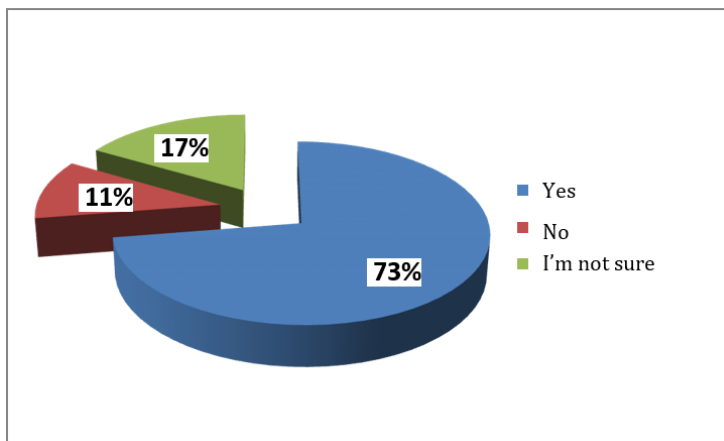
Going into details about the effectiveness of the materials we see that the lectures, exercises and pictograms are understandable and appropriate for the age group - questions 10 and 11. The same applies to the programme website: <https://www.predi18.org/dapogovorimzaalkohol/> (question 18), which 77% of teenagers define as comprehensive.

As a result, in question 14, 91% of respondents said that what they have learned from the programme helps them understand why alcohol consumption is highly undesirable before adulthood and will give them motivation (question 15) to wait regarding drinking alcohol (73%).

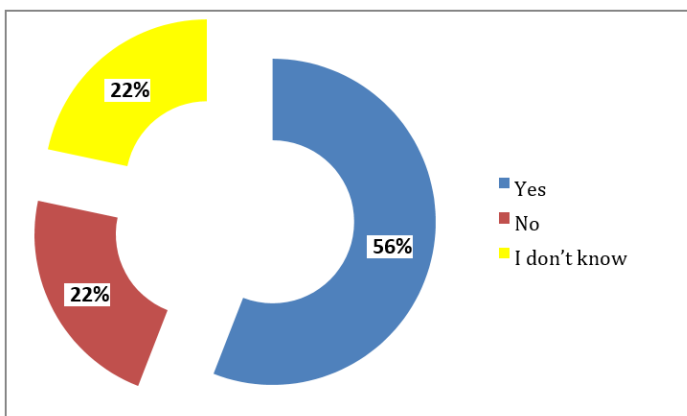
**Question 14:** Did you understand why alcohol consumption is undesirable for minors and teenagers?



**Question 15:** Will what you have learned from the LET'S TALK ABOUT ALCOHOL programme give you motivation and strength to delay drinking alcohol?

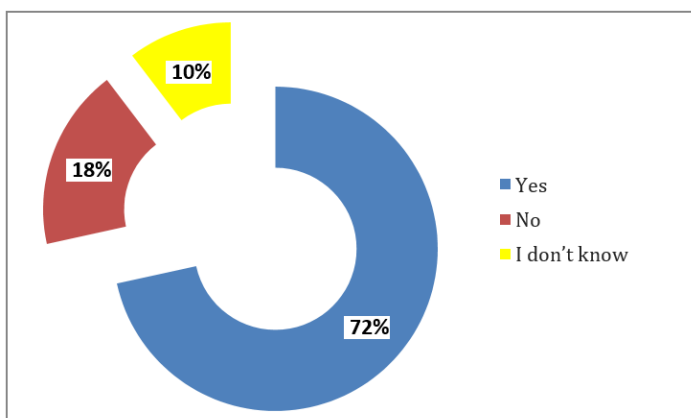


57% answered that these hours of the class (face-to-face discussion) had already changed their intention to consume alcohol, if they had had such (question 17).



