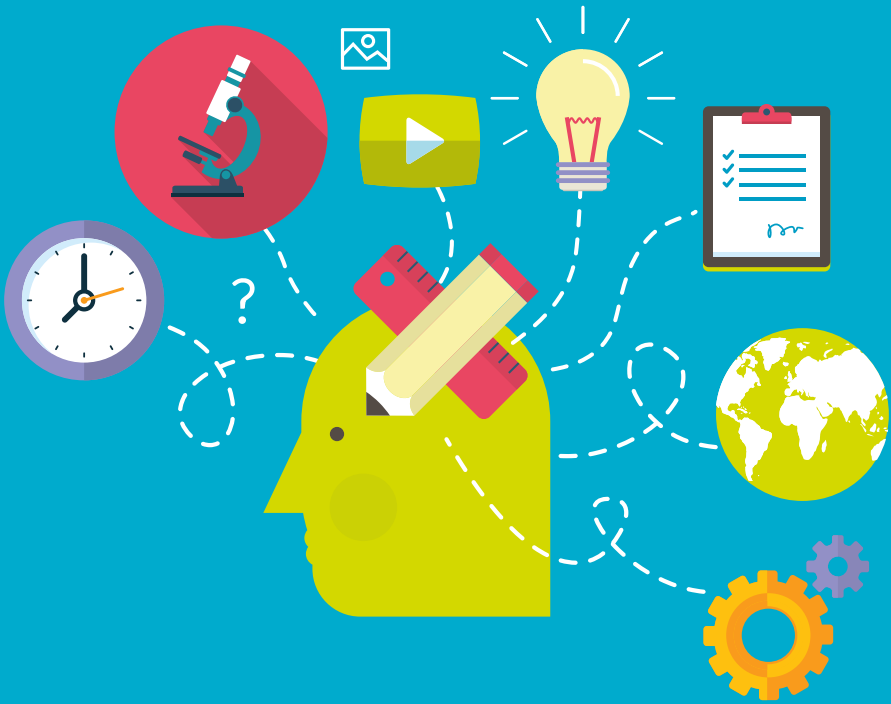


# DRINKAWARE



## ALCOHOL EDUCATION PROGRAMMES & WORKSHOPS

Evidence-Informed Alcohol Education

Drinkaware is the national charity, working to prevent and reduce alcohol misuse in Ireland, including a remit to tackle underage drinking. We do this by empowering teachers, staff and parents to support students and children to better understand the facts about alcohol and to delay the age of first drink (the tipping point for those who start drinking underage is currently 15 years in Ireland).

## Drinkaware has developed

- » **A Junior Cycle Alcohol Education Programme (JCAEP).** Independently evaluated by Maynooth University over three years, led by Professor Sínead Mc Gilloway (see back page for key findings)
- » **A Transition Year Alcohol Education Programme (TYAEP) which will be piloted in interested schools this year.** Teachers wishing to deliver TYAEP must have attended the JCAEP training plus TYAEP training
- » **A School Handbook** on “A Whole School Approach to Alcohol Education”
- » **A Whole Staff Workshop**
- » **A Parent Workshop**

## Teacher Training



*We realised that this was a whole new way of teaching the topic and genuinely felt that it would be so much more effective than what we had been doing thus far.*  
(Mary Kelleher, Teacher, Waterford)



- » Schools/teachers who would like to deliver either or both of the AEPs are required to attend training, to ensure effective delivery. Where substitution cover is required, Drinkaware will make a contribution towards the cost and contribute, at usual rate, where required, to teacher travel.
- » The JCAEP course consists of a one-day teacher training focusing on experiential learning and interactive teaching methodologies. Teachers should have a background in facilitation and experiential teaching and learning methodologies.
- » The TYAEP course also requires training and teachers must have attended the JCAEP Training. More details regarding this training will be sent to schools that express an interest in delivering TYAEP.

# Junior Cycle Alcohol Education Programme

The JCAEP consists of a comprehensive manual with structured lesson plans for each of the 3 years of Junior Cycle and student worksheets (available in both English and Irish). Developed within the Framework for Junior Cycle and SPHE, it has a strong focus on wellbeing.



*I am more aware of the long-term and short-term effects of drinking alcohol and what can happen e.g. liver damage, mental health issues, damage to relationships, academic achievements where you can't concentrate fully...  
(Y2 student JCAEP evaluation).*



## The Programme Aims to:

- » Inform and educate young people about alcohol including risks of drinking alcohol and drinking to excess, emphasising alcohol's effects on the developing body and brain
- » Support the development of personal and social skills, independent decision-making about alcohol, resist peer pressure, explore attitudes and behaviours and engage in alternatives to alcohol use
- » Promote communication between parents, adolescents and teachers about alcohol
- » To delay the age at which young people take their first drink.

## Areas Covered in JCAEP:

- Alcohol Facts
- Friendship
- Self esteem

- Communication skills
- Influences including social media, marketing and advertising, staying safe and consent.

