

abc



**Programmes to complement the
Strategic Plan 2010-2013 – Early
Years, Primary Years and
Teenage Years – the Continuum**

Updated March 2010

Alcohol Programmes to Support the ABC Strategy

Introduction

Alcohol Focus Scotland has developed several programmes for five different age groups:

- **Oh Lila Learning Resource** for children aged 0-5 year olds
- **Rory Learning Resource** for children between the age 5-11
- **LiveWise4Young People** for young people 12-14
- **'Choices' for young people aged 14-16 years**
- **LiveWise– The Choice is Yours** for young people 15-17
- **Fit for Football – Fit for Life – young people aged 12-19**
- **ServeWise On Line – 16-18 year olds**

These programmes have been developed by our training section, teachers along with practitioners that work with children and young people.

Programmes

1 Oh Lila - The Oh Lila Resource is for parents and young children in pre-school and community settings. It tells the story of a little hare, who disobeys her mother and gets herself into trouble. The morale of the story is that if children get into trouble or make a mistake, it is better to speak to someone they trust to help them. The subsequent discussions could be on modern day dangers – alcohol, safety, health, relationships with parents, teachers and peers and self esteem.

Contents

Kamishibai, style story book

Puppet

Activity sheets

Colouring in sheets

Twister style game

Floor jigsaw

Guidance Book for Practitioners



1.1 Oh Lila Training

Oh Lila training is a 3 or 4 hour session for those working with pre-school children and wishing to gain a better understanding the key themes and uses of the Oh Lila resources.

The training covers a range of topics including:

- *Alcohol Awareness (only in 4 hour session)
Interactive session aimed at raising discussion around attitudes to alcohol use in families, our communities and in Scotland.
- Oh Lila in Context
How the resource fits into national strategies and play based learning.
- Uses and Themes of Oh Lila

Looking at the key themes of Oh Lila and providing practical opportunity to review resources and their uses in different environments

- Beyond the Resources
Providing advice and guidance on the key themes of Oh Lila.

2. The Rory Learning Resource is based on a storybook created by The Swiss Institute on Alcohol and Drugs to help children understand parental alcohol misuse. This learning resource helps those who work with children to understand the impact that alcohol misuse can have on a child within the family setting.

Contents:

- Rory books – full and abridged versions
- A Rory glove puppet
- Games 1) Rory's Fun Walk 2) Chutes & Ladders 3) Word Search & Maze
- MP4 players pre-loaded with Rory video, audio book and discussion questions
- Rory stickers
- Build a kennel
- Homework book
- Guidance Notes



The resource can be viewed on our website www.alcohol-focus-scotland.org.uk under leaflets and publication – Rory storybook.

The resource can be used from primary 1 through to primary 7 and the following gives an indication of how the resource can be used within the class room setting. Findings from the evaluation being funded The Scottish Government indicate that Rory is used in many different ways depending on the enthusiasm and the creativity of the pupils themselves and their teachers.

Age 5-7

The story of Rory can be read to primary 1 and 2 pupils. Using the puppet, the story can be brought to life. There is also an abridged version of the Rory book which was designed for children with special needs. Some teachers may prefer to use this version with younger pupils.

What is covered

- **Introduction to Rory**
- **Feelings and Emotions**
- **Sources of support**

Materials

- **Rory Book (Abridged Version)**
- **Rory Puppet**

- **Rory Video & PowerPoint**
- **Rory Games (Snap cards, Rory Chutes & Bones)**
- **Rory's Fun Games Activity Sheet**
- **Rory Worksheets**
- **Rory Activity Book**
- **Reading buddies**

Learning Outcomes

- **Learners will be able to identify the characters contained within the story.**
- **Learners will explore the relationship between characters**
- **Learners will explore feelings and emotions i.e. happiness, sadness and how to deal with and express these emotions.**
- **Learners will be aware of the importance to sharing and seeking support from trusted adults.**

Age 8 -9

Pupils can read the book for themselves. Outcomes:

- Pupil will read the story and feel sorry for the dog (develop an understanding of how it feels to be lonely or let down – empathy)
- Pupil will read the story and recognise themselves through Rory's experiences
- Pupil will read the story and recognise a friend because of Rory's experiences
- Pupils will gain an understanding of the effect of alcohol misuse on people's lives

Discussion about Rory's story and how alcohol can make people forget to look after children and pets.

