

Let it hAPYN 



# **Report on training for project leaders and implementation of pilot testing projects**

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*Deliverable 2a – WP5*

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*Title:* Report on training for the project leaders and implementation of pilot testing projects on alcohol

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## **a. Report on the training for project leaders**

### **I. Introduction**

The event »Empowering youth organisations working on the field of alcohol« took place between 8th and 10th September in Amsterdam. The event was organised with the aim of joining the »Training for Project Leaders on how to implement a specific evidence-based alcohol intervention programme« from WP5 (Pilot testing phase and adaptation of the best practices on evidence based alcohol interventions in YO) and the »Training for trainers on how to conduct field studies« from WP7 (Empowerment of YO through law-enforcement). Additionally, it was decided among the project partners to add also »Training on alcohol advocacy and national consultations« covering WP6 (Review of existing alcohol legislation focusing on YP and suggestion for improvements) since in this way all three main areas of the project would be equally covered.

The reason the trainings were joined together was the additional European dimension of an event where many young people from different countries would gather together and discuss the topic of alcohol. From the previous APYN experiences, the international component and bringing many young people from different countries together in order to interact and share opinion, can have a great impact on the motivation of young people to continue with the further work on the topic.

Also for the purpose of promotion and dissemination it was easier to make a common threads a youth activation story out of the trainings rather than just organise separate trainings at different times and locations.

#### *Preparation and dissemination*

The preparation for the meeting started already in February 2014, with more intensive work from April 2014 on. The main partners involved were STAP and APYN. APYN was taking care of promotion, selection and communication with the participants, whereas STAP took care of arranging the accommodation and food and of the other logistical matters. Additionally, both partners collaborated in order to prepare the programme.



The event was promoted among collaborating partners and also among the participants of the Survey for mapping alcohol intervention programs that was disseminated earlier in the project. As the primary audience of the event were young people with already at least some background on the field of alcohol, the event wasn't advertised to general public. Despite this the response was very good.

## II. Event

### *Specific goals of the training program*

- Inform the participating members of collaborating youth organizations about the evidence-based national and European alcohol policy measures.
- Inform participants about how to implement evidence-based alcohol intervention programs.
- Train the participants in how to implement field studies and how to assess the results of the field studies.

### *Overview of the participants*

Altogether, there were 42 participants from the following countries: Croatia, Turkey, Belgium, Netherlands, Poland, Czech Republic, Lithuania, Bulgaria, Estonia, Slovenia, Portugal, Denmark, Norway, Italy, Romania, Macedonia and the UK. Additionally, 5 APYN board and secretariat members were present (3 of which are employed on the project), as well as 3 representatives of STAP. All present APYN and STAP members acted as trainers, presenters and moderators of the activities.

Out of that:

- 14 participants participated in the Training on evidence-based interventions,
- 10 participated in Training on Youth research and law-enforcement and
- 19 in the Training on alcohol policies and national consultations.

When applying, the participants were able to choose the training of their own preference.

*Logistics*

Participants were staying at the Shelter City Hostel (<http://www.shelter.nl>) in Amsterdam. They were assigned in 4-6 dorm bedrooms and separated by gender.

The training itself took place at a meeting venue at Groenburgwal 42 in Amsterdam.

Lunches were provided at the training venue, while the dinners were provided in the restaurants outside of city.

*Agenda*

	7th Sept	8th Sept	9th Sept	10th Sept	11th Sept
9:00	Arrivals/GA	Introduction, get to know each other activities	Workshops	Workshops	Departures
9:30			Workshops	Workshops	
10:00					
10:30		Coffee break			
11:00			Workshops	Workshops	
11:30		Basics of alcohol	Workshops	Workshops	
12:00					
12:30		Lunch			
13:00					
13:30		Introduction to alcohol policy	Workshops	Workshops	
14:00					
14:30					
15:00		Coffee break			
15:30		Case study: prevention practices in the Netherlands	Workshops	Presentations and closure	
16:00					
16:30					
17:00					
17:30					
18:00		Dinner			
18:30					

The sessions in red indicated collective activities among all participants, blue ones indicated plenary frontal presentations, while the green one indicated three parallel workshops.



### III. Programme of the training

On the first day, there was a common introduction to the topic and the project. In the other two days, participants were working separately on a specific topic.

