



TALKABOUTALCOHOL.COM

Today, the 31st October, the Alcohol Education Trust has published the results of its two year evaluation by the National Foundation for Education Research (NFER) and presented its results at The House of Commons at the kind invitation of the Rt Honourable Oliver Letwin MP, Minister for Government Policy, who made the welcoming address.

The study of around 4,000 students aged between 12 and 14 revealed that those who had received the facts about alcohol and its effects during Personal, Social and Health Education (PSHE) lessons at school, equipping them to make informed decisions, were significantly less likely to start drinking compared to those that had not received the lessons using *Talk about Alcohol* resources.

Further key findings from the research are:

- Students identified PSHE lessons as their *preferred* source of information about alcohol, which clearly emphasises the value and importance of PSHE lessons to young people, which are currently non-statutory.
- Teachers reported that lessons were straightforward, flexible, and manageable to deliver, and that using them had saved time as they did not have to identify and pull together resources from a number of other sources
- The evaluation evidence indicates that the *Talk About Alcohol* materials are useful in helping to fill gaps in students' understanding of the damage associated by alcohol which were recently identified by Ofsted (2013). *Not Yet Good Enough: Personal, Social, Health and Economic Education In Schools*.

Sarah Lynch, the evaluation manager at NFER, commented that *"there is robust evidence here that the Talk About Alcohol materials have made a difference to young people, by increasing knowledge about alcohol and its effects and by delaying drinking"*.

Helena Conibear, Director of The Alcohol Education Trust said *"Today is the culmination of four years of amazing commitment from a broad array of specialists who have ensured that the Alcohol Education Trust's materials are based on best practice from around the world, are innovative, engaging and practical to implement.*

Delivering a programme is not enough however, you need to be able to show that an intervention can improve our young people's relationship with alcohol before, and as they begin to consume alcohol. The outcomes revealed today show that the 'Talk about Alcohol' programme has resulted in a statistically significant delay in the uptake of first whole alcoholic drink, an improvement in knowledge and improved engagement with alcohol education among the 2,000 pupils in the intervention group when compared with the 2,000 pupils in the carefully matched control group who were followed up 2011-13.

We are thrilled with these findings, which have been endorsed with a 3/3 ranking for the programme's effectiveness and 5/6 score for evaluation quality by the Department for Education appointed CAYT."

To read the full evaluation by NFER click [here, NFER Report](#)

To read the CAYT evaluation of 'Talk About Alcohol' click [here, CAYT Report](#)

For Editors:

- **The Alcohol Education Trust (AET)** has a very specific remit – the provision of alcohol education in different ways, to pupils age 11-18 and their parents, and to provide evidence based and engaging resources and lesson plans for teachers. The Alcohol Education Trust Trustees are all career teachers and specialists in PSHE, and include a recently retired Head Teacher, an SEN specialist, a Head of Department from a large greater London secondary school and a teacher from one of the largest rural secondary schools in the UK (2,400 children). The aims of the Trust are to improve knowledge and informed decision making, to raise the age of onset of drinking in the UK and to reduce the incidence and acceptability of binge drinking and drunkenness among young people. To find out more visit www.alcoholeducationtrust.org or email jane@alcoholeducationtrust.org
- **The Centre for Analysis of Youth Transitions (CAYT)** is an independent research centre with funding from the Department for Education. It is a partnership between leading researchers from the Institute of Education, the Institute for Fiscal Studies, and the National Centre for Social Research. <http://www.ifs.org.uk/publications/6904>

- **National Foundation for Educational Research (NFER)** is the UK's largest independent provider of research, assessment and information services for education, training and children's services. Clients include UK Government departments and agencies at both national and local levels. The charity's purpose, with over 100 highly qualified professional researchers, statisticians and assessment experts, is to provide independent evidence which improves education and training and hence the lives of learners.
<http://www.nfer.ac.uk>

The Alcohol Education Trust

www.alcoholeducationtrust.org

www.talkaboutalcohol.com

Frampton House – Frampton – Dorset – DT2 9NH

T: 01300 320869

Registered Charity 1138775



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