



# Lessons Learned Report



Preventing alcohol abuse  
among pre-adolescents



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## Introduction

The guidelines on alcohol and youth fit into a broader discourse on health, wellness and healthy lifestyles, including self-care and good nutrition.

In addition to food, it is important not to forget what we drink and, along with food, bring into our bodies as nourishment and energy for our existence.

As early as the 1990s, the World Health Organization urged the inclusion of alcohol consumption within health claims.

Let us not forget that alcohol continues to be one of the main risk factors for disease, disability and mortality, even among young people, not only in Italy, but also in Europe and the rest of the world.

Health protection represents a central issue for all policies that care about the well-being of people, especially, of young people who represent our future, the future of the citizens who will inhabit our cities, our nations, our world of today and tomorrow. Alcohol represents the first addictive substance with a high social impact.

Therefore, it is important, to focus attention on everything that can serve to safeguard “being well” and promote health and well-being. As already reiterated in many places in this project, the issue of prevention on ‘alcohol use and abuse falls squarely within this theme. Placing the focus and attention on what we eat, drink, and introduce into our bodies is not only a personal matter of individual well-being and care but becomes important at the community level, as a collective good and as caring for people, the spillover of which benefits the entire community, at various levels, family, local, national, European, and global.

Only with this enlarged perspective can we hold ourselves, each with our personal, professional, political and social roles, aware of and responsible for actions that lead to real change.





# 01

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## Booklet on the Lesson Learned

The growing concerns about alcohol consumption among European preadolescents have become a significant public health challenge in recent years. Understanding the depth and breadth of the issue is paramount for policy-makers and governments to tailor effective interventions for the well-being of European communities.

# 01 **The Alarming European Situation of Alcohol Use and Abuse Among Preadolescents**

## **Statistical Overview of the Situation**

The European School Survey Project on Alcohol and Other Drugs (ESPAD) is a cross-sectional study of substance use and other forms of risk behaviour among students in Europe aged 15-16 years that is carried out every 4 years. The most recent study(1), published in collaboration with the EU drugs agency (EMCDDA), is based on a 2019 survey in 35 European countries, including 25 EU Member States.

According to the study:

Alcoholic beverages are perceived to be easy to obtain compared with other substances, with almost 80 % of ESPAD students stating that they would find it easy to get to hold of an alcoholic beverage if they wanted to. In Denmark, Germany and Greece, this percentage rises to more than 90 %. The lowest proportions were found in Kosovo (38 %), which was also the only country where the proportion was less than 50 %, followed by Lithuania (61 %), Iceland (62 %) and Romania (63 %).

Over one third of the students who participated in the ESPAD study (33 %) had first tried an alcoholic drink at age 13 or younger. The highest proportions of students reporting alcohol use at an early age were found in Georgia (60 %) and Latvia (48 %). The countries with the lowest rates of early alcohol use were Iceland (7.1 %), Kosovo (12 %) and Norway (13 %). In almost all ESPAD countries, boys were more likely than girls to have first tried alcohol at an early age.

On average, 6.7 % of students had experienced alcohol intoxication at age 13 or younger. This proportion varied substantially across countries, from 1.8 % in Iceland to 25 % in Georgia. Higher rates were more likely to be found in the eastern part of Europe and, in general, more boys than girls reported intoxication at an early age (ESPAD average: 8.0 % for boys versus 5.4 % for girls).

## **Consequences of Early Onset Drinking**

**Physical Health:** Alcohol consumption during the formative years can significantly impede the healthy development of vital organs, including the brain. This may result in cognitive impairment, hindering academic performance and cognitive growth.

**Mental Health:** Early exposure to alcohol heightens the risk of developing alcohol use disorders in later life. It also has been linked to heightened levels of anxiety, depression, and other mental health disorders.

**Social Implications:** Underage drinking often contributes to risky behaviours, such as

unprotected sex, drug use, and acts of violence, which have broader societal ramifications. Economic Impact: The cost to the healthcare system, law enforcement, and society at large due to alcohol abuse among preadolescents is substantial. It leads to increased medical expenses, legal costs, and lost productivity.

### The Societal Role and Responsibilities

It is essential to highlight the shared responsibility of society in addressing the issue:

**Parents and Guardians:** Family plays a significant role in shaping a child's behaviour and attitudes towards alcohol. Families should be made aware of the risks and encouraged to set boundaries and lead by example.

**Educational Institutions:** Schools and colleges should integrate awareness programs into their curriculum, ensuring that young people are well-informed about the dangers of alcohol consumption.

**Media and Advertisers:** Media portrayal of alcohol and its consumption can heavily influence a young mind. Stricter regulations on alcohol advertising targeting youth demographics are essential.

**Governments and Policymakers:** Concrete and effective policies, such as limiting the sale of alcohol near educational institutions and stricter age verification methods, can significantly reduce underage drinking.

### Conclusion

The issue of alcohol use and abuse among preadolescents is not just an individual or familial concern but a collective societal challenge that requires immediate attention. Ensuring the well-being of young European citizens is a collective responsibility that demands coordinated action from all stakeholders, including policymakers, governments, families, educators, and the community at large.

### References and online resources

(1) ESPAD Group (2020), ESPAD Report 2019: Results from the European School Survey Project on Alcohol and Other Drugs, EMCDDA Joint Publications, Publications Office of the European Union, Luxembourg.

[http://www.espad.org/sites/espad.org/files/2020.3878\\_EN\\_04.pdf](http://www.espad.org/sites/espad.org/files/2020.3878_EN_04.pdf)

This report presents the results of the seventh data-collection wave of the European School Survey Project on Alcohol and Other Drugs (ESPAD). The data collection took place in 2019.

## 02 Promoting Pan-European Collaboration for Effective Policy Initiatives

Alcohol consumption among young Europeans represents one of the greatest health and societal challenges facing Member States in the WHO European Region.

### Alcohol is the most commonly used substance among young people, with different rates of use in different European countries.

Alcohol remains the substance most commonly consumed by young people: In all ESPAD countries, with the exception of Kosovo (29%) and Iceland (37%), more than half of students reported having consumed alcohol at least once in their lives. The ESPAD average was **79%** (from 29% to 95%). The highest rates of lifetime alcohol consumption (over 90%) were found in **Hungary, Denmark and Czechoslovakia**. In addition to Kosovo and Iceland, Norway and Sweden had relatively low rates of lifetime alcohol consumption (less than 60%). Overall, **more than one student in 10 (13%)** reported having been intoxicated in the last 30 days.

### Consumption before the age of 13.

**Georgia** (60%) and **Latvia** (48%) have the highest rates of students reporting having consumed alcohol at an early age. The countries with the lowest rates of early alcohol consumption are Iceland (7.1%), Kosovo (12%) and Norway (13%).

On average, **6.7% of students** have experienced alcoholic drunkenness at the age of 13 or younger. This proportion varies from country to country, ranging from 1.8% in Iceland to **25% in Georgia**.

The highest rates are more likely to be found in the eastern part of Europe and, in general, among more boys than girls. (on average 8% for boys compared with 5.4% for girls).

### Increasing consumption in some countries.

Alcohol consumption has increased in some countries, such as **Northern Macedonia** (by 10 percentage points since 2015), as well as **Portugal and Romania**, with an increase of 4 to 5 percentage points compared to the prevalence observed in 2015.

### Binge drinking remains a dangerous drinking pattern for young people, with an overall increase in heavy episodic drinking among girls since 2015 and in some countries.

One in three students (34%) reported heavy episodic drinking (five or more glasses of alcoholic beverages in the course of a day) at least once in the past month.) This drinking

pattern is more common in Denmark, Germany and Austria, where 49% to 59% of students report this drinking pattern.

The lowest figures were found in Iceland (7.6%), followed by Kosovo (14%) and Norway (16%).

The difference between boys and girls was around 3 percentage points on average, with the figures generally higher for boys than for girls.

#### **Increase in episodic use among girls.**

But if we compare the 2019 rate with the 1995 rate, we see an overall increase in episodic use among girls (from 30% to 34%) and a decrease among boys (from 41% to 36%).

#### **Increase in heavy episodic use in certain countries.**

**Northern Macedonia, Portugal and Ireland** also show an upward trend in episodic drinking in the past 30 days between 2015 and 2019.

### **Easy access to alcohol**

Alcoholic beverages are perceived to be readily available in most countries and, in general, perceived availability appears to be higher among girls than boys.

On average, **more than three out of four students (78%)** stated that it would be easy for them to obtain alcoholic beverages if they so wished.

**In Denmark, Germany and Greece, over 90% of students** said it was easy to obtain alcoholic drinks. The lowest proportions of students reporting easy access were in Kosovo (38%), which was also the only country where the figure was below 50%, followed by Lithuania (61%), Iceland (62%) and Romania (63%).

### **Risky behaviour relayed via social media**

Alcohol-related messages are frequently shared via social media between influencers and teenagers. By taking advantage of influencers' messages, alcohol brands can find a way of circumventing regulations that prohibit advertising to minors.

In addition, teenagers continue to be widely exposed to alcohol advertising on a daily basis (Gallopel-Morvan et al., 2017). This could partly explain the persistently high prevalence of alcohol consumption observed in the ESPAD data. Evidence of a strong link between

exposure to alcohol advertising and teenage drinking behaviour has led to suggestions that stronger measures against teenage exposure to alcohol advertising could be an effective policy measure (Anderson et al., 2009; Jernigan et al., 2016).

### 1.2.5 Health and social risks associated with alcohol consumption: loss of quality of life and damage to the community

Alcohol consumption increases the risk of a large number of diseases.

The onset of certain liver diseases, cancers, lesions and cognitive disorders is a consequence of alcohol consumption. In young adolescents, alcohol consumption can have a negative and irreversible impact on brain development.