What is covered?

- **Sharing feelings and emotions**
- **Identifying someone they can trust**
- **Identifying sources of help and support**
- **Alcohol and its effects.**

Materials

- **Rory Book**
- **Rory Puppet**
- **Rory Video & PowerPoint**
- **Rory Games**
- **Rory's Fun Games Activity Sheet**
- **Rory Worksheets**
- **Rory Activity Book**
- **MP4 Player**

Learning Outcomes

- **Learners will gain and understanding the importance of sharing feelings and emotions.**
- **Learners will be able to identify someone they can trust.**
- **Learners will be able to identify people and places that can help them.**
- **Learners will gain a general understanding of alcohol and its effects.**

Age 10-11

What is covered

- **Effects of alcohol misuse on individuals**
- **Effects of alcohol misuse on children, other family members and friends**
- **Effects of alcohol misuse on the community**
- **Sources of support**

Materials

- **Rory Book**
- **Rory Puppet**
- **Rory Video & PowerPoint**
- **Rory Games**
- **Rory's Fun Games Activity Sheet**
- **Rory Worksheets**
- **Rory Activity Book**
- **MP4 Player**

Learning Outcomes

- **Learners will have an understanding of the impact of Alcohol on the individual, people around them, and the community they live in.**
- **Learners will have an understanding of the effects of parental alcohol misuse.**
- **Learners will be able to identify safe and unsafe behaviours.**

Using the Do-It Be-It MP4 Player with the uploaded Rory story and video

At Do-It Be-It we believe that HOW you engage young adults is central to HOW much they take in. Today our teachers face a generation of 'digital natives', children brought up in an exciting world of Blogs, PSPs, Wiki's, Nintendo's, Bebo, MP4 players and a whole lot more! At the heart of Do-It Be-It is a desire to help children and young adults to want to learn, to want to be empowered and to want to do and be the best they can.

By combining the latest MP4 technology with the most current Rory alcohol awareness educational content we will provide children a 21st century learning tool which can be used at various stages in primary to reinforce and sustain the resources contained in the Rory tool kit. For example:

- Age 5 - 7 the MP4's could be used to reinforce the Rory book. Some pupils will automatically be more engaged just holding an MP4 and watching a video.
- The MP4's also double as flash drives and these can be preloaded with all Word/Powerpoint files that come with the Rory book.
- Age 8 to 9 the voice recording capability could be used to encourage self, group and peer assessment and encourage pupils to be creative and enterprising in their approach to learning by making their own school radio programme/podcast for example.
- We can work children aged 10-11 to produce their own podcasts/ vodcasts on alcohol awareness. Children can continue to use the technology across the curriculum to enhance and sustain learning and teaching.
- The MP4's could also be signed in and out of school to engage parents, especially those parents that may struggle with their own literacy, which would help to get the parents on-board with the project and may even help to re-educate them.

Our approach gives students the opportunity to develop in a way that is convenient, self-led and fun. Through a combination of motivational training and preloaded MP4's we will help students to realise their own potential and increase their confidence and self-esteem. We will also offer staff support in schools to make this project effective and sustainable

2.1 Evaluation

The formal evaluation of the Rory Learning Resource was published in 2009. The evaluation was based on the work carried out by seven primary schools and two agencies who work children and families that are part of the pilot in Blackburn, West Lothian. The findings are excellent and show a clear recognition of the issues that Rory expresses and engagement with Rory. A number of recommendations were made with regard to improving the delivery of the resource and these have been taken on board and the resource pack updated accordingly.

2.2 Rory Training

Training is available to support the use of the Rory resource. The half day training session covers the following areas:

- Alcohol Awareness
Interactive session aimed at raising discussion around attitudes to alcohol use in families, our communities and in Scotland
- Effects of Parental Alcohol Misuse
Discussion around effects of parental alcohol misuse on children and sharing of information relating to research.
- Introducing Rory
Looking at the key themes of Rory and providing practical opportunity to review resources and their uses in different environments

- Managing Disclosure
Opportunity for participants to think about how they would manage disclosure when using Rory resources and where they can get further information or assistance if required.