Detailed agenda of the 1st day was:

Morning:

- Introduction of the training: goal of the program, goal of the training and round of names, countries and organisations.
- Quiz about alcohol, health and alcohol policy (with green and red cards – agree or disagree about a specific fact).
- Presentation about basic facts of alcohol: health, health costs, statistics, culture, societal aspects, addiction etc.

Afternoon:

- Presentation of the Dutch national and European policies on alcohol, price, enforcement, marketing and education.
- Lecture: Prevention practices in the Netherlands.

Below you can find a detailed information about the training for Project Leaders on how to implement specific evidence-based alcohol intervention programmes.

#### **Training for Project Leaders on how to implement specific evidence-based alcohol intervention programmes**

The topics covered in the training were:

- Inventarisation of prevention activities of the organizations of the project leaders.
- Presentation of the existing scientific literature: what do we know about effectiveness of different prevention programs?
- Presentation and discussion about scientific and practical knowledge about mystery shopping and alcohol marketing.

*Results of the training*

1. The project leaders were tested about their basic knowledge about alcohol and impact of drinking.
2. The project leaders were informed about recent scientific knowledge about health risk of harmful drinking, costs of harmful drinking for society and the existing alcohol policy measures on national and European level.
3. The project leaders were informed and later discussed about three main effective policy tools on how to prevent and reduce alcohol related harm on European and national level: price increase, restriction of availability and total ban on alcohol advertising, promotion and sponsorships.
4. The project leaders were informed about the criteria for evidence based prevention programs and they were trained how to bring these criteria in practice in their own organization.
5. The project leaders were trained about how to support and play a role in advocacy for effective alcohol prevention on local and national level. Specific attention was given to the specific risks of drinking in an early age, the role of NGOs and the strategies of the alcohol industry in how to influence the alcohol policy debate.
6. The project leaders were informed about the results of the EU/USA Transatlantic Dialogue on Underage Drinking (2010); this EU funded project resulted in concrete advises for advocates on how to lobby effectively for evidence based alcohol policy measures.
7. The project leaders were informed about the existing national and European alcohol marketing regulations and they were trained in how to assess the content of alcohol marketing practices and how to advise policy makers about effective alcohol marketing regulations.
8. The project leaders were informed about existing national laws regarding alcohol age limits, over-serving and about how to enforce these limits.
9. The project leaders were informed about different types of research they can promote and perform in their own country, and how they can use these data in





their own organisation. They know how they can use some of these local data for (local) enforcement or how to influence (local) policy.

*Results of the discussion with the participants*

1. Some project leaders stressed that implementing scientific knowledge about evidence based alcohol prevention programs in their own practice is a long-term process.
2. Some concluded that the members of their youth organisations can play an important role in influencing alcohol policy specifically because youngsters are a specific risk group for alcohol-related harm and alcohol marketing is often directed towards young people.
3. Those project leaders who are already involved in alcohol prevention activities in respective organizations commented that, although they realize after the training that alcohol education is a relative weak tool for changing drinking behaviour, they are more aware of the fact that strategies on how to raise awareness of alcohol related harm for the society are a very necessary tool for public and political support for policy change.
4. Some stressed that there is no money and real motivation for enforcement of alcohol laws by national governments. Because the national governments do not see any problems in alcohol abuse. They also realized that the alcohol industry and local sellers have a lot of influence on national and local alcohol policy. They hope that new research data can convince the national governments to be more involved in alcohol policy.
5. The project leaders discussed about the national alcohol laws. Some of them were not yet informed about the alcohol laws of their own country.

**b. Report on implementation of pilot-testing projects**

**Introduction**

Based on the Training for project leaders, held in Amsterdam in September 2014, and *Toolkit on how to implement evidence based interventions in different types of youth organizations*, 6 different interventions were implemented in different environments. In the report they are described in detail, based on the reports handed in by the organizations themselves. Each of the intervention fell into one or more categories outlined in the report *Engagement of youth organizations in prevention interventions in the field of alcohol policy (D1)* and was carried out under supervision of mentor associated with Let it hAPYN project. There were 6 interventions carried out in total:

<b>Organisation</b>	<b>Country</b>	<b>Name of the leader</b>	<b>Type</b>
<b>Youth center Ajdovščina</b>	Slovenia	Matej Likar	Internal policy
<b>Mental health initiative</b>	Lithuania	Nijole Gostautaite	Advocacy /media campaign
<b>LiMSA</b>	Lithuania	Lukas Galkus	Internal policy, Peer developed intervention
<b>Peace Revolution</b>	Romania	Anca Iorgoiescu	Peer developed intervention
<b>No Excuse</b>	Slovenia	Lucija Pečlin	Mystery shopping, Peer developed intervention
<b>Youth Center Nova Gorica</b>	Slovenia	Jelena Vukmir	School based intervention

## Youth Centre Ajdovščina - Internal policy

<b>Country:</b>	<i>Slovenia</i>
<b>Organisation:</b>	<i>Mladinski center Ajdovščina</i>
<b>Led by:</b>	<i>Matej Likar</i>
<b>Time and place of the project:</b>	<i>September 2015 until March 2016 – training on 10<sup>th</sup>-11<sup>th</sup> September 2015 in Celje, Slovenija</i>

### *Description of the project*

The project main idea was to improve the internal policies of different Youth Centers in Slovenia, with one especially (in this case YC Ajdovščina) to also get a special mentoring towards improvement of internal policies to reduce and prevent alcohol related harm.

The goal of the project was to:

- Join at least five Youth Centers to the initial training on alcohol – accomplished on 10<sup>th</sup> – 11<sup>th</sup> September 2015 in Celje, Slovenia;
- Select one Youth Center that is keen to invest time and management resources towards improvement of their internal policies that are linked to alcohol consumption – accomplished – YC Ajdovščina was selected;
- Give close mentorship by the LiH staff to the selected organization for improvement of their internal policies that relate to alcohol for the duration of at least three months – accomplished – mentorship was carried out between November 2015 and February 2016;
- Prepare a final internal policy that would have a more comprehensive approach towards preventing and reducing alcohol-related harm – accomplished – final document accepted by the YC leadership in March 2016.



The main outcome of the project was the final internal document that was focusing (also and especially) on preventing and reducing alcohol related harm.

Moreover, we organized a training that took place on 10<sup>th</sup> and 11<sup>th</sup> September 2015.

*Impact on the participants and wider community*

The active participants understood the importance of prevention and reduction of alcohol related harm and especially experienced that one doesn't have to be an abstainer from alcohol to be working towards less harm caused by alcohol.

Young people/youth workers who joined the training reported back that their views/perception towards alcohol harm changed in a negative manner, meaning that now they see alcohol as a harmful drug, while before they weren't.

The actively involved youth worker that happened to be also the director of the Ajdovščina Youth Center reported back feeling like "Don Kihot" fighting against the windmills, but eventually succeeded to change the mind of other owners and decision-makers in the center to adopt the internal rules. During the process he felt very passionate about the topic, which was a great learning experience per se.

**Mental health initiative - Advocacy/media campaign**

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<b>Country:</b>	<i>Lithuania</i>
<b>Organisation:</b>	<i>Psichikos sveikatos iniciatyva (Mental Health Initiative)</i>
<b>Led by:</b>	<i>Nijole Gostautaite Midttun</i>
<b>Time and place of the project:</b>	<i>November – December 2015, Lithuania, Vilnius</i>



### *Description of the project*

The aim of the project “Evidence collection for stricter regulation on Alcohol advertising” was to involve high school students in evidence gathering for alcohol control policy advocacy efforts, focusing on increasing their awareness on what is alcohol advertising and marketing, how that affects their own behaviour and behaviour of their friends. *15 high school and university students were involved in the project.*

Students participated in an outside alcohol advertising mapping effort around schools, within 250 meters from the school building/territory in November-December, 2015. They were asked to walk in groups of 2-3 around on the set route around number of schools and register all alcohol advertising posters. In total 20 schools were mapped.

After that Mental health initiative held one training and one follow up event, focusing on alcohol marketing and control policy measures, focusing on restrictions and banning of alcohol advertising altogether. Those included theoretical presentations and targeted discussions with legal and public health experts, on the influence of alcohol advertisements on consumption levels, triggers among youth that influence alcohol and tobacco consumption.

One month later the routes were repeated on 5 schools in larger groups of those students registering alcohol sales outlets, drawing attention and discussing other types of alcohol marketing efforts.

In the follow-up event there was an interactive discussion on how additional awareness after training influenced their attitudes and drinking behaviour and also introduced into evidence based alcohol control policy, as well as what constitutes evidence in this field and how to advocate from the basis of the evidence.