These illnesses can have negative repercussions on social life (relationships with family and friends, employment, delinquency), diminish the quality of life of those involved and can cause damage to the community. Loss of control by alcoholics can result in accidents and immediate danger, leading to trauma or even death for the consumer or a third party.

### 1.2.6 Conclusion

The above are all arguments that should encourage political leaders in all European countries to take joint action to limit alcohol-related harm among young teenagers.

The figures clearly show that adolescents in all European countries start drinking alcohol before the age of 13, for both boys and girls, and that certain habits, such as binge drinking, persist and are even increasing among the female population.

Governments have introduced measures to control the advertising of alcohol consumption by young people under the age of 18, but social networks are getting round the laws and succeeding in having an impact on young people's drinking habits.

Alcohol is also a serious public health problem: every year, **one in 10 deaths** in the European Region is caused by alcohol, and many of these deaths occur at a very young age.

Alcohol is a causal factor in many illnesses, diseases and injuries, and is also a human carcinogen.

Combating alcohol at European level should help to reduce the pressures on social and healthcare systems and inequalities among the most disadvantaged.

## References and online resources

<https://www.touteurope.eu/societe/la-consommation-d-alcool-en-europe/>: Alcohol consumption in Europe. Consumption and budget (2016)

<https://apps.who.int/iris/bitstream/handle/10665/361863/72wd12f-Alcohol-220604.pdf> - Information on priority measures to develop a new European alcohol policy framework 2022-2025

[https://www.lemonde.fr/sante/article/2020/11/12/en-europe-les-adolescents-consomment-davantage-de-cannabis-et-moins-de-tabac-et-d-alcool\\_6059429\\_1651302.html](https://www.lemonde.fr/sante/article/2020/11/12/en-europe-les-adolescents-consomment-davantage-de-cannabis-et-moins-de-tabac-et-d-alcool_6059429_1651302.html) - School survey on alcohol involving 100,000 young people aged 15 to 16 in 35 European countries

[http://www.espad.org/sites/espad.org/files/2020.3878\\_EN\\_04.pdf](http://www.espad.org/sites/espad.org/files/2020.3878_EN_04.pdf) - Results of the European survey project on alcohol and other drugs - 2019

## 03 Coordinated Strategies Against Emerging Challenges

As we have seen, the particularly worrying trends in alcohol consumption among younger people are linked to a whole range of health problems (people who drink at a young age have a higher risk of suffering from acute and chronic illnesses) ranging from alcohol dependence and other mental and behavioural disorders to major non-communicable diseases such as cirrhosis of the liver, certain cancers and cardiovascular disease. The consequences can also lead to injuries and deaths resulting from violence and road accidents. Young people are often confronted with a problem of excessive consumption later in life, and those who could succeed in the labour market may find their long-term career prospects threatened. This means that policy decisions need to be taken in a coordinated way by governments, taking into account the social, cultural and epidemiological characteristics of the country. Many actions can play an important role in the fight against excessive alcohol consumption: in the alcoholic beverage sector, in health (doctors), and in fiscal and regulatory measures.

### Programmes implemented but need to be coordinated

#### Taxes on drinks:

Almost all countries apply taxes on alcoholic beverages. Northern European countries have the highest taxes on alcohol, while Southern and Central European countries have lower levels of taxation. There are still too many disparities in alcohol taxation.

#### Regulation of alcohol sales and BAC

Regulation of alcohol sales and **maximum blood alcohol concentration (BAC)** levels for drivers are applied universally, but with wide variations from one country to another. **The minimum age** for buying alcohol often differs depending on the product (products with lower alcohol levels can be sold to people aged 16). European countries tend to apply lower limits (often between 16 and 18), with the exception of a few northern European countries for certain drinks, such as Germany, where alcohol can be purchased from the age of 14 in the presence of a legal guardian. The vast majority of countries apply a **BAC level of 0.5 g/litre** of blood or less. It varies between 0 and 0.08 g/l in EU countries. (The Czech Republic, Hungary, Slovakia and Romania do not tolerate any presence of alcohol in the blood at the wheel). Some countries have even introduced a lower BAC limit for young drivers with little experience on the roads (generally less than five years): Germany (0.3 g/l; Greece, Latvia, Luxembourg, the Netherlands and France: 0.2 g/l and Austria and Switzerland: 0.1 g/l).



### Penalties vary according to the highway code of the different European Union member states

Penalties for drink-driving vary from state to state: in Germany, for example, a fine of 500 euros and systematic withdrawal of driving licence for driving with a blood alcohol level of over 0.5 g/l, compared with a fine of 135 euros and possible suspension of driving licence in France; in France, the fine can be as high as 4,500 euros and two years' imprisonment for driving with a blood alcohol level of 0.8 g/l or more. In Ireland, the maximum penalty for driving under the influence of alcohol or drugs is €5,000 and/or 6 months' imprisonment.

### Better regulation of alcohol advertising can also save and improve the lives of young people.

There are major disparities between the countries of the European Union: only three countries, France, Lithuania and Sweden, have a total ban on alcohol advertising on the **small screen**. While 12 countries limit the ban, 8 countries have no mandatory rules (including Germany, Belgium, Denmark and Luxembourg).

The same applies to **cinema**, where there are also disparities. Advertising is banned in the three countries mentioned above and in Poland. Other countries restrict advertising to certain times (e.g. Germany, where advertising is only permitted in screenings after 6 p.m.). Other countries do not regulate advertising.

In the **written press**, only Lithuania bans all alcohol advertising, as well as on billboards (also Sweden). Around twenty Member States regulate the content of advertising, as in France, where alcohol advertising must be limited to a description of technical aspects. The other countries have no regulations (United Kingdom, Germany).

On **social networks**, Lithuania is the only country to ban alcohol advertising outright. Six countries ban advertising for spirits: Denmark, Sweden, Finland, Slovenia, Croatia and Poland (Croatia and Poland also ban advertising for wine). Several countries regulate content (e.g. France). Around half of all countries do not regulate alcohol advertising on the internet.

The least regulated aspect within the EU is **the sponsorship of sporting activities** by brands selling alcohol. Three countries ban it (France, Portugal and Malta). Five other countries ban it for spirits, and the remaining countries do not ban sponsorship.

### The need for a European prevention strategy

The Committee of the Regions' recommendations include the following proposals: ban the marketing and advertising of alcohol to children, including on social media; end self-monitoring and self-regulation of the sector; strengthen information campaigns, including in school education and through labelling aimed at women and children; encourage joint efforts, including research, to prevent the sale of very cheap alcohol, including online; increase efforts to monitor alcohol sales and collect data on alcohol-related problems.

In 2016, 4 countries (Poland, Portugal, Sweden and Slovakia) included a warning to prevent young people under the legal drinking age, and in the first three countries a warning against drink-driving. Information on other health risks associated with alcohol consumption is compulsory only in Ireland. Information on the composition of the product and the number of calories is compulsory in only four countries: Greece, Ireland, Romania and Portugal (for wine only). In addition, nine countries require an information message on the dangers of alcohol in alcohol advertising: France, Estonia, Greece, Latvia, Lithuania, Poland, Portugal, Romania, Slovenia and Sweden.

### **1.3.5 The public authorities' commitment to prevention and screening practices must be extended to all EU countries**

While most EU countries are prepared to conduct a policy to combat excessive alcohol consumption, and to define the objectives and means of implementing them, they do not provide information, for example, on the proportion of healthcare structures that use screening and brief intervention in their current practice.

As for prevention in schools, at local level or in the workplace, 13 states recognise a legal obligation to include alcohol prevention programmes in the school curriculum, and only 13 recognise the existence of official recommendations for the prevention and reduction of alcohol-related harm in schools.

### **1.3.6 Conclusion**

There are still wide disparities between EU countries when it comes to alcohol regulation policies. In most of Europe, the legal drinking age varies between 16 and 18, but in Germany, beer and wine can be consumed at the age of 14, in the presence of a legal guardian. In some countries, alcoholic beverages are heavily taxed (Scandinavian countries), and indirect taxation on alcoholic beverages is high. Other southern European countries such as Italy, Portugal and France follow the regulations recommended by the WHO. Other countries, such as Germany and certain Eastern European countries, are less inclined to pursue tougher policies and make less use of the legislative provisions recommended by the WHO.

The penalties for drink-driving also vary from country to country. While television, cinema and print advertising is regulated in some countries, digital advertising, reinforced by influencers and message sharing, is not subject to any legislation and contributes to the marketing of alcohol across borders.

All the information gathered on the measures taken in each country should form the starting point for harmonising the policies pursued by governments to combat the drinking of young people, taking into account the history and culture of each country.

## References and online resources

<https://www.capital.fr/conso/les-15-pays-deurope-les-plus-strictes-sur-la-consommation-dalcool-170043> A - The different laws on alcohol consumption in the countries of the European Union - Capital - (2019)

<https://www.touteurope.eu/l-europe-et-moi/le-taux-d-alcool-autorise-au-volant-en-europe/> - Information on Permitted alcohol levels for young drivers in European - Toute l'Europe, educational website (November 2022)

<http://www.ofdt.fr/BDD/publications/docs/eisxcp2a7.pdf> - National legislation and policies to reduce of alcohol-related harm in the european union - OFDT - (juillet 2020)



# 02

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## State of the art of initiatives to address the issue of alcohol use and abuse

As part of the CUT project, the partners involved present all the initiatives that have emerged in their respective countries, at national and local level to combat alcohol abuse among pre-adolescents. These initiatives are part of awareness campaigns carried out for a long time among the populations concerned. They reach a very wide audience of professionals, parents, trainers, experts, young people and question areas as varied as health, public safety, schools, youth, living together.

All these initiatives are based on the observation that it is necessary to fight against a scourge recognized in all the countries which worked on this project and to propose innovative strategies which will make it possible to stop the phenomenon and provide responses to risky behaviors for the individuals and societies.