- Health and wellbeing
- Coping
- Alternatives to alcohol use



*..but this year I felt it brought more attention to the fact you can say no. (Y3 student JCAEP evaluation)*



# Transition Year Alcohol Education Programme (TYAEP)

While Transition Year is a time of opportunity it can also be a time of vulnerability and risk when many lifestyle behaviours are established, alcohol can become an issue at this time.

The aims of Drinkaware's Transition Year Alcohol Education Programme are informed by and consistent with the aims of Transition Year.

## TYAEP Aims to:

- » Increase the age of first drink
- » Reduce alcohol misuse
- » Challenge the normalisation of underage drinking
- » Explore alternative, healthy ways to enjoy life as an adolescent
- » Develop core skills of:
  - » Effective communication
  - » Critical thinking
  - » Team-work and co-operation
  - » Independence and resilience
  - » Build self-efficacy and self-esteem.

## Areas Covered in TYAEP:

- Alcohol tradition and culture
- Alcohol and assumptions, beliefs, regulations, legal issues (nationally and internationally)

- Why, why not alcohol? Effects and risks
- Influences-alcohol advertising and marketing

- Alcohol, binge drinking, drinking games and addiction
- Consent and alcohol
- Alcohol and road accidents/air travel.

TYAEP consists of a structured manual with 14 lessons



*The aims of Drinkaware's Transition Year Alcohol Education Programme are informed by and consistent with the aims of Transition Year. The structure, layout, skills focus, themes and cross-curricular links within TYAEP meet the overall vision for what a Transition year is about. (P.7 TYAEP manual)*



Drinkaware has developed various resources to help parents and these can be viewed on and ordered from our website: [drinkaware.ie](http://drinkaware.ie) For further information on any of the above please email [martha@drinkaware.ie](mailto:martha@drinkaware.ie) or mobile **0879197253**.

# A Whole School Approach to Alcohol Education

## Drinkaware School Handbook

The School Handbook is designed to support schools in developing a whole school approach to alcohol education. It examines what a whole school approach to alcohol education entails including cross curricular links and the role of all staff, parents, and wider school community and outlines how to prepare for a school alcohol awareness event. It is supported by a whole staff workshop.

## Whole Staff Workshop

This workshop aims to support schools in developing a whole school approach to alcohol education and in the effective delivery of the newly developed Drinkaware Alcohol Education Programmes (AEPs).

### Areas covered in workshop:

- » Rationale for alcohol education in the school setting, factors contributing to the effectiveness of programmes including a supportive school environment
- » Alcohol and young people including the law and research findings
- » Exploring what a whole school approach to alcohol education involves
- » Reflective Practice-What is the school doing well/areas for growth? What would you change and why? What further does the school need to do?

## Parent Workshop (including Guardians)

Some of the strongest influences on adolescent drinking come from the adults and people that young people spend most time with. The parent-child relationship is important for a young person's development. Having an ongoing conversation with teens about alcohol facilitates bonding, enabling the parent to influence their teen's decisions.

### Parent workshop aims:

- » To provide an overview of alcohol use in Ireland and the mission and work of Drinkaware
- » To provide parents with facts and knowledge to help them have a conversation about alcohol with their children/ teenagers, about alcohol
- » To establish what other supports parents think would benefit them.

# Maynooth University's evaluation of Drinkaware's Junior Cycle Alcohol Education Programme.

## Key Findings

**Alcohol education:** a positive prevention & intervention on underage drinking

13,000

students have participated in the Junior Cycle Alcohol Education Programme to date

350

Over 350 Junior Cycle students from 19 schools participated in the evaluation

132

teachers who were involved in delivering the JC AEP contributed to the study.

Increase in the number of those with 'No intention or interest in drinking'



Maynooth University's 3-year longitudinal study shows positive impact for Drinkaware's Junior Cycle Alcohol Education Programme

Increase in the number of those with 'Knowledge of the impact of alcohol on overall health and wellbeing'



**Tipping Point for Underage Drinking is 2nd - 3rd Year**

never drunk alcohol : stable at 60% in 1st and 2nd year: dropped by 17% in 3rd year.

38%

of 3rd year students who drink already experienced one or more **negative** effects of alcohol consumption (such as arguments, injury and/or being sick)

Parents can be protective and/or enabling underage drinking (stats relate to 3rd yr students)

- ▶ 57% first consumed alcohol either in their own or someone else's home
- ▶ 44% said parents didn't mind them drinking

Maynooth University conducted an independent longitudinal evaluation of Drinkaware's Junior Cycle Alcohol Education Programme which for the first time, tracks 1st to 3rd year students' experiences of alcohol education in Ireland in real time.

For further information on teacher training or a workshop contact:  
[martha@drinkaware.ie](mailto:martha@drinkaware.ie)

## ABOUT US

Drinkaware is the national charity working to prevent and reduce alcohol misuse in Ireland, governed by an independent board and regulated by the Charities Regulator.

## DRINKAWARE

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