The project was a success from involvement and participation point of view; however the results of mapping effort were quite disappointing. The main focus was to register outside alcohol advertisements, which were too few to draw any conclusion or produce a meaningful analysis. There were on average less than one outside advertisement (max -3, min -0) in the prescribed vicinity of school and less than 1 alcohol sale outlet per school. It might be also due to seasonal variations for placement of alcohol advertisements, as well simply not attractive advertising spots.

This pilot data gathering hints at the fact that prescriptive distances describing specific distances from schools and other sensitive objects might not be a very useful alcohol policy control measure, due to both scarcity and changing nature of advertising stands. Another factor is the ease with which it is possible to move outside advertising within the limits prescribed by law. However this is frequently favoured by the national and local legislators.

The discussions with young people and experts were very valuable for both sides, opening new possibilities of involving young people in science projects and the becoming aware of scientific evidence for policy measures.

#### *Impact on the participants and wider community*

Increased awareness on the impact of alcohol advertising among participants, allows them to be more critical to the marketing practices to the industry, they are also more aware on the way marketing practices affect their behaviour and behaviour of their friends, provided them evidence based arguments for discussions on the issue among their peers.

The experience will be used to conduct more research and try to establish if there are seasonal variations for the advertisements close to schools. In the future the negative result provides additional evidence not to use this control measure.

**LiMSA - Peer developed intervention + internal policy**

<b>Country:</b>	<i>Lithuania</i>
<b>Organisation:</b>	<i>Lithuanian Medical Students' Association (LiMSA)</i>
<b>Led by:</b>	<i>Lukas Galkus</i>
<b>Time and place of the project:</b>	<i>February-April, 2016 Lithuania (Kaunas and Vilnius)</i>

*Description of the project*

Aim was to develop new alcohol prevention campaign and test in on the local level. Project goals were:

- To increase adolescents' enrolment in extra curriculum activities;
- To increase closer children and parents' relationship;
- To inform adolescents on how alcohol advertisements can influence their decision on drinking or not;
- Include teachers in the project;
- Introduce children with benefits of healthy lifestyle and possible leisure activities;

Around 40 young people were involved directly in planning and carrying out the project. 4 schools in 2 cities were chosen as pilot ones to test the project. Project lasted for 6 weeks. During the first week we held a parental meeting in every school to discuss with the parents their views towards alcohol and how their personal behavior can influence their children. Parents shared their experience in speaking with children about use of alcohol. During second and fourth week we held workshops for the pupils. Our trainers discussed with children about why people drink, what are other healthier options to spend your free time. We were trying to focus not on the harm of alcohol but more on the reasons why some people drink and other don't. During the third week we organized a march with children and their parents. This helped to strengthen relationship between



parents and children while doing a health leisure activity. On the fifth week sports games were organized. On the final event we organized a sober party for children to show that you can have fun and relax without drinking. Overall we feel that activities were carried out well and our main goals were reached. Evaluation after the project showed that participating children now are aware more of the possible alternatives to drinking. In addition parents said that they thought more about the role and influence on children's' attitude towards drinking. However we cannot yet say if our project has changed drinking behaviors and patterns among children.

In addition to the school interventions, LiMSA has decided to adopt internal alcohol policies within organization. This concern was raised by some of LiMSA's activists. They believed that youth organization working on the topic of alcohol should establish internal rules on relation to alcohol so public wouldn't question LiMSA's position towards this delicate subject. Following the initiative, internal discussions were organized and questionnaire was disseminated to understand members views and position on internal rules. As a result of gathered opinions, executive board of LiMSA confirmed internal policies outlining no alcohol use in LiMSA's organized activities, no purchase of alcoholic beverages on LiMSA's expenses and no relation to alcoholic beverages when member of LiMSA is wearing official LiMSA's jumper or clothes.

*Impact on the participants and wider community*

People involved in the project acquired better knowledge about alcohol and different views towards it. In addition, people got a chance to try different alternatives rather than drinking. We believe that our pilot test was too little to affect wider community but young people involved in the project can share their knowledge and views on alcohol via spoken word and in this way improve others' knowledge.

In addition, as mentioned before, this project led to adopted internal policies on alcohol.