# 01 The initiatives in Belgium

## Jeunes & alcool : le piège était presque parfait

(<https://questionsante.org/outils/jeunes-alcool-le-piege-etait-presque-parfait/>)

This tool (downloadable for free) is a PDF file that questions the cultural and economic environment surrounding alcohol consumption. Written in a simple style, an outsider adopts a candid approach to ask young people and various professionals why people drink, why drinking alcohol, despite its known toxicity, is not only socially acceptable, but almost indispensable, why authorities are so lax regarding alcohol (as compared to other addictive substances) consumption. Peer pressure, the media, the roles of parents... are some of the topics addressed in this document.

## Aide Alcool

(<https://aide-alcool.be/>)

This website addresses alcohol from different angles (young people and alcohol, alcohol at school, effects and problems related to alcohol, ...). It also provides recommendations to drink responsibly, suggestions of activities to implement at school, online support, and a test to assess one's use of alcohol.

## Jeunes, alcool & société

(<https://www.jeunesetalcool.be>)

Group of thirteen associations from the area of youth, health and education to promote a responsible consumption of alcohol. Their website offers numerous tools, including:

- Videos pills in which young people express their opinion on a given topic (advertisements, free water in restaurants and events, and the law). <https://www.jeunesetalcool.be/paroles-de-jeunes/>
- Pictos Consos: a game to be used in various contexts (schools, associations, family, individually...) to open a dialogue about alcohol and think about one's consumption. Accessible from 12 years old. <https://www.jeunesetalcool.be/pictos-consos/>
- À contre-pied: a short film in which young people give their opinion on various topics (tool for teachers and educators). <https://www.jeunesetalcool.be/a-contre-pied/>
- Other tools available at <https://www.jeunesetalcool.be/outils-et-publications/outils-pour-en-parler/>

## Educational tools by “Centre local de promotion de la santé du Brabant wallon”

([https://www.clps-bw.be/point-d-appui-assuetudes/copy\\_of\\_outils-pedagogiques/lister-experience-par-plate-forme?plateForme=experience\\_plate\\_forme\\_assuetude](https://www.clps-bw.be/point-d-appui-assuetudes/copy_of_outils-pedagogiques/lister-experience-par-plate-forme?plateForme=experience_plate_forme_assuetude))

Centre local de promotion de la santé du Brabant wallon (Local Centre for the Promotion of Health in the province of Walloon Brabant) has the prevention of addictions among its missions. Their website includes a section that collects initiatives against addictions. Among these is “the Effects of alcohol on the organism in secondary school” ([https://www.clps-bw.be/point-d-appui-assuetudes/copy\\_of\\_outils-pedagogiques/decire-une-experience?experiencePk=20](https://www.clps-bw.be/point-d-appui-assuetudes/copy_of_outils-pedagogiques/decire-une-experience?experiencePk=20)). In a biology class dedicated to digestion, an activity about the assimilation of alcohol was proposed to third year students (14-15 years old) using the Kottabos game (a game created in France to understand the effects of alcohol). The activity was organised in four 50-minute sessions with 22 students in two rooms during science lab classes. It was organised as follows:

### Session 1:

- Information about the project and how it will unfold;
- Role-playing in four sub-groups using the Kottabos experiments (the scale, the fountain, the brain and the reaction time ruler);
- Observation, manipulation, and conclusions in groups.

### Session 2:

- Next part of the module experimentation: camel, lunettes, key + door, software

### Session 3:

- Recap with Q&A;
- In two groups: exchange about their experience, their personal questions.

### Session 4:

A prevention session based on the game questions was added. It aimed to recap after the Easter holiday

## 02 The initiatives in France

### Initiatives at national level

At national level, the French government has launched several action plans to combat and prevent all substances, including alcohol, from the 1990s to the latest plan launched in March 2023.

Among the action plans and legislation, the first is the **Loi Evin of 10 January 1991**, (<https://www.legifrance.gouv.fr/loda/id/JORFTEXT000000344577/>) which severely restricts advertising for alcoholic beverages in order to protect young people from marketing operations. Advertising is only permitted on certain media, as stipulated in article L 3323-2 of the Public Health Code; in addition, the content itself must comply with certain rules set out in article L3323-4 of the Public Health Code, and must include a message warning of the dangers of alcohol abuse. Subsequent amendments were made to this law: article 97 of the law of 21 July 2009, amending article L3323-2 of the Public Health Code, included internet advertising of alcoholic beverages in the list of media authorised by the Loi Evin. Article 13 of law no. 2016-41 of 26 January 2016, introducing article L 3323-3-1 of the public health code, introduces a more flexible approach to the promotion of alcohol: while advertising for wine and alcohol is banned in sports establishments, it is nevertheless authorised in fan zones.

Other action plans have been put in place: **from 1999 to 2002** to broaden prevention, reduce risks and harm, and reaffirm the objectives of the criminal justice policy; **from 2004 to 2008** to reduce consumption and establish a new prevention dynamic, including making schools, parents and young people more responsible, providing information, improving the care system for harmful use of dependence, etc. Following this plan, the **Public Health Act of 9 August 2004** set a target of a 20% reduction in average annual alcohol consumption per capita over the period 2004-2008. The aim is to improve the health of the general population: then **from 2008 to 2011** with 38 measures in the field of prevention and communication, 41 in the field of law enforcement, 69 in the field of care and reducing the risks associated with use, 30 in the field of training and research and 15 measures at international level.

One of the aims of the plan is to tackle new patterns of consumption such as **binge drinking among young people**. Between **2013 and 2017**, the priorities were to - understand addictive behaviour and support research into innovative therapeutic strategies.

- to take account of the populations most at risk in order to reduce health and social risks and damage, and to prevent, delay or limit drug use by young people, for example.
- And to improve public safety, tranquillity and health.



The new plan to combat addictions, drawn up by **Mildeca (1)**, has been put in place for **2018-2022** to propose an intensification of the 2013-1017 plan to **protect the youngest in particular**, as their levels of consumption are among the highest in Europe.

The 6 axes, 19 priorities and more than 200 measures proposed follow a broad consultation carried out since the end of October 2017, which involved the ministries, their operators (health agencies and regional health agencies), the **Cnam (2)** and the **Cnaf (3)**, associations representing local authorities (Association des maires de France, France Urbaine, Union nationale des centres communaux d'action sociale) and the départements (Association des départements de France), professionals, associations and practitioners specialising in addictology or harm reduction, as well as representatives of the alcohol production, catering and health industries. More than 70 contributions were received.

**In March 2023**, the government adopted its Interministerial Strategy to Combat Addictive Behaviour **2023-2027**, which will be supplemented by national and local operational plans and programmes drawn up in consultation with professionals, elected representatives and local partners. Prevention and education are a priority in the fight against addictive behaviour. **Greater respect for the sale of alcohol to minors** will also help to distance people from these products. Santé publique France, in partnership with the Ministry of Health and Prevention, has launched a new campaign: "Good health has nothing to do with alcohol". The campaign, consisting of a 30-second film shown on television and in cinemas, and shorter versions (versions plus courtes) for social networks and online video platforms, reminds viewers of the risks associated with alcohol consumption, and invites everyone to find out more about their own drinking habits and find information and advice on the Alcool Info Service website. (Alcool Info Service)

## Legislation

France has a number of **regulations governing the consumption of alcohol by minors**. The sale of alcohol to minors is **prohibited**. It is also forbidden to offer free drinks to minors in public houses, shops or public places. All vendors must ask for proof that the customer has reached the age of majority.

It is also forbidden to entertain unaccompanied minors under the age of 16 in public houses. **Penalties** range from €300 to €7,500 fines for selling alcohol to minors, up to 2 years' imprisonment and a €750 fine for receiving minors unaccompanied by a responsible adult, and 2 years' imprisonment and a €45,000 fine for causing a minor to drink to intoxication or habitually.

**Driving under the influence of alcohol is a criminal offence**. The authorised alcohol limit is 0.20g of alcohol per litre of blood for young drivers for 3 years after obtaining their licence, and 0.5g after the probationary period. Penalties can range from €750 and suspension of the

driving licence for up to 3 years (between 0.5 and 0.8g of alcohol) to 2 years' imprisonment and a €4,500 fine if the alcohol level exceeds 0.8g, with suspension or cancellation of the driving licence (in the event of a repeat offence).

### **At national education level, the government has launched a campaign to prevent addictive behaviour in December 2019.**

In primary schools, time devoted to health education and addiction prevention is **identified and integrated into the curriculum**.

In secondary education, addictions and the fight against addictive behaviour are also addressed as part of subject teaching. For example, the life and earth sciences syllabus and the health and environment prevention syllabus in vocational education include a section on addictive behaviour and its consequences, preventive measures to combat addictions, associated repressive measures and existing facilities.

Media and information education (EMI) and moral and civic education (EMC) also play a part in this prevention.

In terms of regulations, school heads must take steps to prohibit the sale of alcoholic beverages and the consumption of energy drinks is also prohibited on school premises.

### **At regional level (health strategies)**

At regional level, the Regional Health Agencies (ARS) are responsible for ensuring unified management of healthcare in the region, responding more effectively to the needs of the population and increasing the efficiency of the system.

They were created in 2010 and involve all healthcare stakeholders. They define regional health strategies, organise and programme their operational implementation, and set regional health ambitions and priorities.

The ARS of Nouvelle Aquitaine, for example, has provided information on the professionals in the region to contact in the event of alcohol addiction, and on websites that provide advice appropriate to the situation.

### **At local level**

The **CSAPA** (Centres de Soins, d'Accompagnement et de Prévention en Addictologie, or addiction care, support and prevention centres) provide an opportunity to discuss the difficulties encountered with a professional and offer support in stopping or moderating alcohol consumption.

With the help of CSAPA professionals, users can put in place the support that suits them best, opting for outpatient (without hospitalisation) or inpatient withdrawal. CSAPAs also offer support for family and friends.

