

The ideal intervention: The Alcohol Education Trust evaluation findings and PSHE lesson planning for alcohol by year group

Between 2011 and 2013, The Alcohol Education Trust resources were evaluated for their effectiveness by The National Foundation for Education Research (NFER) across 30 schools in England. Even more importantly, a NFER follow up among 900 of the students in the same schools when aged 15/16 in 2015 found the significant delay in onset of drinking strengthened as the students got older.

We tried to reflect the squeezed timetable in which PSHE features and so required schools to teach 4 lessons on alcohol in Year 8, with two further lessons in Year 9, with pupils spending 1 hour on talkaboutalcohol.com and viewing the BBC 'Just A Few Drinks' films and associated activities.

The results (awarded 3 out of 3 for the programmes effectiveness by the Department for Education appointed CAYT) found a significant delay in the uptake of drinking by the 2,000 pupils who had received the Alcohol Education Trust lessons, a significant improvement in knowledge, and pupils found the PSHE lessons the most useful source of information on alcohol. You can read the results at alcoholeducationtrust.org/wp-content/uploads/2014/10/CAYTTAA.pdf and alcoholeducationtrust.org/wp-content/uploads/2015/09/TAA-nfer-full-report.pdf

Teachers were asked to deliver the following modules:

Year 8

Assessing Knowledge - ([Crossing the circle](#), [The decision whether to drink or not](#), plus option of [How well do you know your age group?](#))

Units and guidelines - including demonstrating units with measure cups and containers in class and using the [Alcohol clock game](#).

Alcohol and its effects physical and social - including the [Short term effects of alcohol](#) and the [Long term effects of alcohol](#) sheets, using the [How too much alcohol affects the body](#) sheet and the [Interactive body](#) via alcoholeducationtrust.org (alcohol and its effects, lesson planning).

How much is too much? Getting the balance right - including the [full version](#) sheet and [How much is too much - getting the balance right lesson plan](#), and [The party lesson plan](#). Recommended viewing: UK government binge drinking film clips for [males](#) and [females](#) via alcoholeducationtrust.org (alcohol and its effects, ice breakers).

Year 9

The Law - explaining the [Alcohol and the law information sheet](#) and using one or two activities from the [Alcohol and the law teacher notes](#).

Staying safe - using the BBC2 Learning zone Just a few drinks film clips (Anna's story and Alan's story). Option of using Think For Yourself the from the online Learning Zone, talkaboutalcohol.com (now replaced by [Brave the Rave](#) and [The Chimp Shop Game](#)). Optional use of [the quiz](#), if there was time. Year 9 students were also given a copy of the [Alcohol and you leaflet](#) (order from kate@alcoholeducationtrust.org).

You may prefer to move this planning to Years 9 and 10, but the 'tipping point' that is crucial for pupils as regards alcohol education is age 13 – 14. By this time a majority of students will have had their first whole alcoholic drink (age 13 and a half in a supervised environment, age 14 and a half in a public place/ house parties). Whatever year group you are planning to teach, we have laid out suggested lesson plans and ideas for you by subject and also by year group in [Appendix 2 - Lesson plans and activities by year group](#) and at alcoholeducationtrust.org.

Figure 5: Have you ever had a whole alcoholic drink?

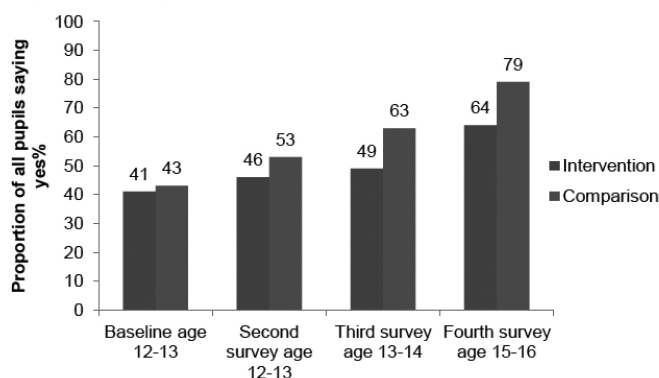
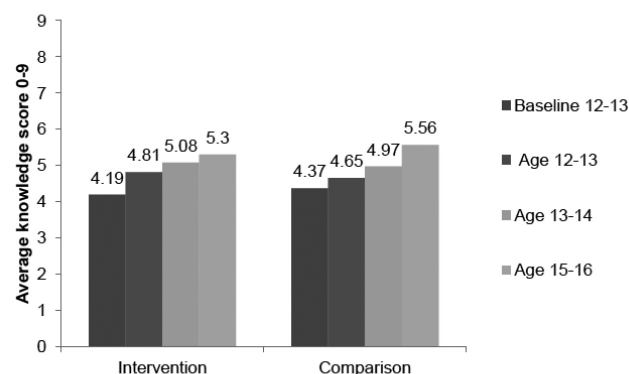


Figure 7: Average knowledge scores (0-9) across all students



AET Talk About Alcohol awarded 5/6 for quality of evaluation and 3/3 for effectiveness of the programme

