

Adolescents and Alcohol: Spanish case

(Fundación Alcohol y Sociedad)

What is Fundación Alcohol y Sociedad?

Fundación Alcohol y Sociedad is a Spanish not for profit making organization founded in 2000 by the Spanish spirit's industry

Our **main aim** is:

To implant responsible alcohol consumption habits, especially among the most vulnerable groups (minors).

White Paper 'Alcohol and Adolescence'

Objective: to determine the motivations, opinions and behavior that adolescents have with alcohol in Spain

- Sample: 22.000 adolescents (12-18)
- Between 2001 and 2004: 5.500 every year



White paper 'Alcohol and Adolescence'

SOME DATA (12-18 YEAR OLDS)

- 60.7% of adolescents drink alcohol
 - Age of onset: 14.08 years old
 - 17.61 drinking units/month
 - 90% consumed during weekends
- 55.7% of young consumers have at least been intoxicated once
- Most of them have been intoxicated 5 or less times per year

Adolescencia y Alcohol School Programme

- This Program was created in 2001 by a group of experts and it is still working in four Spanish Autonomous Regions.
- It is targeted to 12 to 18 years old students, their parents and teachers
- Sessions are delivered by fully trained professionals
 - Free and voluntary
- This programme has been positively evaluated by the University of Barcelona

School Programme

OBJECTIVES

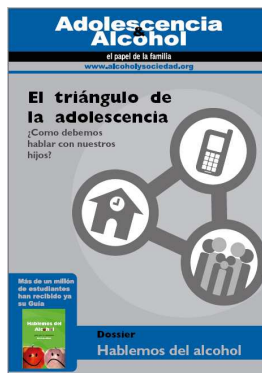
1. To delay the age of onset of alcohol consumption (legal purchasing age 18 years old or 21 years old biological mature aged)
2. To reduce the number of underage drinkers
3. To reduce the amount of alcohol consumed (on those which already consume)

School Programme

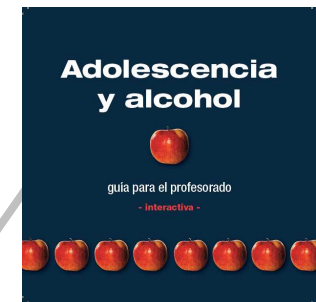
METHODOLOGY

Families

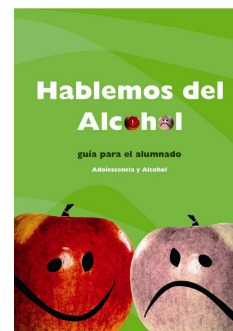
Teachers



Public Affairs
Guides
Specific Lectures
Monitors-Coordinator
Interviews



Students



School Programme

METHODOLOGY

FAS professionals:

- 50 of 500 candidates are selected
- They all have college degree and receive a 20 hours training
- They develop the programme in schools, teaching pupils, parents and teachers.

School Programme

TEACHERS

- Interview with them to explain the Programme and their Guide
- Give information on adolescence, alcohol and how to use teacher's Guide
 - 21 voluntary exercises on health, peer and social pressure, advertisement's critical analysis and alcohol

PARENTS

- Information on adolescence, alcohol and how to educate and approach this issue with their children, through...
 - ✓ a Guide
 - ✓ a conference-debate

School Programme

PUPILS

- Teachers' exercises, according to age
 - Pupils' guide
- Informal lecture on alcohol (2h). Four different sessions, according to age



School Programme

SOME RESULTS (1/3)

- Over 2.800 schools
- Over 1.341.336 students
- School satisfaction: 4,7/5
- Parents evaluation: 4,8/5
- Teachers' Guides: 4/5

This program received local administration support in all the regions where it has been delivered

School Programme

SOME RESULTS (2/3)

Evaluations conducted every year since 2001 using control groups:

- For those participating, the age of onset increased from 13.92 in 2002 to 14.50 in 2006 (13.90 in 2002 to 14.22 in 2006 for control group).
- For those participating, the percentage of underage drinkers (11 to 18 yrs old) decreased from 60.1% in 2002 to 53.0% in 2006 (decrease was only from 68% down to 67.3% in control group).
- Among participants, the number of drinks per month reduced from 17.59 units down to 10.96 where for the control group the reduction was only from 17.81 units down to 16.56.

School Programme

SOME RESULTS (3/3)

- Pupils' evaluation: 3,91/5 (student's guide) and 7,59/10 (session).
- 29% say that their alcohol intake will decrease.
 - Knowledge of alcohol increased.
 - Alcohol related risk perception increased.
- Drinking to get drunk decreased (9% vs. 14%)

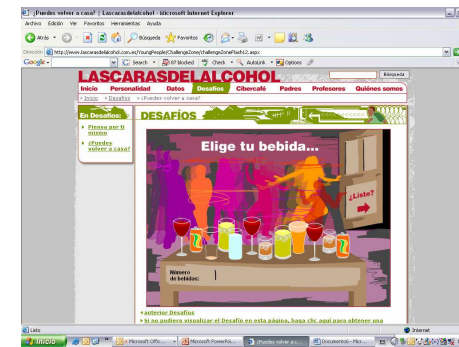
School Programme

New Improvements

www.lascarasdelalcohol.com.es

AIM To Create a dynamic tool to change the methodology and contents of Educational Programmes

CREATORS United Kingdom, Czech Republic and Spain



School Programme

TARGET Teenagers aged from 11 to 16 years old


CONTENT Alcohol information for Young people (games), Families (advice) and Teachers (exercises)

METHODOLOGY: Interview with teachers to explain the Programme and the Web

Teachers give the students from 6 to 10 sessions

RESULTS:

Alcohol intake frequency is lesser in those students who received the program than in those who didn't receive it.



**THANK YOU FOR YOUR
ATTENTION**