

# **REPORT ON ALCOHOL AND DRUG EDUCATION**

**(Borders DAAT)**

## **REPORT ON ALCOHOL AND DRUG EDUCATION**

This report is based on the findings of an audit of alcohol and drug education in Scottish Borders' secondary schools in November 2002.

### **Background To Audit**

The Scottish Executive, as part of the Scottish Drugs Strategy, and Scottish Borders Council Education Department recognise the following as priorities:

- 1 To review drugs education (including alcohol) in the curriculum (looking particularly at the over 14 year old stage).
- 2 Review staff training needs.
- 3 Review and revise the management of schools' incidents procedure.

These priorities were then included in the local DAAT (Drugs and Alcohol Action Team) plan and the audit was organised to address the first two priorities.

### **Audit Methodology**

Two guidance teachers, Jill McDonald, Galashiels Academy, and Julie Milne, Eyemouth High School, visited each of the 9 secondary schools and the Wilton Centre and met with either one or two nominated guidance teachers or the whole guidance team. When reading this report it must be borne in mind that within the time constraints of the audit, the information received has been taken as representative of the school.

A questionnaire was used to structure the discussion and to record the information (Appendix 1). Schools also provided teaching programmes and a variety of lesson plans and resources. A second questionnaire (devised by pupils at Eyemouth High School) was left with schools for completion to ascertain pupils' views (Appendix 2).

The Wilton Centre caters for a particular group of children and develops and delivers individual programmes suited to their needs. They do not follow a school year programme for Personal and Social Education, however the resources they use are included in Appendix 3.

## **Overview**

### **Personal and Social Education (PSE) Programmes and Delivery**

Half of secondary schools deliver their PSE programme through guidance teachers to pupils in their own S1-5 caseload. Of the remaining schools, 2 use guidance teachers but not to their own caseload of pupils and 2 use a mixture of guidance and non-guidance teachers. Senior management often deliver the PSE course in S6, however 2 schools do not have a structured S6 programme and one of these does not have a timetabled PSE lesson.

PSE programmes vary from very structured week-by-week topic outlines to a half-termly approach. The former approach made it easy to identify for each year group where and when alcohol and drugs are included in the curriculum.

## FINDINGS OF AUDIT PRESENTED BY YEAR

### FIRST YEAR

	3 or more lessons	2 lessons	1 lesson	No lessons
Smoking	3	2	4	0
Alcohol	1	1	4	3
Drugs	0	4	1	4
Solvents	0	2	1	6

#### Smoking

All schools cover smoking tobacco in their S1 PSE programme and a third of them devote 3 or 4 lessons to the topic.

Lessons cover general information on smoking and its effects. These are usually worksheet based and involve information sheets/leaflets, identifying reasons for and against smoking and its associated risks. Some schools also cover the effects of tobacco advertising.

Role-play and discussion are viewed positively by both staff and pupils as a means of tackling the issues and exploring their own attitudes. Role-play is also useful when pupils are looking at ways of becoming more assertive – being able to say ‘no’. Two schools allow pupils to devise and conduct their own questionnaire and to present their findings to the class. Creating anti-smoking posters is another popular activity.

Of the 4 schools delivering only 1 lesson (or merely touching upon the subject), it is usually part of a ‘Healthy Lifestyles’ or ‘Assertiveness’ topic. Sometimes it comprises of a video followed by brief discussion.

Resources – Websites ‘Lifebytes’ and ‘Teenage Health Freak’  
HEBS leaflets  
HEBS video pack ‘So You Want To Talk About Smoking’  
‘Drugwise Too’  
Burnage High School & Manchester City Council PSE Pack  
‘PSE In Focus’ book

#### Alcohol

Three schools do not cover alcohol education at all; whilst 4 deliver only one lesson (or merely touch upon the subject). One of these only covers alcohol if it is selected by the pupils as a topic to research. Several schools use science worksheets to inform pupils about the physical effects of alcohol and one school discusses the social side effects of alcohol. Three schools use quiz sheets on the facts about alcohol and some include alcohol in their ‘Peer Pressure’ and ‘How To Say No’ topics. Most lessons appear to be fact based, although often the materials on units of alcohol are very dated (eg not including

alcohol). Only a few schools cover the risks of binge drinking, harm reduction, and ultimately what happens in an emergency case.