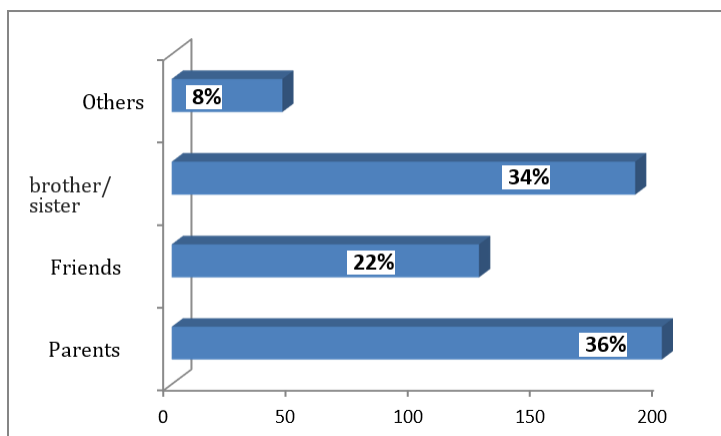
The above is even truer for working with <https://www.predi18.org/dapogovorimzaalkohol/> (question 18) - 72% say it will help them build their motivation not to drink alcohol at this age.

**Question 19:** If your answer to the previous question is “Yes”, do you think that <https://www.predi18.org/dapogovorimzaalkohol/> will help you build motivation and intention NOT to drink alcohol until you turn 18?



78% of pupils would voluntarily continue to participate in the LET’S TALK ABOUT ALCOHOL programme (question 16).

**Question 13:** With whom would you share what you have learned? (more than 1 answer)



And question 20 (an open-ended one) allows pupils to ask anything else. The following are selected comments:

- I don't know what to ask.*
- I have nothing else to say.*
- Why do some people get drunk? Do they realize what will happen to their body?*
- There is no more things to ask. It was a very interesting activity and the general culture helped a lot. Thanks.*
- Are only the younger ones considered not to drink alcohol?*
- Everything was very clear, I have nothing to ask.*
- I still don't plan to drink alcohol before or after the lesson.*
- I would never drink alcohol! Thanks for the useful information!*
- How is the degree of alcohol determined?*
- Thanks for the presentation you made.*
- I know that alcohol is dangerous, I have not drunk and I do not want to try and is this topic more relevant to elder pupils?*
- Thanks for the information and keep up the good work!*

*It would be more effective to meet children who have reached the bottom after drinking alcohol and how and by whom are they being supported.*

*The site predi18 has a lot of useful information.*

*Why do parents allow us to drink?*

*Thanks for sharing this with us! I think that people who have not reached the legal age should not consume alcohol.*

## CONCLUSION & RECOMMENDATIONS

The number of teachers and pupils who completed the questionnaires means we can talk of a representative, national study.

The tutors at the teachers' seminars fulfilled presented the LET'S TALK ABOUT ALCOHOL programme in the most effective and fascinating way.

According to the answers in the three surveys, the programme was well and enthusiastically accepted by both teachers and pupils. Working with it will be easy and hassle-free for lecturers, and we sincerely hope that they will pass on the knowledge to their colleagues so that as many adolescents as possible can be touched by it.

The programme materials reached 100% of the target. It is easy and convenient to teach with them.

We recommend that teacher seminars are to be held on in smaller areas that remain outside of programme scope, such as Gabrovo, Kyustendil, Lovech, Pernik, Pleven, Silistra, Sliven, Targovishte, Shumen, Yambol and Smolyan.

We will also work with the Regional Inspectorates in places to upload the Teacher's Book on their websites.

It is desirable that the role of spiritsBULGARIA remains supportive, i.e. and is containing maintenance and financing the website <https://www.pred18.org/>, as well as producing new copies of Teacher's Books for newly joined schools.

An online announcement of the programme at the beginning of each school year would also have a positive effect on its promotion, as well as any PR and support from celebrities who determine the pattern of behaviour for adolescents.

Issued with the assistance of :

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[signed]

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