## Peace Revolution - Peer developed intervention

<b>Country:</b>	<b>Romania</b>
<b>Organisation:</b>	<i>Peace Revolution/WPI</i>
<b>Led by:</b>	<i>Anca Iorgulescu</i>
<b>Time and place of the project:</b>	<i>February 2016, Cluj Napoca</i>

### *Description of the project*

“Let it HAPYN, Romania” was thought as a peer-to-peer project with three objectives:

1. The project aimed to raise awareness in Romanian high-schools about alcohol related harms and the negative impact alcohol consumption has on the individual and society.
2. Introducing a new way in Romania of working on evidence-based alcohol consequences.
3. Boost teenager's confidence in making their own decisions.

Workshops were conducted in high-schools in Ploiesti and in a youth centre in Bucharest in February 2016. For the Workshop 1 at the high school, 28 young people 17-18 year old, 23 boys and 5 girls participated in the workshop. 20% manifested the interest in doing evidence-based alcohol prevention peer education in the following year. For the Workshop 2 at the youth centre Incubator107 in Bucharest, 5 youth workers were present. They also manifested their interest in furthering the collaboration and taking the workshop to the youth they work with.

The structure of the workshop was:

5 min. - introduction



- 10 min. - evidence -based info about harms related to alcohol consumption
- 5 min. - What you associate alcohol with?
- 5 min. - some examples of advertising in Romania linking alcohol with desirable feelings/emotions (fun, acceptance, being cool)
- 10 min. - work in groups for a message for an alcohol prevention campaign for 14 to 18-year-olds
- 10 min. - each group presents in 2 min. their work
- Q & A, discussions and wrapping up

The high school students came up with creative idea of alcohol prevention slogans such as “Another night wasted”, “Alcohol doesn’t make you sexy”, “Don’t let alcohol drive you”.

The high-school teacher and the principal manifested interest in developing a continuous project for a longer period of time. Also, 5 of the high-schoolers manifested interest in being trainers for their peers.

*Impact on the participants and wider community*

There were quite some young people interested in following up with the project, as well as headmasters in the school.

**No Excuse - Mystery shopping intervention**

<b>Country:</b>	<i>Slovenia</i>
<b>Organisation:</b>	<i>Youth Network No Excuse Slovenia</i>
<b>Led by:</b>	<i>Lucija Pečlin</i>
<b>Time and place of the project:</b>	<i>February-May 2016, Ljubljana</i>

*Description of the project*

The purpose of the program was to encourage the implementation of the law on the restriction of sales of alcoholic products to minors using youth made intervention and tested with the mystery shopping method. The focus was on shop assistants to remind them of their duties and also present them their rights. The intention was also to give them specific gadgets that will assist them when calculating the age of a person buying alcohol. By doing so, the intervention would consequentially limit the availability of alcohol to young people, which is considered an effective method in reducing underage drinking.

Further the intention was to train a group of young people in the field of alcohol so they would be more aware of the importance obeying the law.

The objectives were:

- To train 14 young people for the implementation of interventions
- Carry out 20 interventions in 20 supermarket stores
- Distribute the prepared 100 pieces of material
- Establish a decline in sales of alcoholic products



There were 4 people in project development group who were actively involved into forming and preparing the project. Additionally 14 other people from the organisation helped with the execution of the project. There were around 100 shop assistants included into a project (20 of them were more actively involved).

Interventions were made in 19 shops (another shop closed down during the duration of the project so we couldn't carry out intervention there). For the interventions, different materials were prepared, an "age calculator", which made it easier for the cashiers to calculate the age of a person buying alcohol and two different cards with the information about importance of obeying the law; one for shop assistants who didn't intend to sell alcohol and one who intended to do it. The first one was real congratulation card, in we congratulated the cashier for performing her duties and not selling alcohol to minor. In the other card the cashier was ironically "congratulated" that there was no inspector in store while they intended to sell the alcohol to underage people – and they were encourage to obey the law in the future. In both cards there was some text on the law and the project itself.

The responses to the materials from cashiers were mainly positive; everyone accepted the materials and in aftermath of interventions we even noticed that some shops put the age calculator on their counters.

Mystery shopping was carried out in participating stores before and after to measure the impact of intervention. There was a small decline in alcohol selling: in the first stage before the intervention minors were able to get alcohol (beer and wine) in 74%. In the stage after intervention they were able to get it in 63%.

Mystery shopping was also carried out in control group of supermarkets: in that group

There were 14 young people trained in total, there were small trainings about mystery shopping and alcohol industry before first and third stage of the project and there was one big training about alcohol and newly invented interventions in the second stage.

