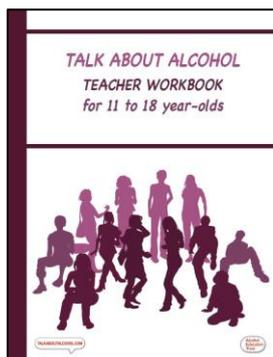


Brand New Edition of our Teacher Workbook

We thought we'd give you all a few weeks to settle into the new term – whilst we have been busy updating our Teacher Workbook over the holidays, and are delighted to say that you can now download the third edition [here](#)



You will see that as well as detailing our resources by subject, we've detailed the lessons to use by Year Group (Appendix 3) and also to reflect the results of our evaluation – **that teaching just six lessons over two years to Years 8 and 9 can significantly delay the age of drinking in our youngsters** (Appendix 2).

We hope our new edition will help you with your PSHE planning - especially now that ALL schools are required to publish a curriculum for PSHE by year group this Spring.

BBC Documentary on Youth in North East England

Under-age drinking is a serious issue in the North East. The region has the country's highest percentage of 11 to 15 year-olds drinking alcohol and also has double the national average of under 18's in treatment for drink related problems.

A BBC3 documentary "Underage and Over the Limit" (broadcast 14 January) spent the summer months of 2013 in the North East looking into the reasons why young people in the region start drinking so early and to such excess. The film follows the work of youth workers, who take to the streets to interact with young street drinkers directly. [Further details on the documentary.](#)

Our coordinator Sandra has been busy in the NE delivering parent sessions and CPD training.

Last month a successful parent session was held at the Venerable Bede's CofE School in Sunderland, combined with their Year 11 parent evening where parents were able to chat 1:1 with Sandra or be involved with a group discussion.



CPD Training at St Leonard's School, Durham was well received - so much so they are considering including alcohol education training in their future PD day for even more staff! The school have also added links to our booklets, websites, facebook, etc on their school website parent information section.

If you would be interested in holding a training session or parent information talk contact sandra@alcoholeducationtrust.org.

NICE to issue new guidance for schools on alcohol education

The National Institute for Clinical Excellence (NICE) have decided post consultation with stakeholders to update the guidance for schools on alcohol education; this is expected in March 2014.

Current NICE recommendations include the following:

- alcohol education should be an integral part of the school curriculum and should be tailored for different age groups and different learning needs
- a 'whole school' approach should be adopted, covering everything from policy development and the school environment to staff training and parents and pupils should be involved in developing and supporting this
- where appropriate, children and young people who are thought to be drinking harmful amounts should be offered one-to-one advice or should be referred to an external service
- schools should work with a range of local partners to support alcohol education in schools, ensure school interventions are integrated with community activities and to find ways to consult with families about initiatives to reduce alcohol use.

To view the whole review click [here](#).

ChildLine Report Shows Increasing Number of Children Scared by Their Parents Drinking

In October 1986, the children's helpline ChildLine was launched for British children facing threats, bullying, and anxiety. Since then, it has helped 3.2 million children, and is able to answer more than a million contacts from children and young people a year.

This year has seen an increase in the number of children contacting ChildLine about problems relating to their family situation, with a 122% rise in children contacting ChildLine about their parents' separation or divorce.

As well as this, 3,930 children contacted ChildLine concerned about their parents' drinking, twice as many as in 2011/12. In addition, concerns about online bullying rose by 87% from the previous year, in particular cyber bullying. Counselling about racist bullying rose by 69% with over 1,400 counselling sessions taking place in 2012/13.

Over 35,900 young people phoned, struggling with depression and unhappiness – the top reason why young people contacted ChildLine in 2012/13. The ChildLine website has proved very successful, receiving 2.4 million visits – a 28 per cent increase since 2011/12.

To help parents learn about responsible drinking, being good role models and to gain the skills and confidence to 'talk to their kids about alcohol' do consider holding an AET Parent Information Session. This can be standalone or combined with information on drugs and internet from another provider. We will offer suggestions on how to talk to your kids, useful information sources and get parents to test their own knowledge! All very relaxed and informal.

Contact jane@alcoholeducationtrust.org for further information.

Fake ID's

We've been warned about a site offering high quality FAKE ID's called www.FakeIDKing.com.

If students wish to prove their age and do not have a provisional/driving licence (we do not advise using a passport as ID), then the police and trading standards recommend www.pass-scheme.org.uk. The cards are recognised nationally and the scheme offers discounts and benefits to cardholders as well as proof of age.