Resources - Psst Video 'I Know What I'm Doing' – programme 1  
Tacade Skills For Adolescence – Alcohol questionnaires  
'PSE in Focus' textbook  
'Drugwise Too'

## Drugs

None of the schools deliver 3 or more lessons on drug abuse. Four schools do not cover the topic in the S1 programme. Lessons tend to focus on giving information on cannabis. However, one school covers all drugs including prescription drugs and caffeine. Most schools used activities involving anagrams, quiz sheets, role-play and discussions prompted by videos or written case studies.

Resources - Newspaper cuttings brought in by pupils  
'Drugwise Too'  
'PSE In Focus' textbook  
Tacade – 'Skills For Adolescence' quiz sheets  
'What's The Score?' storyboard activity

## Solvents

Two thirds of schools do not cover solvents, as some believe that primary schools would have already done this. This highlights the need for all schools to have clarification of the PSE programme within their feeder primary schools. Even those 3 schools covering the topic do so in only one or 2 lessons.

Resources - 'PSE In Focus' textbook  
Tacade - 'Skills For Adolescence' Inhalant Abuse questionnaire  
'Free To Choose' materials

## SECOND YEAR

	3 or more lessons	2 lessons	1 lesson	No lessons
Smoking	1	0	1	7
Alcohol	6	2	1	0
Drugs	6	0	2	1
Solvents	1	0	2	6

### Smoking

The majority of schools (7) do not cover smoking in their S2 PSE programme. In the 2 remaining schools, one uses a video for one lesson and the other delivers 3 lessons on the history of tobacco, advertising and attitudes.

Resources - 'PSE In Focus' textbook  
'So You Want To Talk About Smoking' video

### Alcohol

All schools cover alcohol education, with 6 delivering 3 or more lessons. They use information sheets and videos predominately, to prompt discussion. Many of these lessons concentrate on the physical effects of long-term alcohol abuse. Group work also features to produce leaflets and give presentations to class. A third of schools deal with binge drinking and how pupils can keep themselves safe (sometimes including role-play and basic first aid).

In one school the input on alcohol was from the Reiver Project to talk to each S2 PSE class for one lesson.

Resources - 'Drink Talking' video pack  
'Psst' video pack  
'PSE In Focus' textbook  
'A is for Alcopops' video  
Alcoholics Anonymous pack 'So you think you know what your child drinks'.  
Tacade – 'Skills For Adolescence' quiz sheets  
The Big Blue Book of Booze  
Lifelines 3 - Unit 6  
'Drugwise'  
BBC Turning Points video on drugs and alcohol (11-14 years)  
'Finding Out About Drinking' booklet – Portman Group  
'Burnage High School and Manchester City Council' pack

### Drugs

Two thirds of schools are delivering 3 or more lessons on drugs. Activities include role-play based on written case studies and discussion. Videos featuring modern

dramatisations are highly regarded by teachers and pupils. Two schools use a research activity where pupils examine the facts, effects, law and risks of illegal drugs and produce a poster. One school has input from their local community police officer who talks to each S2 PSE class and this is part of the school's 9 week programme on drugs education. Two schools offer 1 lesson (or merely touch on the subject) and one school does not cover it at all.

Resources - 'Drugwise' card game  
'Burnage High School and Manchester City Council' PSE pack  
HEBS leaflets (eg 'Drugs, Know Your Stuff')  
Speaker - Community Police  
BBC Turning Point video – 'Innocent Party'  
Websites – 'Know The Score' and 'Teenage Health Freak'  
Channel 4 drugs posters

### Solvents

The school that delivers a 9-week drug programme as mentioned above, also delivers 4 lessons on solvent abuse. Two thirds of schools do not cover solvent abuse at all in S2 and two schools touch on it.

Resources - 'Free To Choose' - 'Solvent Misuse' materials  
Websites – 'Teenage Health Freak'  
'Re-Solv' materials (eg 'Chicken' video)

## THIRD YEAR

	3 or more lessons	2 lessons	1 lesson	No lessons
Smoking	0	0	2	7
Alcohol	4	1	3	1
Drugs	5	0	3	1
Solvents	0	0	2	7

### Smoking

By S3 seven schools do not include smoking at all in their PSE programme. The two other schools touch on the topic as part of a revision worksheet on drugs in general. One of these schools also has an information sheet and diagram on how tobacco affects the body.

### Alcohol

Only one school does not include alcohol in its PSE programme in S3. The others cover the topic using a variety of methodologies and resources. Discussion following videos was a popular method of engaging the pupils. The case studies included in the 'Turning Points' video were considered by two schools to be hard-hitting and effective. Most schools covered peer pressure, information on units of alcohol, physical effects and the law relating to under-18s and alcohol. Lessons also include discussions on the effects of alcohol on social behaviour and the possible personal risks. In one school their community police officer delivers each S3 class 2 lessons on drugs and alcohol. One school covers alcohol in S3 only as part of a relationships unit and another includes it in a wider unit on drugs.