The outcomes of the project are prepared materials and trained people who can continue with working on the project and trying to work on limiting alcohol availability to underage people.

*Impact on the participants and wider community*

Wider community that has been involved in the project were mainly cashiers; especially those who have been involved in interventions. It seemed a lot of cashiers thought about what were they doing (selling alcohol to minors), because they received information from the minors themselves, but those shop assistants who anyhow respect the law received further encouragement and praise for the good work they do. In the shops where there was intervention, there is great likelihood that availability of alcohol will decrease, as the cashiers are equipped with materials to help them calculate the age of the buyer

In a certain way the project included also other shoppers if they witnessed one of the interventions. The youngsters noticed many smiles and glances of approval. It seemed to them that this will also get other people a better insight into young people, and hopefully they will realize not everyone is so passive as it seems, so in that sense project will also contribute to a better image of youth in society.

**Youth Center Nova Gorica - School based intervention**

<b>Country:</b>	<i>Slovenia</i>
<b>Organisation:</b>	<i>Mladinski center Nova Gorica (Youth center Nova Gorica)</i>
<b>Led by:</b>	<i>Lara Brun, Jelena Vukmir</i>
<b>Time and place of the project:</b>	<i>From December 2015 to June 2016, Nova Gorica (Slovenia)</i>

*Description of the project*

The intervention consisted in implementing a cycle of youth prevention workshops. The cycle involved five sessions of 45 minutes. Our target group was a class of 13 year olds who attend the 8<sup>th</sup> grade of primary school.



The aim of the project was to strengthen self-esteem and raise awareness of the importance of free will, responsibility in making choices that determine the quality of life experiences. Using pictorial images of positive and negative situations we encouraged the participants to establish the consequences of certain choices of action/passivity on a person's being, how this action/inaction affects their relationships, how and if it affects the subsequent choices/experiences. One of the main goals was to make them aware of the difference between human self-perception of ourselves and behaviour. We used a short presentation and situational examples figured out the impact of significant other, environment, media and society on beliefs and conscious, unconscious choice of the individual. The emphasis was focused on identifying manipulations of the industry which are part of their everyday life. Though a debate we detected truths and shattered street myths about alcohol and harm. Using role play the participants were looking for concrete methods/scenarios how to resist peer pressure, which will serve them as a useful »tool« in the future. In the conclusion the participants created their own commitments in the direction of the choices that they want for themselves in the future. Together we found out that a mere desire is not enough, because it's necessary to decide and choose the path that leads us to pursuing our goals. And then it comes...our crazy good feeling about ourselves.

The goals of the project were:

- to prepare a cycle of workshops consisting of five sessions which with interesting approaches and activities encourage young people to acquire the above described knowledge, skills, insight, understanding and attitudes
- to carry out 5 workshops for the selected target group
- to run a little research of the intent behaviour in the future in the control group and the group of participants
- if possible (with parental permission) to maintain contact with the participants in the control group and the group that was involved in the workshops to check the long-term effects of the preventive intervention.

Almost all goals have been achieved. We have prepared and carried out a cycle of 5 workshops in the selected target group, we have carried out an evaluation of the

effectiveness of the intervention and run a research of the intent behaviour with a questionnaire in the group of participants. Unfortunately , because of the excessive burdens of the school , we were unable to carry out our goals related to the control group and the maintaining of contact with the participants and the control group.

### *Impact on the participants and wider community*

The impact on the active participants resulted in:

- a raised awareness of the importance of free will and the consequent responsibility in making choices that determine the quality of life experiences,
- a raised awareness of the importance of critical thinking and reevaluation of own values and beliefs with a focus on the impact of the environment, society, industry, media (especially on the field of alcohol consumption),
- gained knowledge of the facts concerned alcohol and mental health which equip them to make decisions that will be oriented to choose such experiences that will enrich them, and not those which cause them harm,
- equipped young with concrete tools how in certain situations resist peer pressure
- raised awareness of the right and the duty when selecting/identifying friends
- participants commitment for the achievement of the desired goals.

The impact on the wider community:

- The successful pilot project had become part of the Universal Prevention Programme of Municipality of Nova Gorica in the school environment which will achieve approximately 380 young people aged 13 year per year.
- The intervention is an example of good practice that was presented at the 3rd EAPYC in Slovenia.