CSAPAs provide free, anonymous help and are located in every département of France.

- A website, Alcool info service, is available to answer questions and help people think about their problems. A telephone number is also available from 8am to 2am on 0 980 980 930.

<https://www.alcool-info-service.fr/alcool/aide-alcool/entraide-entre-pairs>

- Many self-help associations exist alongside the specialist care system. They have websites on which you can find meeting places and times Alcooliques Anonymes, La Croix-Bleue, Alcool Assistance Vie Libre, Les amis de la santé Joie et santé - Alcool Écoute

La Croix Bleue, Alcool Assistance, Vie Libre, Les Amis de la Santé and Joie et Santé-Alcool Écoute have joined forces to form a Coordination des Associations et Mouvements d'Entraide Reconnus d'Utilité Publique (C.A.M.E.R.U.P.) to organise their représentation at European, national and local level.

## Conclusion

National and local initiatives have been developed in France to combat excessive alcohol consumption among young people, and measures have been introduced in areas as varied as prevention and communication, legislation, health and training. In terms of national education, the fight against addictions is included in school curricula and many associations are continuing the government's action by offering anonymous, free support with professionals. Since 2018, there has been a drop in alcohol consumption among young people (results of the ESCAPAD survey). However, pressure from the wine industry lobbies is still very strong, and the government's "Month Without Alcohol" operation in January 2023 was able to continue thanks to the intervention of addictology and health promotion associations.

## References and online resources

(1) MILDECA : (Interministerial Mission to Combat Drugs and Addictive Behaviour) leads and coordinates the Government's action to combat drugs and addictive behaviour.

(2) CNAM : national health insurance fund

(3) CNAF : the national family benefits fund

(4) <https://www.irdes.fr/documentation/syntheses/la-politique-de-lutte-contre-l-alcoolisme-en-france.pdf> - irdes (institut de recherche et de documentation en économie de la santé) report on alcohol policy in France, September 2019

(5) <https://www.ameli.fr/assure/actualites/la-bonne-sante-n-rien-voir-avec-l-alcool-une-nouvelle-campagne-de-sante-publique-france> - health insurance website: a new Santé publique campaign in France from 12 January 2023

(6) <https://www.nouvelle-aquitaine.ars.sante.fr/tabac-alcool-cannabis-0> - Information on CSAPA (centres for care and support

(7) [https://www.lemonde.fr/sciences/article/2023/09/12/lobby-des-alcooliers-contre-la-prevention-des-risques-le-gouvernement-doit-redresser-le-tir-en-urgence\\_6189045\\_1650684.html](https://www.lemonde.fr/sciences/article/2023/09/12/lobby-des-alcooliers-contre-la-prevention-des-risques-le-gouvernement-doit-redresser-le-tir-en-urgence_6189045_1650684.html) - Article published in Le Monde on 12 September 2023 following the cancellation of prevention campaigns under pressure from the wine industry.

## 03 The initiatives in Greece

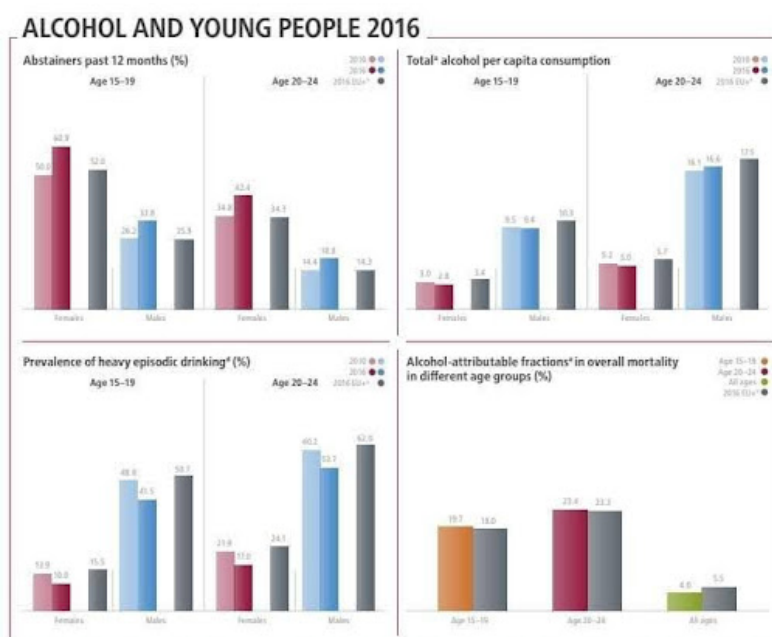
### The Situation in Greece

Alcohol use in Greece concerning the youth has been proven to be a big issue that still remains to be resolved, especially these last few years. There are many factors that lead to teenage drinking, such as a genetic tendency, personality traits, family structure, whereas peer pressure is also a factor as the teenagers enter adolescence. The combination of adolescence and alcohol is explosive as the teenage years are, even without alcohol, a time of experimentation and rebellion. Teens are interested in showing their friends that they are daring and adopting behaviors they see in adults.

A 2020 study from the University of Attica's biomedical engineering department has found that 4 in 10 adolescents have tried alcohol before the age of 15. The study was conducted among 1459 young Greek participants between the ages of 15 and 30. 1 in 4 participants also stated they had driven a vehicle under the influence with many of them having been in an accident while drunk driving.

The World Health Organization Regional office for Europe reports that among Greek teens between the ages of 15 and 19, 41,5% of boys and 10% of girls consume alcohol on a regular basis.

Despite these concerning figures, according to the WHO, alcohol policies in Greece remain inadequate. A legal minimum age has been implemented as well as regulations on sale and promotion and health warning labels, but these implementations do not seem to be enough to slow the problem down.



The WHO recommends an increase in taxation as well as bans of promotion and restriction of access.

Substance use in adolescents is associated with negative health and psychosocial outcomes. These data highlight the importance of continued monitoring of the trends of substance use in adolescents. Furthermore, they indicate the necessity of maintaining and further expanding control measures and health promotion interventions to curb the use of alcohol.

### Initiatives to address the issue

According to article 1 of the **Greek Law 3730/2008** entitled “Protection of minors from tobacco and alcoholic beverages and other provisions”: «The protection of minors from the use of tobacco products and the consumption of alcohol belongs to the competence of the Ministry of Health and Social Solidarity and is exercised by the Department of Dependencies of the General Directorate of Public Health».

By decision of the Minister of Health, the National Action Plan for Addressing the Harmful Consequences of Alcohol Consumption 2019-2023 was drawn up in June 2019. Part B of the plan includes the proposals for the new actions and policies. Some of them are the following:

Proposal 5: Regulation of alcohol availability, with the aim of controlling the availability of alcohol to young people, with actions like:

- Control and observance of the minimum age limit to buy alcohol
- Implementation of pilot awareness programs and cooperation with professionals, in bars, restaurants etc. with the aim of responsible disposal of alcohol: no sale of alcohol to young people below the legal age limit.

Proposal 7: Awareness raising and training of professionals involved in dealing with people with alcohol use problems with the aim of improving the detection and management of alcohol use problems and related problems, with actions like:

- Training teachers to recognize and refer students with alcohol use problems concerning themselves or their families
- Information interventions on alcohol consumption in workplaces entitled «Alcohol and Adolescence» to raise awareness among parents and teenagers/young people.

### References and online resources

WHO Europe: New Alcohol Country Fact Sheets

- [https://movendi.ngo/wp-content/uploads/2019/05/ACHP\\_FS\\_Greece.pdf](https://movendi.ngo/wp-content/uploads/2019/05/ACHP_FS_Greece.pdf)
- ekathimerini.com
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- <https://www.moh.gov.gr/articles/health/domes-kai-draseis-gia-thn-ygeia/antimetwpish-eksarthsewn/politikh-gia-thn-antimetwpish-twn-eksarthsewn/6307-ethniko-sxedio-drashs-gia-to-alkool-2019-2023>

## 04 The initiatives in Italy

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Among the initiatives implemented at national level we report the Alcohol Prevention Day. Supported and funded by the Ministry of Health, now in its twenty-second year, it was held and promoted in close cooperation with the Italian Alcoholology Society (SIA), the Italian Association of Local Alcohol Support Clubs (AICAT) and Eurocare. It provides a forum to discuss the main initiatives undertaken throughout the year (whether promoted by the Ministry of Health or carried out in collaboration with SIA, AICAT and Eurocare), and especially during the month of April, which is Alcohol Awareness Month. Through the WHO technical and scientific advisory groups and collaborating centres, and in cooperation with the Regional Alcohol Centres and services, APD ensures the availability of data, experiences and materials aimed at developing and fostering a suitable culture of prevention based on the highest possible levels of health protection, awareness and personal and social responsibility, and on combating “fake news”.

During the APD event, the ONA presented documents and materials aimed at developing and fostering a suitable culture of prevention based on the highest possible levels of health protection, awareness and personal and social responsibility.

The Ministry of Health, in collaboration with the National Alcohol Observatory, has also created a campaign aimed at informing about the risks associated with alcohol consumption and aimed at preventing the phenomena of alcohol abuse by young people with particular reference to drink-driving. The message of the campaign ‘La vita è sempre una anche se hai bevuto’ (Life is always one even if you’ve been drinking), is conveyed through web banners, print ads in the newspapers most widely read by the target audience, collaborations with the music industry, a radio spot and the ‘Adrenalina pura’ smartphone application. As part of the same ministerial campaign, the online information portal [Diregiovani.it](http://Diregiovani.it) promotes the initiative ‘Non perderti in un bicchiere!’ (Don’t get lost in a glass!) with the aim of raising awareness and informing young people about the risks and effects of alcohol consumption and abuse, making them active participants in their own health choices. Young people attending first and second year in secondary schools have the opportunity to gather all useful information, consult explanatory material, watch video interviews with experts in the field and read in-depth reports, talk to the team of psychologists, send in their photographic contributions to take part in a prize competition.