Resources - A guessing game developed in-house by science dept  
Videos taken from TV programmes  
BBC 'Turning Points' video: Alcohol (11-14 years)  
Community police visits

### Drugs

Nearly all schools include drugs as a topic at some point in their PSE programme for S3. Three schools devote four or more lessons to the topic and cover a variety of illegal drugs, their effects and some schools also include a section on the current laws. This information is presented through leaflets, worksheets and discussion activities. Videos are also used to compliment the information and are usually dramatisations. The serialisation of 'Junk', as well as the Leah Betts "Sorted", are two of the videos staff view as worthwhile. One school, currently not covering the topic, has recently purchased the BBC 'Turning Points' video and is intending to use this with S3. The other school not covering the topic directly does mention the effects of drug taking on relationships as part of a wider 'Relationships' unit of work.

Input from the Community Police officer is used at one school for two lessons with each S3 class. Four schools are currently looking at a new CD Rom with interactive materials for pupils to use. At the moment only one of them is actively using this resource, which is viewed positively by staff and pupils (although the school has encountered some technical difficulties when running it on more than 10 computers at the same time).

Resources - Drugwise card game  
Leah Betts video 'Sorted'  
'Junk' video dramatisation of novel  
Community Police  
Drugwise' Pack  
Tacade drug pack  
Birchfield Interactive Drug Education CD Rom

### Solvents

Similarly to smoking, solvent abuse does not feature in the PSE programme, although two schools may cover the topic if it is selected for research by a group or if it comes under a general discussion on different types of drugs.

## FOURTH YEAR

	3 or more lessons	2 lessons	1 lesson	No lessons
Smoking	0	0	0	9
Alcohol	1	0	4	4
Drugs	2	2	2	3
Solvents	0	0	1	8

### Smoking

Smoking is not covered by any of the schools in their S4 PSE programme.

### Alcohol

One school covers alcohol in some depth, dedicating 6 lessons to the topic. The Portman Group booklet – ‘Finding out about drinking alcohol’ is used along with the associated worksheets. This booklet covers what alcohol is, why people drink, the effects of alcohol, problem drinking and the law. Of the remaining schools, four have only one allocated lesson or less on alcohol and 4 do not cover the topic. Some of these schools are conscious of mentioning the topic by using videos and then discussion, but these are not necessarily part of the formal PSE programme. One school has their ‘Pre-driver’ course in S4 and the Road Safety Officer gives pupils information on how alcohol affects a driver’s reaction time. Out of all the schools, only 2 deal with harm reduction and safety and both teach CPR and the recovery position.

Resources - Portman Group ‘Finding Out About Drinking Alcohol’

“Psst” video

‘Message in a Bottle’ video

### Drugs

Three schools do not cover drugs as part of the S4 PSE programme and 2 schools touch on the subject by using a video: one uses ‘Junk’ and the other uses a ‘Tonight with Trevor McDonald’ programme.

Two schools devote at least three lessons to illegal drugs and their effects. The physical effects tends to be a focus, although two schools try to avoid this aspect of the topic and comment on non-physical consequences such as relationship breakdown, psychological effects etc. The activities they use are questionnaires and true/false quiz sheets. A detailed unit on drugs is used in one school, which covers prescription and alternative medicines as well as visits to the doctor. Illegal drugs are also discussed within this context. Pupils presenting information they have researched is also a popular activity in 2 schools.

Norrie Tait of The Reiver Project visited one school this year and spoke to all S4 pupils. The Road Safety Officer also covers the effects of taking drugs and driving in the S4 ‘Pre-driver’ course at one school.

Resources - 'E is for Ecstasy' video  
'Teenage Health Freak' website  
Leah Betts 'Sorted' video  
'Tonight with T McDonald' - TV recording of programme  
CD Rom 'The Chairman' from Scotland Against Drugs  
Talking Seriously About Drugs – file/pack  
DrugsFax  
BBC 'Turning points' video

### Solvents

One school looked at solvents as part of their S4 research activity, when one group would focus on solvent abuse for their poster presentation. The remaining 8 schools do not cover solvent abuse with S4.

## FIFTH YEAR

	3 or more lessons	2 lessons	1 lesson	No lessons
Smoking	0	0	1	8
Alcohol	1	0	6	2
Drugs	3	2	2	2
Solvents	0	0	1	8

### Smoking

Only one school touch on tobacco smoking in its S5 PSE course, as part of a drugs quiz.

