

Alcohol prevention program for summer

„Help yourself“

Introduction

Summer is a high risk time of year for youth because they tend to have more unstructured, unmonitored leisure time and are involved in more different activities. Young people who are “often bored” are 50% more likely to smoke cigarettes, drink alcohol, get drunk and use other drugs than young people who are not “bored.”

The main goal of our program is to help youth to make the right choices during the summer by staying away from alcohol and avoiding risky situations such as driving or swimming under the influence.

The other task of the program is to promote constructive lifestyles that discourage alcohol abuse and promote development of social environments that facilitate alcohol-free lifestyles.

The main types of activities

- **Collaboration with parents**

Parents are the key factor in working against using alcohol. Parents ensures good cultural climate in families, so they have been involved into the double activities:

- Expert working with parents on promoting family skills;
- Parents working in groups: brainstorm on topic „Alcohol and friends“;
- Analysis of the selected case study.

- **Collaboration with pupils**

Pupils are the main actors that are being involved in work of prevention of Alcoholism

- Visits to the children’s home: communicating with children’s whose parents suffer from the alcohol.
- Discussions on outcomes that brings using of alcohol;
- Pupils show „Life without alcohol“

- **Collaboration with teachers**

Teachers are the key promoters, that are the closest to the problem

- Experts advices on integrating family based skills into the lessons activities;
- Experts advices on promoting working with pupils during the ethics lessons;
- Running integrated lessons and evaluation.

- **Collaboration with other alcohol prevention institutions**

- Preparing frame works for school's alcohol prevention;
- Keep’s open dialogue trough the process of prevention’s work implementation;
- Proceed with monitoring and evaluation

Methods and forms

Theory

1	Information about accidents under the influence of alcohol from the newspapers and magazines
2	Experts seminars on alcohol abuse problems(for pupils, parents)
3	Discussion club „ Against the current“(among parents and pupils)
4	Mobil shows with different material(for pupils, parents)
5	Questionnaire and flyers (for pupils)

The young people are not only acquainted with the newspaper articles and situations in which a student has a drinking and driving accident. They have to prepare and present such cases themselves in which somebody has been harmed.

During the seminars which are run by famous experts the families are taught about improving communication, using positive discipline, and other family management skills. This program helps to decrease the isolation that may be connected with violence and substance abuse within families (some seminars are only for families and some of them are only for students).

All pupils are discussing summer activities that do not involve alcohol use. They all are revealing the truth about their last summer holidays and create a new plan with personal goals about the future.

Using colors, pupils write and paint a variety of alternatives to alcohol use, which are then displayed on the large poster and dedicated to the parents, friends and all the members of the local community

Practice

1	The local community days (festivals, concerts , discotheques and performances)
2	Excursions and other cultural activities
3	Different actions („Do not buy“), posters, shows and exhibitions
4.	Individual meetings with families
5.	Charity
6	Sport life

Drinking is not only a personal choice, but also a matter of custom so the local community's life plays a great part to reeducate young people. The routine life of the local community is the first step why young people often spend their time drinking beer or other strong drinks.

The school prevention group and the local authorities work together to decrease the use of alcohol.

Involving young people into meaningful activities (concerts, performances) diversify their life and discourage them from alcohol abuse.

Some excursions are organized to the recovery centers to acquaint our community members with the young people who have problems in the heavy drinking.

Visiting some medical museums and a prison where the facts speak out themselves about the problems.

Different shows and exhibitions near the shops and in the cultural house against drinking which are organized during the local community activities.

Individual meetings with the large families whose members have alcohol problems (during the community's charity).

Organizing interesting sport life among all the local community members; competitions, training, races.

Collaboration with teachers:

1	Lecture on Role of teachers in prevention of alcohol
2	Seminar on integration of prevention activities into after school training process
3	Lecture on Governmental efforts to struggle against alcoholism
4	Organizing the local cultural activities and participating in all of them
5	Writing reports

Collaboration with other alcohol prevention institutions

- The Group for Alcohol Prevention in Alytus municipality gives recommendations on improving educational strategies on struggling against alcoholism;
- Organizes and support funding of the program;
- The Department of Prevention in Alytus Police Office takes part in some activities; organize individual meetings with the young people who have problems.

Case study and defining needs

Questionnaire

Efficiency of organized measures

Questionnaire

**ŪDRIJA BASIC SCHOOL
PREVENTION GROUP FOR ALCOHOL**

QUESTIONNAIRE

EVALUATION OF ACTIONS PROCEEDED

ŪDRIJA 2007

Dear Pupil,

This questionnaire was made for you in order you could express your attitude towards the key activities have been implemented on your way working against the using of alcohol.

Please kindly fill in with the requested information by giving to your opinion the right answer.

All information in this questionnaire is confidential and will be only used for the scientific purposes.

Thank you for your kind work

Yours.

Ūdrija Basic School

Prevention Group for Alcohol

1. Which of proceeded activity did you like the most?

- a) Visits to the children's home: communicating with children's whose parents suffer from the alcohol;
- b) Discussions on outcomes that brings using of alcohol;
- c) Pupils show „Life without alcohol“;
- d) Other... (please explain):

2. How you imagine disseminating activities that you have been involved?

(Please explain)

3. What the main changes were or could be initiated for future activities working against the alcohol in your life?

(Please explain)

4. What influence on you and on your friends has been done working against the using of alcohol?

(Please explain)

5. To your opinion what are the main key actors that made the largest influence on helping to prevent using of alcohol in Ūdrija Basic School?

- a) Parents;
- b) Teachers;
- c) Friends;
- d) Policy advisers fro Municipality;
- e) Local society
- f) Other (please explain)

Thank you!