The Permanent Observatory on Young People and Alcohol collects and makes available to the scientific community and the general public scientifically reliable information on alcohol consumption patterns and related problems in the Italian youth population, promoting research aimed at obtaining a global view of the phenomenon. Alcohol and Related

Pathologies is the information portal designed as part of the strategies that the Department for Anti-Drug Policies is promoting to increase knowledge and awareness of the effects of alcohol use. The portal is aimed at supporting and informing students, teachers and parents in the prevention of alcohol use among young people.

At a local level, LifeSkills Training Programme is a scientifically validated educational programme in health promotion for the school population, proven to reduce the long-term risk of alcohol, tobacco, drug and violent behaviour by increasing personal and social skills. The operational coordination of the activities is entrusted to the ATS Città Metropolitana di Milano (Milan Health Care Agency). It aims to increase subjects' ability to cope with daily challenges and foster a greater sense of personal control. Action is taken on the various factors involved in substance use and abuse, whether related to external influences (the environment, the media, peers, etc.) or internal psychological factors (social anxiety, low self-esteem, propensity to seek strong emotions, etc.). A key element of this project is the involvement of teachers in the implementation of the programme: acting on the educational reference figures is part of an intervention logic that aims to change the students' life context in order to create the optimal conditions for the environment to be less predisposing to substance use or other risk behaviour and to act as a protective factor. Teachers, trained by practitioners (and soon by other qualified teachers), can implement the LifeSkills Training programme with their students using manuals and guides. There are also accompanying moments for the implementation of the activities which, together with the training, are aimed at reinforcing the teachers' educational role on health issues. The strategic objective is to provide the school with validated intervention tools consistent with the inspiring principles of the network of Health Promoting Schools and to integrate health promotion activities within the school context and the school's curricular activities. The Life Skills Training programme is currently implemented in Lombardia, permanently involving more than 240 secondary schools and, each year, about 5000 teachers and 50000 students.

Unplugged Lombardia is a regional programme launched in 2011 in collaboration with the Public Education Ministry and the Lombardy Education Office. The operational coordination of the activities is entrusted to the ATS Città Metropolitana di Milano (Milan Health Care Agency). It is a substance use prevention programme aimed at the school environment and based on the social influence model. It aims to improve the well-being and psychosocial health of young people through the recognition and enhancement of personal and social skills needed to manage emotionality and social relationships, and to prevent and/or delay substance use. Unplugged came about as a result of the EU-Dap (European Drug addiction prevention trial), a European project that was the first experience in evaluating the effectiveness of a school-based programme to prevent tobacco smoking, substance use and alcohol abuse.

The objectives of the programme are:

- Fostering the development and consolidation of interpersonal skills;
- Developing and enhancing intrapersonal skills;
- Correcting children's misconceptions about the prevalence and acceptance of the use of psychoactive substances, as well as about interests related to their commercialisation;
- Improving knowledge about the risks of using tobacco, alcohol and psychoactive substances and developing a non-substance-friendly attitude.

Due to its characteristics of delaying or preventing the experimentation of psychoactive substances, Unplugged is suitable for pupils aged 12-15 years. It is divided into 12 teaching units and is conducted by the teacher in the classroom applying interactive methodologies through techniques such as role playing, brain storming and group discussions. It currently involves about 65 school institutes in the region and, each year, more than 6,000 students and about 300 trained teachers.

The Peer Education programme comprehensively addresses personal wellbeing by fostering care and respect for oneself and for others, in a general health perspective that includes knowledge of and access to territorial social and health services. Although there is no codified peer education programme at regional level, interventions and programmes based on this methodology are in place in all the regional Health Care Agencies. The programme aims to build and strengthen young people's sense of personal and collective efficacy through the methodology of peer education (secondary schools) and by setting up a group of suitably trained male and female students to act as multipliers of health messages. Among its long-term objectives, the programme aims to prevent the consumption, use and abuse of psychotropic substances (alcohol, tobacco, self-administered medicines and drugs), to counter the phenomenon of the 'normalisation' of consumption, to reduce the possibility of experimental use or occasional gambling events turning into pathological substance or behavioural addictions.



## 05 The initiatives in Poland

### Educational Programmes

In Poland there are a few programs which are implemented in state schools as the means to prevent alcohol abuse among pre-adolescents and adolescents.

### The Third Primer, or the Seven-Step Program

“TRZECI ELEMENTARZ, CZYLI PROGRAM SIEDMIU KROKÓW” (The Third Primer, or the Seven-Step Program) is a preventive program with elements of life skills training designed for students aged 12-17. It falls under the category of classroom-based programs and is intended to be implemented by trained teachers, psychologists, and educators. It was developed by the State Agency for Solving Alcohol Problems as an enhanced and improved version of a previously known program called “Drugi Elementarz” (The Second Primer).

The program aims to provide knowledge about psychoactive substances, the dangers associated with their use, and strategies to avoid these risks. Additionally, it aims to develop several essential life skills, including:

1. Refusal skills
2. Enjoyable activities without resorting to addictive substances
3. Constructive behaviors in interpersonal relationships

The program is specifically targeted at students aged 12-17 and consists of an 8-session series for young people, along with workshop meetings for parents and school boards. The workshop sessions focus on discussing seven key steps:

1. Step one: “Searching for happiness”
2. Step two: “The chemical trap”
3. Step three: “Use and abuse”
4. Step four: “Addiction is a deadly disease”
5. Step five: “Alcohol and our feelings”
6. Step six: “The art of refusal”
7. Step seven: “A healthy and good life”

Training for the program follows a cascading structure, with trained instructors selecting and training the direct implementers (psychologists, educators, teachers) who conduct sessions with students and their parents. During the program’s implementation, various supplementary materials are used, including a handbook containing lesson plans for individual sessions, as well as numerous publications, comics, surveys, and leaflets

### ARS, or How to Care for Love?

The educational program “ARS, or How to Care for Love?” by Dr. Krzysztof Wojcieszek focuses on the prevention of substance abuse (alcohol, tobacco, drugs, synthetic drugs) and is aimed at high school students.

The program’s unique approach is to prompt students to reflect on values important to them, primarily focusing on the most cherished value in human life, which is love, rather than conventional motivators such as health or freedom. Health and freedom are understood here as elements that contribute to responsible love, well-being, and the healthy development of future generations. The ARS program combines leading preventive strategies (classifying values, modifying erroneous beliefs, developing life skills, building relationships within the school and family community) with the delivery of essential information, thus enhancing its effectiveness. The program is structured into three parts, which can be implemented within a minimum of 6 instructional hours, with the possibility of extending the program to a maximum of 12 instructional hours. The entire program can also be conducted in a single day, offering flexibility in its scheduling, but it should not be overly extended as it may diminish its impact.

Part I of the program: “Life and good health as the fundamental conditions of human love.”

Key ideas in this part of the program:

- Life and good health are the most important prerequisites for love.
- Psychoactive substances deceive us, do not deliver what they promise, and cause problems.

Part II of the program: “Can the use of psychoactive substances harm human love?” (The central focus is on showing the negative impact of psychoactive substances on the relationships between men and women and their influence on human development in terms of identity and gender-related tasks.)

Key ideas in this part of the program:

- Psychoactive substances can destroy love.
- Psychoactive substances have a negative impact on human health.

Part III of the program: “Psychoactive substances and reproductive health” (Addressing health issues related to participants’ current lifestyle choices and their impact on the health of their future offspring. It discusses the potential health effects of psychoactive substances on children and aims to instill a sense of responsibility regarding future parenting attitudes.)

Key ideas in this part of the program:

- The use of psychoactive substances during pregnancy can lead to a range of developmental disorders and health issues in children.
- Parental love protects children from risky behaviors.

The program is interactive, with participants formulating theses and creating preventive

messages in response to questions posed by the instructor. The main message of the program is that love requires care and attention and can be considered a kind of art. The program's formative evaluation results confirm the program's well-designed structure. 95% of participants gave it a positive assessment, with 100% believing that such sessions should be offered to people their age. 65% of respondents believed that participants would be more cautious about using psychoactive substances after the sessions. All participants indicated that they would like their children to take part in such classes in the future. The feedback from the evaluation surveys strongly supports the program's relevance, tools, and the effective dynamics based on the proposed program structure.

## Sweets

The "CUKIERKI" (Sweets) preventive program is designed to be proactive and aims to prevent dysfunctional situations in a child's life before they occur. The program provides students, aged 7-11, with basic information about addictive substances and the associated risks, while also teaching skills related to self-care and safety in relationships with others. It instills a sense of distance in interactions with strangers and promotes cooperation as a way to prevent aggressive behavior. The program is adapted to the developmental stage of children and focuses on caution rather than arousing curiosity or experimentation.

Implementation methods for the "CUKIERKI" program include:

1. Reading stories with role-playing.
2. Artistic activities.
3. Describing illustrations.
4. Brainstorming.
5. Drama exercises.
6. Group work.

The program is facilitated by trainers with the appropriate qualifications, and teachers are invited to participate as well. The program's objectives include:

1. Providing children with fundamental information about addictive substances and related risks.
2. Developing the ability to recognize and express their own and others' feelings.
3. Fostering independent and creative thinking.
4. Strengthening self-esteem and a positive self-image.
5. Teaching the distinction between acceptable (safe) and unacceptable behaviors in relationships with others.
6. Promoting cooperation as a means to prevent aggressive behavior.
7. Shaping skills for self-care and safety in relationships with others.
8. Teaching assertive attitudes towards strangers and individuals who may attempt to exploit

a child's trust.

9. Developing attitudes of respect and trust towards school staff, both pedagogical and technical, and other individuals who can provide support in school-related issues.