### Alcohol

Most schools just touch on alcohol as part of the 'Pre-driver' programme and some do not cover it at all. One school, however, allocates 6 lessons to the topic. Videos, case studies, brainstorming, discussion, presentations and role-play are all used. Lessons consider the implications for the individual and their families, choices and consequences, personal safety and looking after friends and where to go for help.

Resources - BBC 'Turning Point' video – Nick's Story  
World of Drugs - case studies

### Drugs

This topic is covered in most schools with only 2 schools not including it at all. One school delivers the topic by pupils working in groups to answer a thought-provoking question that has been given to them. The pupils also research and present a drugs topic to the rest of the class. Other schools use the 'Drugwise' materials and also the videos listed below with discussion following. Of those schools offering only one lesson, this includes personal safety, recovery position and is delivered prior to Christmas dances. One school offers a 3-week programme delivered by Penumbra. This includes how drugs and alcohol can lead to depression and poor mental health.

Resources - BBC 'Turning Point' videos: 'The Family' and 'Innocent Party'  
Drugwise materials  
World of Drugs - case studies  
Penumbra  
Videos & discussion/question sheets: 'Hooked', 'Ecstasy' & 'Where's The Party Then?'

### Solvents

Only one school touches on this topic in quiz sheets that are predominately about drugs, alcohol and smoking.

## SIXTH YEAR

	3 or more lessons	2 lessons	1 lesson	No lessons
Smoking	0	0	0	9
Alcohol	0	0	2	7
Drugs	0	0	2	7
Solvents	0	0	0	9

### Smoking

None of the 9 schools cover smoking in their S6 programme.

### Alcohol

Two schools include personal safety in training for their Senior Dance Committee. Two schools have the 'Pre-driver' course delivered in S6 by the police, which includes the effect of drugs and alcohol on driving ability.

### Drugs

Two schools include personal safety in training for their Senior Dance Committee. Two schools have the 'Pre-driver' course delivered in S6 by the police, which includes the effect of drugs and alcohol on driving ability.

### Solvents

None of the 9 schools cover solvents in their S6 programme.

## **Observations, Conclusions and Recommendations**

All schools are keen to deliver a relevant and cohesive course to their pupils on alcohol and substance of abuse and welcomed a regional audit of the existing programmes.

Although the majority of schools deliver lessons on alcohol and drug use/misuse at some point to pupils in S1 to S5, a recently inspected school was recommended to create and use a structured calendar outlining when each topic is delivered. This avoids repetition and allows for progression. For the same reason, time to liaise with primary schools would be desirable.

Between schools there are distinct differences regarding the amount of time devoted to alcohol and drug education. However it also became clear that even within schools there are further differences.

The above points raise the issue of a regional framework on the appropriate content for each year group. The majority of teachers interviewed would welcome this type of framework.

Each school has an extensive range of resources within their Guidance department. These range from in-house worksheets to commercially produced resource packs, such as 'Drugwise'. Specifically produced video resources, as well as teachers taping television programmes, are seen as valuable by both teachers and pupils. The results of the pupil questionnaires show that watching videos is rated highly. However, despite the vast array of resources, both paper and video, teachers and pupils feel that much of this seems very dated. To counter this some schools and pupils enjoy using articles from newspapers and teenage magazines, with regards to this type of resource staff and pupils need to be aware of media bias and hype.

The audit team found that a number of resources are common to all schools, however they are not all necessarily used. There is also a vast array of other resources available in each school. Consequently there is little consistency between schools and possibly within schools. Too many resources may mean that although teachers will always try to tailor their lessons to suit the needs of their pupils, the pupils are less likely to experience the same content and acquire the same skills. The intended 'message' may also be compromised.

Teachers recognise that in order to engage pupils, resources need to be factually correct, relevant, accessible, varied, and visually attractive. The Portman Group resource book 'Finding Out About Alcohol' is a very useful resource. It is very accessible to young people as it has good visual impact, with cartoons, graphs, diagrams, photos, and comic strip-style case studies. It also has won 'The Plain English Award'.

Pupils researching and presenting topics is a popular activity and is viewed positively. Some teachers mentioned that access to computer suites is a real problem. This is disappointing since there are many excellent websites and CDs available. Most teachers would like to integrate more ICT into their PSE lessons. Many lessons seem very information-based, although teachers acknowledge that pupils tire easily of this approach. The use of practical and interactive lessons is regarded by teachers to be one of the best ways to develop skills and attitudes.

