

# THE ALCOHOL EDUCATION TRUST EVALUATION

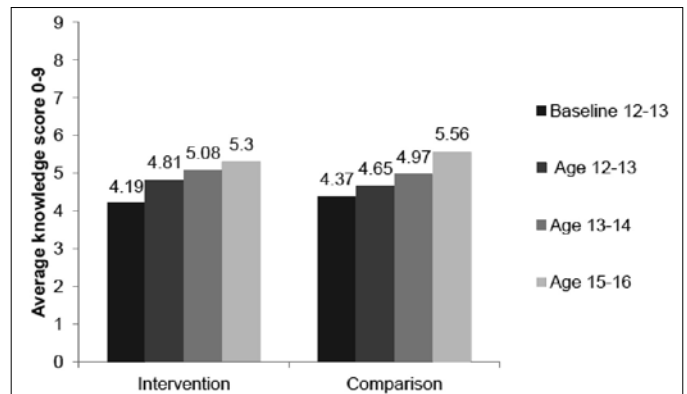
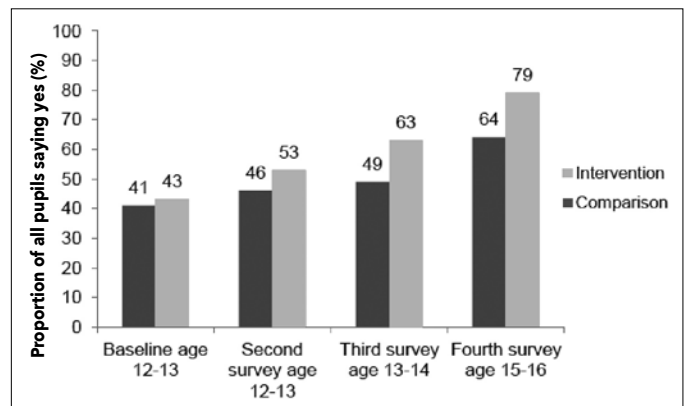
## The importance of evidence based prevention

In recent years, drug prevention researchers and practitioners have agreed on what can help a school-based alcohol education programme be effective. Such a programme should encompass a number of elements including life skills, exploration of social norms and social influences, involvement of the family (via homework or parents' evenings) and the provision of balanced, non-judgemental information, allowing pupils to make fully informed choices. It should avoid scare tactics, 'top down' approaches and one off sessions on a topic. (See [further sources of information](#)).

Research demonstrates that alcohol use for many adolescents forms part of their lifestyle and social lives. The approach of the Alcohol Education Trust is holistic: one of early prevention moving to harm minimisation, providing both drinkers and non drinkers with strategies for reducing the likelihood of harm occurring, as well as incorporating important non-use and delayed use strategies.

## Results of the evaluation of this Talk About Alcohol programme

Results of the evaluation of this Talk About Alcohol programme 2011-15 by NFER show that our resources significantly help raise the age at which young people start drinking, an effect that strengthens over time. (The evaluation found that after completing the training, the proportion of young people who had ever had a drink was lower in the intervention group than in the control group and that two years later, this difference became significantly more pronounced. Those pupils who had 4 key TAA lessons in Year 8 with 2 top up lessons in Year 9 were 15% less likely to be drinking whole drinks than those in control schools who hadn't had the lessons). You can read the NFER results and the also the Mentor Adepis CAYT evaluation, via [alcoholeducationtrust.org/teacher-area/evaluation-case-studies/](http://alcoholeducationtrust.org/teacher-area/evaluation-case-studies/). The evaluation was awarded 5/6 for quality and was the only programme to be awarded 3/3 for effectiveness.



The *Talk About Alcohol* programme is recommended at EU level by The European Platform for Investment in Children (EPIC) and is selected as one of the top 70 most effective programmes in the world for impact in improving children's outcomes by the Early Intervention Foundation.