### Summary

In conclusion, Polish state schools and educational institutions implement several preventive programs to address alcohol abuse among pre-adolescents and adolescents. These programs are designed to provide students with valuable knowledge about the risks associated with substance abuse while also equipping them with essential life skills. The programs aim to foster responsible behaviors, promote self-awareness, and encourage cooperation among students. They focus on enhancing students' understanding of the consequences of substance use and the importance of self-care and safety in interpersonal relationships. The programs use a variety of teaching methods, and instructors, often including teachers, are trained to deliver the content effectively. Overall, these programs share the goal of preventing substance abuse and promoting healthy behaviors among young students.

## 06 The initiatives in Romania

The campaign to prevent alcohol consumption among students „Alcohol does not grow you up”, organized by the Romanian Police is focused on preventing juvenile delinquency and victimizing minors and it is a national priority of the Romanian Police. In this regard, the steps measures are aimed at informing young people, in various ways that are suitable for these beneficiaries, in order to decrease victimization and adopting antisocial actions.

„Choose to live healthy”, is another campaign supported by NGOs, Save Children, in partnership with Kaufland, and aims to raise awareness about alcohol and tobacco use among children.

The Romanian Police, in partnership with the Romanian Brewers Association and Petrom, launched another prevention campaign: „0% ALCOOL! 100% VOLAN!”. It aims to raise awareness among drivers, passengers and other road traffic participants, including children about the negative consequences of driving a vehicle under the influence of alcoholic beverages and thereby, reducing the number of accidents. The project of the Romanian Brewers Association represents a long-term initiative to hold drivers accountable, launched and carried out with the support of the Road Directorate within the General Inspectorate of the Romanian Police and of the Petrom company. The Romanian Brewers Association aims to promote moderate and responsible consumption. Thus, the launch of a campaign aimed at informing drivers about the dangers they are exposed when driving under the influence of alcohol, illustrates once again the social commitment of the local beer industry.

This campaign was launched in 2018 and it is implemented online, outdoor networks and TV. In 2019, the campaign ran under the slogan „A mother in need is a mother indeed– BE A MOTHER TO YOUR FRIENDS”.

Ursus, through the platform, [www.desprealcool.ro](http://www.desprealcool.ro), implemented programs and partnerships that develop tools that aim to increase awareness of the effects alcohol consumption. An extensive study was carried out in partnership with Demos Great Britain and the Romanian Institute for Public Policies in 2014. It was the first national research to study the connection between parental models, alcohol consumption and the likelihood of alcohol abuse in the next generations. The study showed that in order to avoid alcohol abuse, children need an education that combines affectivity and discipline.

Based on these conclusions and results, the project „Parental education and alcohol prevention” was launched in 2017-2018, together with the Federation of Non-Governmental Organizations for Children (FUNPC) and the Center for Education and Development Step by Step. Its purpose was to support parents with information and methods to prevent alcohol consumption among adolescents.

With the same objectives, it was continued with the elaboration of the extensive program „ Efficient Parents, Happy Children ”, in collaboration with the Federation of Non-Governmental Organizations for Children ( FONPC ) and the Center for Education and Development Step by Step. The ( program today, already in its sixth year of existence ) carries on the message of responsibility and offers parents and specialists in education counseling and parental advice from experts in child psychology, to help manage the issue of alcohol consumption by minors. To date, through the „ Efficient Parents program, Happy Children ”, over 2,000 parents and teachers have participated in workshops. During 2019-2020, the project „ Resilience and prevention of violence in the context of excessive alcohol consumption in Romanian families ” was implemented, focused on promoting positive parental education methods and increasing the skills of education professionals in working with parents. Simultaneously, the guide „ Efficient parents – Way to Have a Happy Child ” was launched and promoted. In 2021, in the context of the pandemic, the project continued to focus on parental styles and the healthy emotional development of children on the verge of adolescence, but course topics for parents and professionals have been adapted to current needs, such as managing emotions and stress in the family or bullying in the digital environment.

The legislative initiative was made by the Chamber of Deputies, starting from the Study „ Alcohol policy in Europe and its countries ” and the premise that illegal alcohol consumption among young people is increasing at a very high rate.

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## 07 Conclusion

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Numerous government campaigns have been launched in partner countries, supported by ministries and health agencies and bringing together departments, addiction specialists, health professionals and schools.

These campaigns are accompanied by a strengthening of laws, a toughening of penalties for the sale of alcohol to minors (France, Greece) as well as awareness programs and cooperation with professionals in bars, restaurants, for management responsible for alcohol (Greece) or with the police and the Romanian brewers' association to reduce the number of accidents on the roads (Romania).

In order to promote a culture of prevention, the Public Ministry of Health is targeting the month of January in France, the month of April in Italy (in cooperation with the Italian Alcohol Society) to raise awareness of the risks linked to alcohol consumption. alcohol and prevent the phenomena of alcohol abuse among young people.

Training programs for professionals involved in the care of people with alcohol consumption problems are being set up in Greece, also in schools, and associations fighting against alcohol abuse among young people are working in association with the ministries of education to offer young people information, listening points and services that can raise their awareness and prevent the problem of overconsumption of alcohol and help them if necessary. (Belgium, France, Greece, Italy, Poland, Romania).

In schools, educational programs, in agreement with the Ministry of Health, offer, at primary level as well as for students aged 12 to 17, health promotion activities and educational activities aimed at improving knowledge of addictive substances and strategies to avoid risks (Belgium, France, Greece, Italy, Poland, Romania), develop the psychosocial skills of students to prevent and delay substance use (France, Italy, Poland). They are accompanied by work with parents and education professionals to promote positive parental education methods, learning to manage emotions and stress in the family or harassment. (Romania). The measures taken to inform, raise awareness, train, support and prevent the phenomena of alcohol abuse among pre-adolescents in all partner countries show the extent of the problem and the need for European collaborative work to stem the worrying phenomenon which reflects a deep societal malaise and has repercussions in the areas of health, work and the economy.





# 03

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## Lessons learned from the implementation of the CUT! educational path

Each partner country involved in the CUT project tested educational activities in several schools: these activities were carried out by teachers with the students and parents concerned, i.e. 50 students (including 10 with fewer opportunities), 50 parents, 4 teachers and a member of the psychological team for Poland, Italy, Romania and 25 students (including 5 with fewer opportunities), 25 parents, 2 teachers, a member of the psychological team in each of the three schools involved in the program in France, and the same number of students, parents, teachers in the two schools involved in the program in Greece. This involved studying the comments, reactions and actions carried out in schools following the discussion groups, studying the reactions and wishes of students and teachers following the activity tests and launching a questionnaire with all those involved to take stock of the preventive measures and the proposals to be developed in establishments to combat this phenomenon.

# 01 GREECE

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## Feedback Analysis

### Introduction and Implementation Overview

The CUT! project, aimed at educating pre-adolescents about the dangers of alcohol abuse, was implemented in two middle schools with the active participation of the teachers and the headmaster and the indirect involvement of the parents, mainly through their participation in some activities of the CUT! Educational path, like the “Family-members interviews”.

Based on the feedback received from the teachers and the headmasters, it is evident that the testing of the CUT! Educational Path produced fruitful results. The diverse range of activities carried out in class, including discussions, video analysis, mind mapping, and creative exercises (creating posters and comics), facilitated an engaging and informative learning experience for the students to foster awareness and a better understanding of the risks and consequences associated with alcohol consumption.

Teachers utilised a blend of educational tools, indicating a preference for multimedia and interactive activities. The engagement level of students was high, with suggestions for incorporating more real-life scenarios to enhance relevance. The Educational Path was mainly easy to understand. Still, some teachers highlighted the necessity for additional clarity on specific topics, like the template of the “Ad analysis – Study of beer”, which several students had difficulties understanding.

The CUT! Educational Path was effective in conveying information about alcohol, with a suggestion that it could be enriched with other alcohol-related topics, like alcohol and delinquent behaviour or alcohol and driving. Making students acknowledge the importance of cooperation and a confidential relationship between them and the teachers was also considered beneficial.

A generally very positive response from students was observed, with students being eager to share their own stories and experiences with their peers and teachers. The teachers expressed the opinion that the students’ decision-making capabilities regarding alcohol consumption were increased through the educational path activities.

Although parents were not directly involved in this phase, their role is recognised as crucial in the broader educational context. Based on the feedback received from the parents who participated in the “Family-members interviews” activity and the parents with whom the students shared information and thoughts about their participation in the activities of the CUT! Educational Path, it’s obvious that the parents approve of the students’ involvement in such projects.

Some parents expressed the opinion that organised actions from the school are more

effective than trying to reach out to their children on their own. The continued refinement and implementation of this Educational Path, therefore, holds promising prospects for enhancing alcohol abuse prevention efforts among their children.

## Recommendations and Suggestions for Future Implementation

### Program Enhancements

- **Innovative Approaches:** Incorporating more innovative teaching methods, such as gamification or simulation-based learning, was recommended to increase student interest and retention.
- **Comprehensive Material:** The need for additional materials that offer varied complexity to cater to different learning paces and styles was highlighted. Guest speakers or storytelling would aid comprehension.

### Parental Involvement

- **Parent Workshops:** Organizing workshops and informational sessions for parents was suggested to extend the project's reach and foster a supportive home environment for the messages conveyed in school.
- **Communication Channels:** Establishing regular communication channels, such as newsletters or a dedicated section on the school website, was proposed to keep parents informed and involved.

### Teacher and Psychologist Support

- **Professional Development:** Continuous professional development for teachers and psychologists involved in delivering the program was recommended to keep them updated on the latest pedagogical strategies and substance abuse education trends.
- **Resource Pool:** Creating a shared resource pool, including case studies, research articles, and training materials, was suggested to aid teachers and psychologists in their educational efforts.

### Student-Centered Initiatives

- **Student Feedback Mechanisms:** Developing structured feedback mechanisms to capture student voices more effectively was recommended to tailor the program to their needs and preferences.
- **Peer-led initiatives:** Encourage peer-led initiatives and increase overall engagement with the project's activities.