Input from outside speakers is enjoyed by pupils, however the quality of content needs to be monitored. Pupil questionnaires highlighted their desire to listen to the experiences of 'real people' eg ex-drug addicts. One school had used speakers from Carlton Athletic, which staff and pupils viewed as their best resource. Although it can be well received by teachers and parents, and popular with pupils, it can give out the message: 'I did this and I'm alright now'.

When discussing units of alcohol, often the information is out of date and includes drinks not normally drunk by young people eg sherry. There is a danger that young people will then think that all the information being given to them is irrelevant. Informative and visually attractive resources need to be used to show units in eg, alcopops, bottles of cider, half-bottles of vodka etc. It also needs to be stressed that the 'safe drinking limit' is for adults and not for young people with developing bodies. The dangers of binge drinking also need to be covered, as young people do not drink like adults, but actually with the purpose of getting drunk. Personal safety lessons could also be delivered at key times of the year, eg Christmas, rugby 7's, summer festivals, and going abroad on holidays.

Prescription drugs and caffeine seem to be given a huge amount of emphasis in some schools. This could adversely affect the school's message on substances of abuse to young people, as they may not take the rest seriously. A check could be made on whether these topics are already delivered in primary schools.

It became evident that nearly all teachers of PSE (some of whom are not guidance teachers) across the region have had no training in alcohol or substances of abuse. Consequently some felt they lacked confidence as well as knowledge and skills to deliver effective lessons in alcohol and drugs education.

### **Summary Recommendations**

- A regional framework for alcohol and substances of abuse education
- Liaison with and input from health professionals (eg school nurse and doctor could attend a Guidance departmental meeting once per year)
- Liaison with feeder primary schools about their alcohol and drugs education
- List and pack of appropriate and up-to-date resources recommended for each year group
- Guidance staff training on subject content (eg from STRADA)
- Guidance staff training on delivery methods

All of the above recommendations must be reviewed to ensure that continued progress is being made.

## ALCOHOL AND SUBSTANCES OF ABUSE EDUCATION AUDIT

<b>School:</b>	<b>Contact Name:</b>	<b>Date:</b>
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- 1. Do you have a programme for all Guidance teachers/teachers of Social Education to follow?**
- 2. Does everyone teach the same thing at the same time or can a teacher choose his/her own topic and time scale?**
- 3. What topics do you cover that relate to drugs and alcohol?**

S1

S2

S3

S4

S5

<b>School:</b>	<b>Year Group:</b>
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- 1. What materials do you use?**
- 2. Which of these materials are you most happy with?**
- 3. Are there any you are dissatisfied with or feel are out of date?**
- 4. What do the pupils like the best?**
- 5. What does not go down so well with them?**
- 6. Do you have any input from outside agencies - either directly into your programme or discussions with teachers about the drug and alcohol situation in your area?**
- 7. Have you had any drugs or alcohol education training? If yes, when and what was involved?**
- 8. What message are you trying to get across to this year group?**

**DRUGS AND ALCOHOL EDUCATION**

**PUPILS' OPINIONS**

School:

Year:

**Try to get the majority opinion**

1 Do you find your drugs and alcohol education enjoyable and informative?

Enjoyable?

Informative?

2 Do you have any suggestions for improving it?

Complete and return as soon as possible to Julie Milne, Eyemouth High School, or Jill McDonald, Galashiels Academy. Thank you for your assistance.

WILTON PROVISION RESOURCES/TEACHING MATERIALS

<b>Title</b>	<b>Type of Resource</b>
Substance & Solution (Tacade part 4)	Health pack
The World of Drugs (Tacade part 3)	Health pack
Ask (Tacade)	<u>Drugs education pack</u> Photocopiable worksheets
Drugs Deal (Tacade)	Card game
Drinks Deal (Tacade)	Card game
Streetwise (Dr Michael Kirby)	Worksheets and activity pack
Extract of Galashiels Academy PSD programme	Section on drugs
It Could Happen To You	Video – alcohol
The Teen Files (Educational Media)	Video – drugs
STRADA Training Portfolio	Exercises and information sheets
Blue Book of Booze	Magazine on alcohol
Bolt Ya Radge	Magazine on alcohol
Drugwise - Drug Free	Teaching programme and video
@sk (Tacade)	Drug education materials and trigger sheets
It's My Life	Video resource pack
DrinkDeal (11+)	Card game
DrinkDeal (14+)	Card game
Various leaflets, magazines and information cards	