Match Funding from the Cabinet Office Achieved

theBigGive.org.uk
helping your donations go further

We are very pleased to say that thanks to the Big Give and the generosity of individuals and companies, that we successfully received our match funding from the Cabinet Office. We were very proud to be one of their few chosen charities and it is an important endorsement of our work.

Do please consider making us one of your choices, as well as your school, when shopping online via [The GivingMachine.co.uk](http://TheGivingMachine.co.uk) - AET these small amounts do add up and make a difference to our coffers!

We work very hard to keep our outreaches free for schools, but do rely on generosity of donors to enable us to do this.



Where To Go for Help with PSHE Planning

In January 2014, The Department for Education made it a specific requirement for all schools to publish their school curriculum by subject and by academic year, including PSHE education. [DfE-Schools-tools-mandatory](#)

OFSTED may also inspect PSHE as a specific subject and they expect a curriculum of work in place (not just drop down days). You can read the new guidance here: [Ofsted-PSHE education survey visits](#)

Much advice on curriculum can be found here: [DfE Drugs: Guidance for Schools](#). The DfE and ACPO Advice for Schools 2012 covers alcohol policy and how schools should deal with incidents in schools [DfE and ACPO Drug Advice for Schools](#)

The PSHE Association provides advice on requirements and planning and schemes of work via: [PSHE Association guidance on PSHE Education Curriculum](#)

A number of amendments related to PSHE education will be debated as the Children and Families Bill reaches the Lords this month. In advance of this debate, the Government set out its position on PSHE education in [a letter to the Members of the House of Lords](#) who are leading the PSHE amendments. The letter from Lord Nash – a public document – highlights the new requirement for every state-funded school to publish their PSHE curriculum online and reiterates the strong links between PSHE and schools' statutory obligation to provide a broad and balanced curriculum which supports pupils' social, moral, spiritual and cultural development and prepares them for the challenges, opportunities and responsibilities of adult life.

The letter also introduced some important new developments, including the announcement that the Department for Education will be supporting an expert panel on PSHE education, chaired by the PSHE Association's Chief Executive, Joe Hayman.

The Health and Wellbeing of 12-15 year-old Girls in Britain

A new report with survey results involving tens of thousands of girls with some results going back 30 years has been released by the Schools Health Education Unit (SHEU) [2013 report - Health and Wellbeing of Girls 12-15yrs.](#)

The paper reveals the health and behaviours of 12-15 year olds girls in Britain - following 34,000 girls in over 500 schools.

It compares girls' behaviours over the last 30 years - as regards drinking, for example:

- In the last 7 days ... In 1991, 87% (14-15yr) girls did not drink spirits. Of the drinkers, 5% drank 1 measure and 3% drank 5+ measures.
- In the last 7 days ... In 2012, 85% (14-15yr) girls did not drink spirits. Of the drinkers, 6% drank 1 measure and 2% drank 5+ measures.
- In the last 7 days ... In 1986, of the 14-15yr girl drinkers, 8% reported drinking more than 10 units of alcohol.
- In the last 7 days ... In 2012, of the 14-15yr girl drinkers, 9% reported drinking more than 10 units of alcohol.
- In the last 7 days ... In 2012, 10% (12-13yr) and 21% (14-15yr) girls reported drinking on only one of the last seven days.
- In the last 7 days ... In 2012, 4% (12-13yr) and 13% (14-15yr) girls reported drinking on more than one of the last seven days.
- In the last 7 days ... In 2012, 3% (12-13yr) and 12% (14-15yr) girls reported getting drunk on one of the last seven days.
- In the last 7 days ... In 2012, 1% (12-13yr) and 5% (14-15yr) girls reported getting drunk on more than one of the last seven days.

For further information on any of the above and/or to request resources please contact

Helena Conibear, Founder/Director

helena@alcoholeducationtrust.org

Jane Hutchings, Schools Coordinator

jane@alcoholeducationtrust.org

Sandra Saint, Parent Outreach Coordinator

sandra@alcoholeducationtrust.org

The Alcohol Education Trust

Frampton House – Frampton – Dorset – DT2 9NH

Telephone 01300 320869

AET Resources comprise of www.alcoholeducationtrust.org and www.talkaboutalcohol.com

Teacher Workbook, booklet 'Alcohol and You' for 15yrs+ and 'Talking to Kids about Alcohol' parent/carer guide. We offer Teacher CPD workshops and Parent Information Talks

Follow us on



Registered Charity Number 1138775

Trustees: Gordon Redley PGCE (CANTAB)

Victoria McDonough PGCE

Mark Richardson PGCE

Patrica Garven Cert Ed

Dr John Lloyd