## Conclusion and Future Directions

The CUT! project has laid a solid foundation for alcohol prevention education among pre-adolescents. To build on this success, recommendations have been made to enhance the adaptability, innovativeness, and depth of the program. Increasing parental involvement

and strengthening resources for educators are key strategies for future implementation. With these enhancements, the CUT! project has the potential to make a lasting impact on students' lives, equipping them with the knowledge and skills to make informed decisions about alcohol use.

## 02 FRANCE

**A project carried out in 7 schools: headmasters, students, teachers, parents of students made aware.** The CUT project was carried out in France in 7 educational institutions all comprising middle and high schools, most of the schools offer education from nursery school to higher grades. Information regarding beverages of all kinds and health education can begin very early in these schools, providing continuity for students at each level.

**1) The discussion groups involved 42 students including 12 students with difficulties, from 5th, 4th, 3rd, second grade classes from 4 different schools, 8 teachers of different subjects, 37 parents.**

The discussion groups with students in the 4 chosen schools (Sainte Anne, Jean-Baptiste Vatelot, Jean XXIII, Saint-Pierre Chanel) concluded that:

- the students regretted that the subject was not discussed more at school (Sainte Anne)
- they wanted more prevention campaigns (Saint Anne)
- they wanted more information from school on the subject (JBV)
- they wanted to talk more freely about this problem (JBV)
- they wanted us to talk about the dangers of drunk driving and attacks (Jean XXIII)
- the subject concerned them and emphasized the role of parents (Jean XXIII)

The discussion groups with parents in the 3 schools (Sainte Anne, Jean XXIII, Saint-Pierre Chanel) concluded that:

- the parents appreciated talking freely about the subject (Saint Anne)
- the parents would like the subject to be discussed at school with young people and parents (Ste Anne)
- they are aware of the seriousness of the problem (Ste Anne)
- it was the first time they were questioned on this subject (St. Anne)
- they acknowledged that the subject was taboo (John XXIII)

### **The repercussions in schools:**

Following these discussion groups, some schools have taken responsibility for raising student awareness of alcohol addiction problems and have carried out prevention actions among students: for example in the Saint Pierre Chanel school, a teacher implemented prevention against alcohol abuse with 90 students in the school, in 3 4th grade classes of the college.

A teacher from another partner school (Jean-Baptiste Vatelot) also did prevention by working with students on posters installed for everyone to see in the school, in the Notre Dame/Saint Sigisbert School complex students wrote an article dedicated to the theme for their community.

### **2) The educational activities were tested in three other schools (Jeanne d’Arc, Notre Dame de Peltre, Notre Dame/Saint Sigisbert) with 210 middle school students including 23 students with difficulties and supervised by 13 teachers from different subjects .**

The activities interested the students (deciphering alcohol advertisements, in films, on the internet, watching the videos offered, etc.); They enjoyed thinking about this theme and regret the little time devoted to the subject in their school. For them, information is important because the culture of aperitif and wine consumption is very anchored in France and trivialized. And they generally think that it is less serious to consume alcohol than to use drugs. The remarks are also revealing:

- consuming alcohol seems unifying and contributes to the fun of the evening
- sporting events are associated with beer consumption: “when we go to the stadium, we drink beer”
- the commercials are funny
- consuming certain alcohols gives an image of a charismatic, charming man, associated with a higher socio-professional category
- wine is associated with women, beer and spirits with men
- influencers promote prevention or promote a lifestyle that encourages alcohol consumption

The activities also led to discussions in families and allowed students to talk about various practices related to alcohol (prohibition of consumption for religious reasons); they also allowed them to discuss the practice of certain students (challenges during evenings or on TikTok with recurring trends).

### **Suggestions**

Teachers who tested the educational activities were surprised by the students’ responsiveness, their interest, and their active participation. Some students supplemented the course by bringing additional videos. Among the students, those involved as volunteers

in a fire service took the sessions very seriously. We can think that the students are therefore looking for information, asking to continue thinking about this theme.

Time for reflection on this subject, information for students, and their awareness of the risks are all the more important as access to alcohol is very easy in France.

School seems to be the place where students can be informed, where they can compare their ideas in groups, where the question can be addressed and explored in depth in different subjects, where teachers can also call on external speakers to complete the information, create moments of exchange.

### **3) Creation of a questionnaire on the 7 educational schools: following the tests of the educational activities carried out in the schools, a questionnaire was proposed to the partner schools, to headmasters, to parents, to teachers**

To supplement the comments of teachers, parents, heads of the partner schools in our project, we launched a questionnaire among the 7 partner schools (to which 85,7% of teachers of different subjects from the 7 establishments responded (German , history, letters, modern letters, earth sciences, technology, English, history-geography), 7.1% of educators and 7.1% of school leaders.

In primary school, 87.5% of those questioned think that children receive education on taking care of the body and healthy eating but are unaware of whether there is information on alcoholic or non-alcoholic, carbonated or energy drinks.

In middle and high school, 71,4% say that the dangers of alcohol consumption are presented to middle school students, that the issue of addictions is taught in EMC (cycle 4) in the theme “building self-respect” and in the health course, in the EMC courses, association interventions are organized around the theme but occasionally. But 84,6% say there is no information for families and children about the harm caused by alcohol and alcohol abuse. 100% say that experimenting with educational activities has made it possible to become aware of the issues of training, information, prevention and health promotion in the school.

In the suggestions for extending, modifying, improving these questions, we find:

- the generalization of awareness campaigns
- information on the age groups most affected (who are most affected? Boys? Girls?)
- information on habits related to alcohol consumption
- increase the number of interventions by health professionals on the subject

### **Training, spaces for dialogue**

84,6 % say that there are no spaces for dialogue dedicated to the prevention of addictions in the school of trained people.

Among the suggestions, those interviewed offer:

- a listening point regarding the problem
- the appointment of a manager, an hour in the schedule of an adult to carry out actions or be available if the question arises in the establishment
- the organization of high school debates with testimonies

### **Moments of exchange with parents**

92,3 % of those questioned say that there are no moments of discussion with parents on questions relating to adolescence, risks and fragilities.

Among the suggestions, those interviewed offer:

- train educational staff during moments of discussion with families
- schedule meeting times with parents
- request the school's APEL (parents association) to organize conferences
- invite a few parents and look for ways of prevention together

### **Informing young people about the risks of driving while drunk**

61,5 % of those questioned say that there is no information for young people about the risks involved

The only information given is within the framework of ASSR1 and 2 training. (road safety education certificates)

### **First aid training and training to identify individuals at risk and direct them to social services**

First aid training is put in place in establishments for voluntary 3rd grade students but there is no training to identify individuals at risk of addiction.

### **Following the launch of the project CUT in the establishment, here are the suggestions made by the people interviewed:**

- develop a health pathway in middle and high school
- put up posters in the establishment which put young teenagers in a situation facing the risks involved
- involve professionals (addictologists)
- renew the CUT project several times a year
- more speakers on this issue
- organize discussions between students and health professionals

### **References and online resources**

Questionnaire <https://bit.ly/45XJ5mM>

## 03 ITALY

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I.C. Scialoia participated in the Cut Project in all its phases: from the focus groups of students and parents, to the short-term exchange of Italian and foreign pupils hosted in our institute in November and at the Polish school in March, the training for teachers conducted by AIDD in February, and the testing of the Educational Path. Each phase was very positively received by students, parents and teachers involved. In particular, the teachers considered the Project particularly effective in conveying important content for the prevention of alcohol abuse among pre-adolescents through the personal involvement of the pupils with the expression of their emotions and ideas. Therefore, they appreciated above all the mainly practical aspect of the course that made the activities very motivating and the creation of a safe environment where they could express themselves freely and share their experiences. Another aspect valued positively by the teachers was the flexibility of the course, which can easily be adopted in different school contexts even within a more general health project.

Undoubtedly, the experience that had the greatest impact on the students was the exchange at the foreign school. In this regard, a possible suggestion from the teachers would be to participate in the host country's lessons in order to discuss the different teaching methods and the way in which the Project theme is addressed. In this sense, sharing teaching units to be included in a broader Civic Education plan could also be a fruitful exchange for teachers from different countries. Furthermore, the inclusion of the project in a stable manner in the Civic Education curriculum dedicated to addictions could be envisaged, involving more and more teachers and students with the organisation of courses suited to the purpose.

As far as the students are concerned, it would be desirable for them to be constantly present in each of the proposed activities, even on a rotating basis, and for on-line meetings to be organised periodically with the partner schools to discuss the various phases of the project. This would make it possible to verify its application in different contexts and share the problems that have emerged and ideas for improvement. This could also be a way of facilitating the maintenance of contacts between students from different countries through an official medium. As far as the parents are concerned, it would also be interesting to envisage their greater involvement in the project, perhaps through their participation in specific activities during the days of the short-term exchange or by creating opportunities for discussion with the parents of the other countries to express their point of view and assess whether they share the same problems or whether substantial differences emerge according to the different contexts. It would also be desirable to involve them more in seminars dedicated to the topic of alcohol abuse among pre-adolescents in order to reflect more on the influence of their choices.



Another possible suggestion concerns the possibility of publicising the project also outside the school environment with the aim of creating a network with local authorities dedicated to the prevention and promotion of the physical and mental health of pre-adolescents.

## 04 POLAND

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1) Teachers involved in testing the educational activities in schools in Poland have generally expressed very positive feedback regarding the practical and engaging nature of the initiatives suggested by the CUT project. Many have appreciated the hands-on approach, noting its relevance to the age group and its effectiveness in conveying key concepts about alcohol-related issues.