3. LiveWise 4 Young People - This programme is designed for **young people** between the ages **12-14** and can be delivered by training officers or teachers. The main focus of the course is on alcohol, however when working with young people of this age tobacco and drugs are also discussed. The course has been developed to meet the health and wellbeing substance misuse outcomes for this age group within the Curriculum for Excellence.

The programme runs over two consecutive years with 5 sessions being delivered in S1 and a further 6 sessions being delivered in S2.

LiveWise 4 Young People aims to be interactive and uses a variety of methods and tools including, discussions, group activities, quizzes, videos.

LiveWise 4 Young People: S1 Programme

Session one – Types of Substances

- Legal and illegal drugs
- Groups of drugs
- Classes of drugs

Session 2: Substances and their effects

- Short and long term effects of alcohol and tobacco on the body and mind?

Session 3: Drugs Awareness

- Interactive Illegal Drugs Quiz
- Option to have this session delivered by external agency/police

Session 4: Substances In Our Community

- Effects of substances on the communities we live in
- Introduction to Nedsburgh
- Creating a nicer community

Session 5: Putting it all together

- Substances In the Community – creating a nicer community
- Final 5 minute Quiz

The S1 LiveWise programme is currently being trialled with 3 first year classes in 2 schools in West Lothian. The trial is due to finish at the end of March 2010.

The programme will then be piloted with all S1 pupils in both schools in West Lothian in 2011.

LiveWise 4 Young People – S2 Programme

Session 1: Substances...What do you know?

- Recap on S1
 - Types of substances
 - Effects on body and mind

Session 2: Drugs Awareness

- Interactive quiz
- Can be delivered externally by agency or police

Session 3 – Substances In The Media

- Impact of advertising, Sponsorship & Promotional activities

Session 4 – Influences

- What is peer pressure
- Strategies for coping with peer pressure
- Can be delivered by peer educators

Session 5 -Choices

- Choices – Media clips aimed to generate discussions around risky situations
- Harm reduction strategies

Session five – Over to you

- Participants create an advert warning of the dangers or promoting healthy choices.
- Can be used to evaluate learning from previous weeks.

The programme was trialled in two secondary schools in West Lothian Bathgate Academy and St Kentigern's Academy in 2009. Teachers have now received 2 x 2 hour training sessions and will be piloting the programme with all S2 pupils from March 2010.

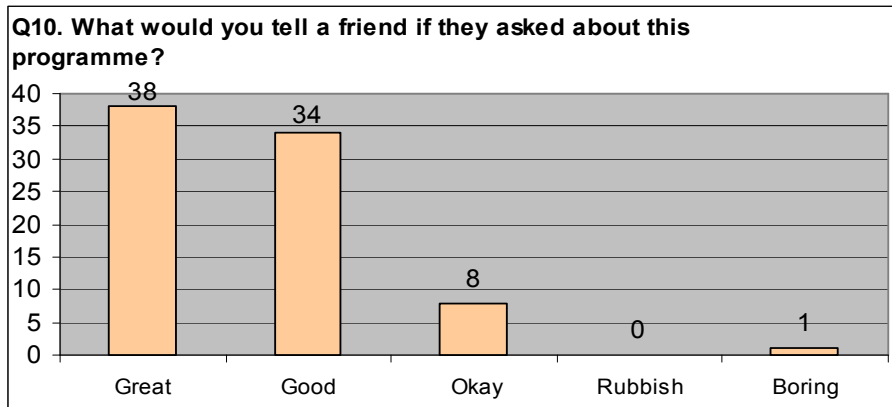
Evaluation :

3.1 (i) Teachers who trialled the S2 programme in 2009 stated

“Overall a great package which I would highly recommend to others”

“Excellent programme for pupils. My ideas of what would be covered were exceeded”.

(ii) Pupils were asked as part of the evaluation of what they thought of the programme and the following table illustrated their views.



4. Choices - “Choices” programme for young people aged 14-16 is based on creative writing and where appropriate drama. The aim will be to raise awareness of issues that lead young people to using alcohol through stories about Josie and James a teenage brother and sister who experience the everyday issues of growing up in today’s society and the pressures they have to deal with. These stories will be used as a stimulus for the young people to create, devise, write and where appropriate perform a play based around the topic of alcohol and the associated issues of health and wellbeing. They will explore through the stories and drama reasons why young people drink, consequences of alcohol and alternative options to drinking. The format is sufficiently flexible to operate within a school setting and within an organised group setting outwith the confines of a school.

