



Registered Charity 1138775

Newsletter

Summer Term
June 2013 Ed10

NEW Parent e-newsletter available

Read the first edition of our parents' newsletter [here](#). Do forward it to parents in time for the summer holidays, or upload it onto your school websites – Horndean Technology College in Hampshire have done just that by adding the parent newsletter and parent/carer guide ('Talking to Kids about Alcohol') to their website information section for parents (<http://www.horndeantc.hants.sch.uk/Alcohol-Education>) creating a superb section for parents to access useful information not just school related. Our next parent newsletter edition will cover the thorny issue of hosting teenage parties.

Order your annual allocation of AET resources now for September



We have completely run out of 'Talking to Kids about Alcohol' booklets for parents/carers, such has been the demand since the launch of the parent area on the www.alcoholeducationtrust.org website and the appointment of Sandra as our parent coordinator. We are about to have another 50,000 printed, so put your orders in now for booklets for September delivery - and do book in Sandra via sandra@alcoholeducationtrust.org for a 'Talking to Kids about Alcohol' session for parents in school for the next academic year if you're based in the North East or North West, or contact Jane via jane@alcoholeducationtrust.org for all other regions.

We will also be printing the 3rd edition of our ever popular **Teacher Workbook** in the autumn, which you can download online [here](#). This 100 page manual is packed with lesson plans, worksheets, guidance and inspiration in easy tabbed areas such as alcohol and the law, 16+, units and guidelines and staying safe. Please contact Jane if you have new members of staff who will be teaching alcohol education in the autumn and require a further copy. We are thrilled to say we have received orders for over 1,000 workbooks in 18 months, and have had wonderful feedback and thanks from across the UK.



We still have some copies of 'Alcohol and You' for older teenagers (14yrs+) available for this term, or again place your orders for September onwards now as we run out very quickly in the autumn term. You will also find masses of inspiration in the resources area of www.alcoholeducationtrust.org such as the Just a Few Drinks BBC2 Learning Zone short films and accompanying lesson plans that are only available online.

Do give us a call if you require any advice via 01300 320869.

Gateshead, Essex, Southampton, Dorset

We have been as busy as ever since our last newsletter with teacher training sessions, 'Talking to Kids about Alcohol' sessions and an update on our evaluation for the South West region National Health Education Group over the last month - we're getting to know the UK well!

Nottingham City Council – DrugAware programme for schools

We are pleased to announce a partnership with Nottingham Early Intervention Team and its programme for schools DRUGAWARE.

We are offering all secondary schools in Nottingham the opportunity to host a 'Talking to Kids about Alcohol' parents seminar during the next academic year. Schools will be encouraged to distribute the AET half termly newsletter for parents, and the parent area of DRUGAWARE will link directly to the parent's area of AET's website www.alcoholeducationtrust.org

DrugAware gives schools a simple to achieve practical standard that ensures schools adopt a robust, sustainable and effective approach to substance use and early intervention. The DrugAware Award is an aspirational standard for schools and their communities to address drug, alcohol, tobacco and medicine misuse issues through early intervention. Based on evidence of what is effective in changing the health behaviours and perceptions in young people, it leads the way in making a real difference with a thorough, integrated approach. Good practice has been captured in a simple to follow 10 point standard, bringing together policy, participation, education, support and celebration. The standard, once implemented, ensures that a school is doing everything it can to respond proactively to substances, now and in the future. Nottingham believe the award should be taken as best practice and can be used in other cities across the UK, for more information visit www.thedrugawareaward.co.uk



PSHE - remains a political football

Andrew Phillips (Lord Phillips of Sudbury) continues to be a champion and voice for citizenship in the House of Lords. He is quoted in May 'Education in citizenship education is not a voluntary or optional extra in our schools. If we have created a society of such barbaric complexity that very often we ourselves cannot understand quite where things are, how can we expect ordinary, decent young kids to feel part of this enterprise, to feel ownership of it or to feel responsible for it, if we do not equip them with the basic amount of information, knowledge and understanding to grapple with it and develop a will to be citizens? It is not just a name. I hope that in our deliberations over the next few years we will try always to think how Bills will impact on the good, ordinary citizens of this country and how we can improve'.

<http://www.theyworkforyou.com/lords/?id=2013-05-9a.26.5&s=Citizenship+education#g99.1>

PSHE - remains a political football

Labour has called for compulsory SRE in schools and a vote proposing an amendment to the Children and Families Bill that would have made PSHE compulsory was lost in the House of Commons earlier in June. There is a commentary in the Guardian here: <http://www.guardian.co.uk/education/2013/jun/10/michael-rosen-education-gove-totalitarian>

NEW REPORT - Investigating Parental Monitoring, School and Family Influences on Adolescent Alcohol Use



Alcohol Research UK has published a report by Dr Kathryn Higgins and colleagues from the University of Belfast. The project investigated the relationship between parental monitoring and alcohol use

trajectories and tested the role of peer- and school-level factors in influencing individual drinking trajectories and monitoring. Further, the project examined patterns of parental monitoring and their association with alcohol use change when considering other factors.

The study used data from the Belfast Youth Development Study, a longitudinal study of substance use during adolescence. Between 2000 and 2011, children attending over 40 schools, colleges and special educational programmes were given questionnaires on a range of personal, social, health and substance use issues. Pupils were in their first year of secondary school (around age 11) at the start of the study (academic year 2000/2001), were surveyed annually until 2006/2007 (around age 17) whether they were still attending school, were in a further education college, or no longer in education. They were surveyed again around ten years since they first participated (2011).

This report is based on data from the first five years of the study. The study collected information from young people about the rates of parental monitoring, parental control, parental solicitation and child disclosure and information on frequency of alcohol use across each year. It also collected information on the quality of the parent adolescent relationship, using the Inventory of Peer and Parental Attachment – parent scale. Further information relating to household affluence, mental health and living arrangements was also collected to account for other influences on rates of alcohol use.

Key findings from the project are as follows:

- Early control has a lasting influence on alcohol use
 - Higher rates of drinking in early adolescence leads to reduced levels of parent-controlled boundaries and limits at home
 - Being in a school with a higher proportion of frequent drinkers is a risk factor for frequent drinking Children whose parents exert greater control over their free time activities tend to drink less frequently.
 - Girls who attend single-sex post-primary schools tend to drink more than pupils attending co-educational schools or male-only schools.
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NICE to update and 'unsuspended' guidance on alcohol education for schools

Following the OFSTED report that PSHE is 'not yet good enough', The National Institute for Clinical Excellence (NICE) are planning to review their publications on alcohol education for schools (2007) and their suspended guidance on alcohol education and SRE 2010.

The expert group will reconvene and be enhanced with new expertise. It will be tasked to look at evidence and will call for evidence from stakeholders.....for information contact helena@alcoholeducationtrust.org

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

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Jane Hutchings, Schools Coordinator jane@alcoholeducationtrust.org

Sandra Saint, Parent Outreach Coordinator sandra@alcoholeducationtrust.org

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