One common theme in teachers' feedback is the value of the activities in fostering improved communication between students and adults, especially, parents and educators on sensitive topics. Teachers have found that the project activities enhance the classroom environment, creating a space for open dialogue and discussion, where every voice is heard and a lot of doubts and fears can be addressed. Headmasters who have taken part in the testing recognized the value of the educational activities offered by the CUT project as they contribute to the broader educational framework of the school. Headmasters also appreciated the initiative's potential to become an integral part of the school's curriculum, ensuring sustained and systematic delivery of these important lessons since alcohol abuse and addiction even among a small group of students has a negative influence on the whole school community.

Apart from the positive reception, teachers have also shared suggestions for refinement and enhancement. There is a collective interest in incorporating more interactive elements or real-life scenarios to further engage students and enhance the practical application of the lessons, e.g. to introduce role-play which can help students get in the shoes of others who are suffering from their own or their relatives' addiction. Some teachers have proposed additional resources or training opportunities to better equip them with the necessary tools for delivering these educational activities effectively. Headmasters also stressed the importance of continuous dialogue between all parts of their institutions, emphasizing ongoing communication between school and family, school and the community, including local authorities such as the police and town council. They highlighted the need to revisit

project milestones and objectives, drawing on experiences from project partners and associated partners involved in project steps and incorporating feedback received during and after the testing phases.

In summary, teachers and headmasters in Poland see the value of the educational activities in addressing alcohol-related issues and fostering a positive learning environment proposed by the CUT project. Their feedback and suggestions underscore the importance of continuous improvement, practical application, and ongoing support for educators to effectively deliver these crucial lessons.

2) The feedback given by the parents who participated in the testing of the educational activities in Poland has been positive, highlighting the value of their children receiving education on alcohol-related issues. Many parents appreciate the initiative for fostering improved communication between themselves and their children on these sensitive topics, creating a more open and understanding atmosphere at home.

Positive remarks also included the perceived impact of the educational activities on increasing awareness and knowledge among children who know very little about the destructive influence of alcohol on their bodies. Parents recognized the importance of addressing such topics early on and commended the initiative for providing a structured platform for these discussions. Normally, the drinking problem is thought to refer to 15- or 17-year-olds, but more and more parents do realize that children as young as 10 or 11 might have contact with alcohol.

In terms of suggestions, parents commonly expressed a desire for the initiative to extend its reach beyond the school and involve the broader community. Their recommendations include organizing informational sessions, workshops, or community events to foster a collective and collaborative approach to addressing alcohol education. Some parents also expressed their interest in additional resources or materials that can facilitate conversations at home, ensuring that the educational messages are reinforced outside the school environment. They were especially concerned about feeling excluded from their children's lives and being helpless when their children refused to open up to them or receive their help or listen to their advice.

Overall, parents in Poland see the value of the CUT educational activities in promoting dialogue and understanding within families. Their feedback and suggestions stress the importance of wider community involvement, ongoing support from schools, and the need for supplementary resources to reinforce the educational messages at home.

## 05 ROMANIA

78 Students, 6 Teachers and 10 parents from the Baiculesti Gymnasium School were the protagonists in the activities of “Educational Path”. By presenting the actions and content of the activities in advance by the project coordinator, four partner institutions in the project showed interest, and partially supported by the project coordinator have carried out these activities voluntarily, involving four more teachers including two psychologists and 61 students. The activities were carried out during May –June 2023, the feedback received being a positive one. Very interested in continuing the collaboration were the psychology teachers, popularizing the activities to other colleagues.

The main protagonists of the testing of educational activities, they have a rich experience in this respect, having previously participated in training sessions in Milan and Swidnica. Ten students also participated in the testing of activities in Poland. Along with the teachers who were familiar with the activities guide, other teachers were initiated to coordinate these activities.

### Messages about drinking

The simple word association game quickly captured the interest of the participants, being considered interactive and innovative. It was as if they had opened a chest of treasures and thoughts, one more interesting than the other.

Through open conversations, the students identified a wide range of answers, proof of the revelations in their lives. They easily identified the positive and negative messages. When, during the discussions, the questions about the messages were addressed with a funny hint, the students showed entrepreneurial and critical spirit, most of them managing to identify the important things behind the messages. At the end, the participants learned how to become aware of the influence that certain individuals may have on their own beliefs about alcohol. In the exercise “Mind Map” most of the participants associated alcohol with Mass Media, friends, and family.

### Interpretation of multimedia messages

During this activity, the pre-teen participants were challenged by the coordinators of the discussions to recognise, play-back or describe the most popular beer advertisements currently in mass media for the “Ciucas”, “Ursus” and “Ciuc” brands. But the participants learned that the advertisement does not necessarily sell the product, but the fantasies and images. Also, as a novelty, the children understood the danger of acquiring positive feelings about drinking when identifying with ad messages. To check if they understood these ideas,

the participants were invited to create their own ad videos or slogans, resulting in funny and interesting constructions. The activity was well received by the children, making them aware that behind these beautifully packaged stories lies well organized work that manages to conquer the minds of those who are reached by the messages.

### **The Family**

During this session, students shared alcohol-related habits in their own families. When participants were invited to share their own experiences related to alcohol consumption on various occasions and the type of alcohol consumed, most admitted that they had consumed alcohol on different occasions: parties, Christmas, New Year, Easter and so on. There were also children who were reserved to talk about these family habits, having no experiences or being unaware of these habits.

### **The peer groups**

We can say that it was the activity in which our students were most involved. The stories created by them regarding the positive and negative aspects related to alcohol consumption raised their interest. These were staged in front of the other participants, some of the groups making their own videos.

### **Scientific session**

The students watched the three films that were filmed during the project, assessing their quality. Many students went into a state of meditation after watching them, some identifying themselves with the protagonists of the films. The children said that these films had a positive impact. They learned about the obvious danger of alcohol abuse, how important it is to take care of oneself and others, how great the temptation can be and how wilful one must be to get over it. An appeal to ongoing discussions has emerged from children, inspired by the ideas gained during the discussion group on preventing alcohol abuse. They expressed a desire to have conversations that extend beyond focus sessions in a small group, aiming for a continuous dialogue that perfectly integrates prevention into the structure of their daily life.

### **Meeting with parents**

The meeting with the parents was organized after the meetings with children, in a smaller group of discussions with 10 participants in June 2023. The meeting was led by the participants in the training sessions in Italy and Poland. Parents received mostly the information about what young people drink, what are the risks, perception about alcohol and the pressure of colleagues, and especially what parents can do. The video pills created for parents were watched as well. The atmosphere was a mixture of shared experiences, concern, and a mutual determination to navigate this delicate conversation.

The parents who took part in the discussions shared a unique story into the conversation. The diversity of backgrounds, professions and parenting styles has enriched our discussions and added depth to the exploration of thematic areas.

While discussing the motivations that can lead to alcohol consumption, a working mother shed light on the pressures her daughter faces at school. This revelation opened a dialogue about external influences on our children.

The discussion group has become a platform for parents to share personal journeys, both as individuals and as families. Every story, whether it was a triumph or a challenge, resonated with others, fostering a sense of understanding and empathy.

As we deepened the role of parents as protective factors, a mutual recognition emerged. We have realized the profound influence we have on our children's perceptions and behaviours, becoming not only caregivers, but also guardians against potential traps.

When discussing the impact of parenting practices, a single parent expressed the challenges of balancing professional requirements and quality time with her daughter. This shared struggle resonated with many, triggering conversations about creating supportive environments at home.

The discussion group has become a canvas to paint images of children's motivations and the measures that parents can take to protect them. Stories have been revealed, highlighting cases where collective efforts as protectors have been a success. One mother shared a heartwarming anecdote about a weekend spent in outdoor activities with her son, stressing the importance of building positive relationships between parents and children as a safeguard against negative influences.

At the end of the session there was a common feeling among the parents: this was not the end, but a beginning, urging us to continue the dialogue, to share experiences and support each other on this journey of protecting our children.

The discussion group exemplified the power of collaborative efforts in promoting a supportive environment for our pre-adolescents. The parent-school partnership has been strengthened and it is a proof of the potential impact of such initiatives.

## **Conclusion**

Within this collective narrative we have discovered not only the challenges, but also the power that comes from unity. The stories shared by each student, parent, teacher have become the foundation of a continuous mutual effort to prevent alcohol abuse among our pre-adolescent children. Collaboration between parents, teachers and school management paved the way for a dynamic approach to addressing critical topics. The opportunity offered to the associated partners to meet the Educational Path followed by their interest and feedback will guide future activities, promoting a continuous learning environment,

proactive support and prevention. It is obvious that we can develop and strengthen new support networks!

## 06 Conclusion

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In the partner countries participating in the CUT project, the testing of the activities was carried out in accordance with the recommendations and conducted, among others, by teachers who followed the training in Milan on raising awareness of pre-adolescents about alcohol addiction problems.

All the teachers, headmasters, educational teams and parents highlighted the positive reaction of the students who were able to freely exchange and share their experiences with their peers, their teachers and their parents.

The project participants expressed wishes regarding the continuation of the project, such as:

- The organization of workshops for parents (Greece, Italy, France, Poland, Romania),
- Training of teachers and psychologists involved (Greece, France),
- The invitation of speakers, experts, health professionals (addictologists) (Greece, France),
- The sharing of educational units between teachers from different countries (Italy),
- The creation of a network with local authorities dedicated to prevention and health promotion (Italy, Poland, Romania),
- The enrichment of school programs with additional resources (Greece, Poland),
- The renewal of educational tests several times a year (France),
- The creation of a listening space at school (France).

These numerous proposals demonstrate a need for information and awareness among students and educational teams, despite the action plans carried out in partner countries at government level and in schools. It is important that the work initiated by partners in European schools has a long-term impact and that each member of the educational teams can appropriate the numerous resources put online (discussion groups, videos, tests, recommendations) to organize prevention and awareness raising among students regarding alcohol abuse problems.









Preventing alcohol abuse  
among pre-adolescents