

Exams are finished and no doubt you're busy planning curriculum and calendars for next term. Don't forget to order your resources for next year - you can contact Kate via kate@alcoholeducationtrust.org for workbooks for new staff, your year group allocation of Alcohol and You and for our parents' guides.

If you would like to book a teacher CPD session for the Autumn term for a group of teachers, PSHE leads or schools, or a talkaboutalcohol session for parents (this can form part of an induction evening, meet the tutor evening, GCSE options evening or be combined with another topic such as e safety) then again email kate@alcoholeducationtrust.org so we can work on dates to fit into our busy calendar.

Can we take this opportunity to wish you a relaxing break over the Summer holidays? Our offices remain open throughout the Summer, so do get in touch if you have any planning queries for PSHE or need advice as to how to use our resources for different age groups. Remember you can download each chapter of our workbook by subject via www.alcoholeducationtrust.org.

Childhood Trust confirmed as our charity champion for the Big Give 2014



We're thrilled to announce that The Childhood Trust, which works to alleviate childhood poverty across London, has chosen us as one of its 25 charities that can have the most impact on childhood attainment and positive outcomes. Those who drink regularly before the age of 15 lose 20 points in their GCSE predictions (the difference between an A* and a C in one subject), they are more likely to play truant and to engage in other risky behaviours such as smoking or cannabis use and criminal damage. Our programme is proven to delay the age of onset of drinking significantly among Year 8s and Year 9s (an 8% uptake in drinking by the end of year 9 versus 20% uptake in schools not using our programme). We are building a pledge to support 100 schools across Greater London with our workbooks, teacher CPD, talkaboutalcohol parent evenings, newsletters and phone and email support. Please contact us via helena@alcoholeducationtrust.org if you would like to be involved or help us match donations.



Early Intervention Foundation publication lists talkaboutalcohol in top 50 programmes

As our programme was awarded top marks for effectiveness by The Department for Education appointed CAYT and is PSHE Association accredited, our talkaboutalcohol programme has been selected by The Early Intervention Foundation as one of just 50 early intervention programmes across all categories, which have most favourable outcomes at preventing harmful behaviours and lack of attainment in our young people. The book, being launched in July aims to help Public Health and local authorities implement best practice and choose the most effective programmes to implement for our children.

We're recruiting in The North West!

We are looking for an outgoing and enthusiastic individual who will be confident in delivering training sessions for teachers in our talkaboutalcohol programme (following training) and parent information sessions in schools across the North West. The part time role will involve contacting and liaising with schools, public health and PSHE leads across the North West with an emphasis on Liverpool, Manchester, Blackpool and Halton which have been identified by The Home Office as Local Alcohol Action areas (LAAA's) where alcohol related harms are highest. For more information email helena@alcoholeducationtrust.org

Launch of new PASS 18 plus card for proof of age in the UK

Being repeatedly challenged when over 18 means you need ID with you when going out – which might mean taking a driving licence or a passport, our most precious documents. Why not encourage them to apply for a PASS card? There are currently five national schemes (plus Young Scot) and ten local schemes that are licensed to issue cards bearing the PASS hologram. 5 million cards have been issued and the PASS hologram is widely recognised and accepted in both the on and off trade. Home office Minister Norman Baker says "The new PASS cards will lead to fewer people losing their passport on a night out, which in turn will reduce offences such as identity theft and fraud." www.pass-scheme.org.uk



Young people plan pre-loading more than the 'going out'

A new study shows the importance of discussing pre-loading with older age groups, as often a significant number of units will be drunk, especially by girls, before going out at all.

Researchers at Plymouth University said "pre-loading" – drinking alcohol before a night out – is increasing in young people aged 18-23. This is due to them needing alcohol to cope with the "scary" atmosphere of bars and nightclubs, the study found. Dr Adrian Barton, associate head of Plymouth University's School of Government, and study author commented: "In our minds, pre-loading is fast becoming a significant cultural shift in the consumption of alcohol in the UK."

A previous study conducted by Dr Barton and Dr Kerry Husk, from the University of Exeter Medical School, found 60-70% of people drink some alcohol before going out and 50% consume "significant quantities". Students were asked to recount their pre-loading experiences based around frequency, planning, rituals and its relation to going out. Their answers showed more planning was often put into the pre-loading than the rest of the night, but also revealed insight into their perceptions of going out.