The stories, which will be written in the form of a number of individual interrelated stories (novelettes), do not deal directly with alcohol but with issues that can lead young people to using and misusing alcohol. The stories will be left open so that the pupils have to make choices about what the characters will do in relation to alcohol. These choices and stories can then be explored in discussion within the English or PSE class and /or in a play that they devise, write and perform. The production of a play provides an opportunity to share the story with peers, parents and the wider community and further develop the programme through additional discussion forums involving a wide age range of participant.

The proposed format meets all of the health and wellbeing substance misuse outcomes within the Curriculum for Excellence for this age group as well as some of the areas in the outcomes covering Mental & Emotional Wellbeing, Social Wellbeing, Physical Wellbeing, Planning for Choice & Change and Food & Health.

In addition there are cross curricular links some of which are:

- Literacy - subject specific vocabulary, reading lyrics and creative writing;
- Key Skills – group work and communication skills;
- Differentiation – task and outcome;
- PSE/Citizenship – The effects of alcohol and why people drink.

The programme is being piloted in St Kentigern’s and Bathgate Academies during April and May 2010 utilising the services of Lisa Nicoll, writer and actress,

to deliver and support the pupils and teaching staff in developing the story and producing the play. On completion of the pilot she will produce a training manual for staff and will deliver the first training session for them. This will ensure that the programme will be both sustainable and it's rollout cost effective to other schools and organisations.

5. LiveWise – the Choice is Yours? - A two hour interactive session for young people aged 15-17 that discusses the following:

- alcohol, the affect on the body,
- short term and long term effects
- the unit concept
- daily and weekly limits
- alcohol and the law
- choices – what would you do – facilitated through the use of You tube and social networking clips
- Evaluation

This project has been trialled in an assembly type setting within High Schools in the Glasgow area.

5.1 Evaluation

The evaluation from both students and teachers has been excellent.

6 'Fit for Football – Fit for Life' programme for young people aged between 12 and 19 developed in conjunction with the Scottish Football Association.

The Fit for Football - Fit for life programme is sponsored by Scottish Football League and aims to tackle serious issues facing young people playing football in Scotland, one of which is alcohol awareness.

The initiative will see all 30 Scottish Football League Clubs being offered the opportunity for their under 19 players to take part in a 2 hour alcohol awareness session.

The interactive sessions covers

- Effects of alcohol on mind an body
- Short and long term effects
- Units
- Role models

To date almost 100 young players have taken part in sessions in clubs throughout Scotland.

Over 80% of players enjoyed the sessions and would recommend them to others. 85% said that they learned something new about alcohol and more than half of those attending said it had made them think about their own behaviour.

7. ServeWise On Line - ServeWise is a well known and highly respected name providing a range of courses and qualifications for people working or entering licensing or the licensed trade.

The courses all focus on helping participants understand their legal and social responsibilities and to put this into practice. Commonly the areas covered include the law, understanding alcohol and people skills. All the courses use an interactive format.

For those of school age there are two options. Both meet the staff training requirements of the Licensing (Scotland) Act 2005. These are:

(i) Undertake the accredited qualification for staff (about 4 hours training plus an exam)

The ServeWise City & Guilds 'Certificate for staff working in Scottish Licensed Premises' is a qualification accredited by the Scottish Qualification Authority. The training covers the required syllabus but provides additional relevant information in all areas. The four hours of training must be delivered by a qualified trainer and candidates then sit a multiple choice examination. Successful candidates receive a Certificate

(ii) Undertake the online training (about 3 hours which can be done anytime including in stages)

The ServeWise online course is currently being developed for release within the next few weeks. The training covers the required syllabus plus some additional information on people skills. Candidates answer self assessment questions through out the training. Successfully completing candidates receive a record of training.

7.1 Evaluation

ServeWise courses have a robust evaluation process including following up sample candidates two to three months after training. Candidates commonly cite that the courses have helped them to feel more confident in their role and that they have been able to put into practice things they have learned on the course. Although not a specific aim of the course, about half of candidates also report that the course has made them consider their own drinking, with about 20% of candidates reporting that the course has led them to a make a change their drinking behaviour.