» Universal school-based program for preventing tobacco, substance use and alcohol abuse among adolescents.

» Universal – general population (the whole class)

» Based on social influence approach.
  > Peer pressure resistance training
  > Correction of normative expectations
  > Inoculation against mass media messages
  > ...

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1. Knowledge:
Information on the effects of drugs, highlighting the harmful effects of long-term use of alcohol, tobacco...
(lung cancer, larynx cancer, cirrhosis of the liver...).
- Emphasis on short term effects.
- Manipulation of the tobacco and alcohol industry.
- The impact of media.

2. Personal and social skills:
Through a variety of (everyday) situations students have the opportunity to apply existing knowledge and skills and also to strengthen:
   - Problem solving.
   - Assertiveness/determination.
   - (Effective) communication.
   - Expressing emotions.
   - Setting goals...
3. Normative education:

**Breaking myths** — „if you smoke, you lose weight, smoking marihuana prevents cancer ...“

**How many 15-years old smoke cigarettes regularly?**

50-80%  
13%
Parents’ involvement

- No time.
- Irrelevant content.
- Understanding of prevention – „our children don’t have problems with drugs“.

Adolescents who were drunk more than 1 time in the last month

- Parents not engaged in the programme
- Parents engaged in the programme
The evaluation study in Slovenia

- 47 schools accepted to participate in the evaluation study.

- (1422 of 23 intervention schools and 1515 of 22 control schools) participated in the baseline survey (October/November 2010).

- 2475 (84%) students (1203 of intervention schools and 1272 of control schools) participated in the follow-up survey (May 2011).

- The Unplugged program was effective in reducing the prevalence of use of cigarette smoking, alcohol use, and drunkenness episodes.

- It reduced intentions to use in the next year, with reductions 50-82%.

- It improved refusal skills towards cigarettes, alcohol and cannabis.

- The results confirm those of previous studies and add evidence to recommend Unplugged as effective prevention program.
**Pupils**

» Wow, our teacher can also be cool."
» "I liked the outdoor activities."
» "I liked that my classmates respected my opinion."
» "The thing I liked the most was that I received compliments also from my teacher..."

**Teachers**

» The programme doesn’t convince, it offers.
» It links different areas (school subjects).
» It includes parents.
» It offers a comprehensive and high-quality training for teachers.
» It offers high-quality material for the teachers.
» It establishes a positive working climate.
» Because children want active learning.
» Because the word „Izštekani" still echoes in the school halls.
» Because active learning methods develop a critical, autonomous, responsible and independent individuals.
» Because it is not required to become an expert on drugs.
» It shows sparks and pride in children's eyes.

Thank you for your attention!

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