Among the responses to questions about why young people pre-load were: "I get scared in clubs so drinking before I go out gives me the courage to face it," and: "What I like is the feeling of being with my mates but feeling safe. I don't get that in the pub but I do get it at home." "Beyond price, young people seemingly need alcohol to cope when going out and many of the young respondents prefer the comfort and safety drinking with people known to them brings," Dr Barton said.

Mixing alcohol and marijuana especially dangerous for teen drivers

Although this study is from the US, more evidence is emerging that those who are risk takers - in this case teenagers who drink and smoke cannabis - are also likely to take other risks - more reasons for schools to use programmes that teach pupils resilience skills to resist use before it starts! Teenagers who drink alcohol and smoke marijuana may be at increased risk for unsafe driving, according to research by the University of Michigan's Institute for Social Research. Results suggest a need for education on the risks of simultaneous use of alcohol and marijuana, particularly when driving.

The study of US high school seniors suggest that teens who had used both drugs in the past year (not when driving) had higher rates of traffic tickets/warnings and car accidents. At particular risk were kids who used alcohol and marijuana at the same time, as they were about 50 to 90% more likely to admit to unsafe driving than their peers who did not drink or smoke pot. "It's well known that both drinking and other drug use are linked to risky driving," said researchers. "But, this suggests that it is not only the frequency of substance use that's important, the patterns of drug use are also related to the risk of unsafe driving". The results come from surveys of more than 72,000 US high school seniors, conducted yearly from 1976 to 2011 through the Monitoring the Future study.

21% of the students who said they used the substances at the same time were at heightened risk for reporting unsafe driving. About 40% of teens who used both substances together had received a traffic ticket or warning in the past year, while about 30% had been in a traffic accident. The investigators say it is possible that the teenagers are bigger risk takers, in general. It is also possible that using both drugs together increasingly impairs teenagers' driving and judgment.

Article: Journal of Studies on Alcohol and Drugs www.jsad.com/jsad/downloadarticle/Alcohol_and_Marijuana_Use_Patterns_Associated_With_Unsafe_Driving_Among_US/5284.pdf

A whole school approach to promoting health in schools : evidence that it can work

Researchers at DECIPHer, in collaboration with international experts, set out to review the best evidence available worldwide to determine the effectiveness of the 'Health Promoting Schools' (HPS) approach. They conducted a Cochrane systematic review, the 'gold standard' method for reviewing intervention effectiveness and searched 20 health, education and social science databases, and trials registries and relevant websites, to find cluster randomised controlled trials that used this HPS approach. To be included in the review, interventions had to target all three HPS areas (curriculum, ethos/environment and family/community) and include students aged 4-18 years.

From the 48,551 records retrieved, 67 trials met the inclusion criteria, focussing on interventions concerned with a wide range of health topics including physical activity, nutrition, substance use (tobacco, alcohol, drugs), bullying, violence, mental health, sexual health, hand-washing, cycle-helmet use, sun protection, eating disorders and oral health. Very few studies, however, measured the impact on their intervention on students'

attendance or academic achievement.

Using only data from randomised controlled trials, the study found evidence that interventions using the HPS approach were effective for the following important health outcomes:

- body mass index (BMI);
- physical activity and fitness;
- fruit and vegetable intake;
- cigarette use;
- being bullied

Sadly, our evaluation findings are not published in a journal in time for this study - our results will be published in the IHPE journal in September 2014.

Reference for the source: Langford R, Bonell CP, Jones HE, Poulidou T, Murphy SM, Waters E, Komro KA, Gibbs LF, Magnus D, Campbell R. The WHO Health Promoting School framework for improving the health and well-being of students and their academic achievement. Cochrane Database of Systematic Reviews 2014, Issue 4. Art. No.: CD008958. DOI: 10.1002/14651858.CD008958.pub2.

A copy of the full report can be downloaded from the Cochrane website onlinelibrary.wiley.com/doi/10.1002/14651858.CD008958.pub2/abstract

For further information on any of the above please contact

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Follow us on



AET resources comprise of www.alcoholeducationtrust.org and www.talkaboutalcohol.com, a Teacher Workbook, booklets 'Alcohol and You' for 15yrs+ and 'Talking to Your Kids About Alcohol' parent and carer guide. We offer teacher CPD workshops and parent information talks.

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