

# School-based prevention - does it work?

Sanela Talić

Ljubljana, 23. 11. 2016

# Prevention in general

What kind of prevention doesn't work?



# Prevention science

- \* Multi-disciplinary endeavour to consider aetiology, epidemiology, intervention design, effectiveness and implementation for the prevention of a variety of health and social problems.
- \* Substance misuse, sexual health and teenage pregnancy, HIV/AIDS, violence, accidents, suicide, mental illness, delinquency, obesity, diet/nutrition, exercise, and chronic illness.





EUROPEAN DRUG



# Standards of Evidence

CRITERIA FOR EFFICACY,  
EFFECTIVENESS AND DISSEMINATION

ian  
**STANDARDS** for  
Violence Abuse Prevention

ouse

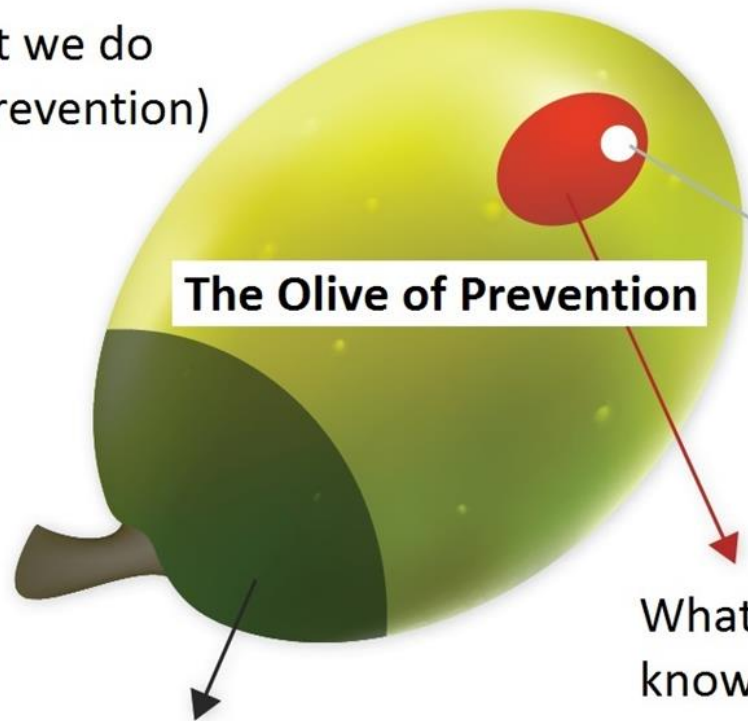
### ities and families

efforts in multiple settings  
h and safety frameworks.

is comprised of three  
prevention in  
, standards for  
(*our Strengths*) and  
(*our Skills*). These  
nments where teams  
ncy and provide the tools  
e healthy choices.

# Prevention olive

What we do  
(in prevention)



**The Olive of Prevention**

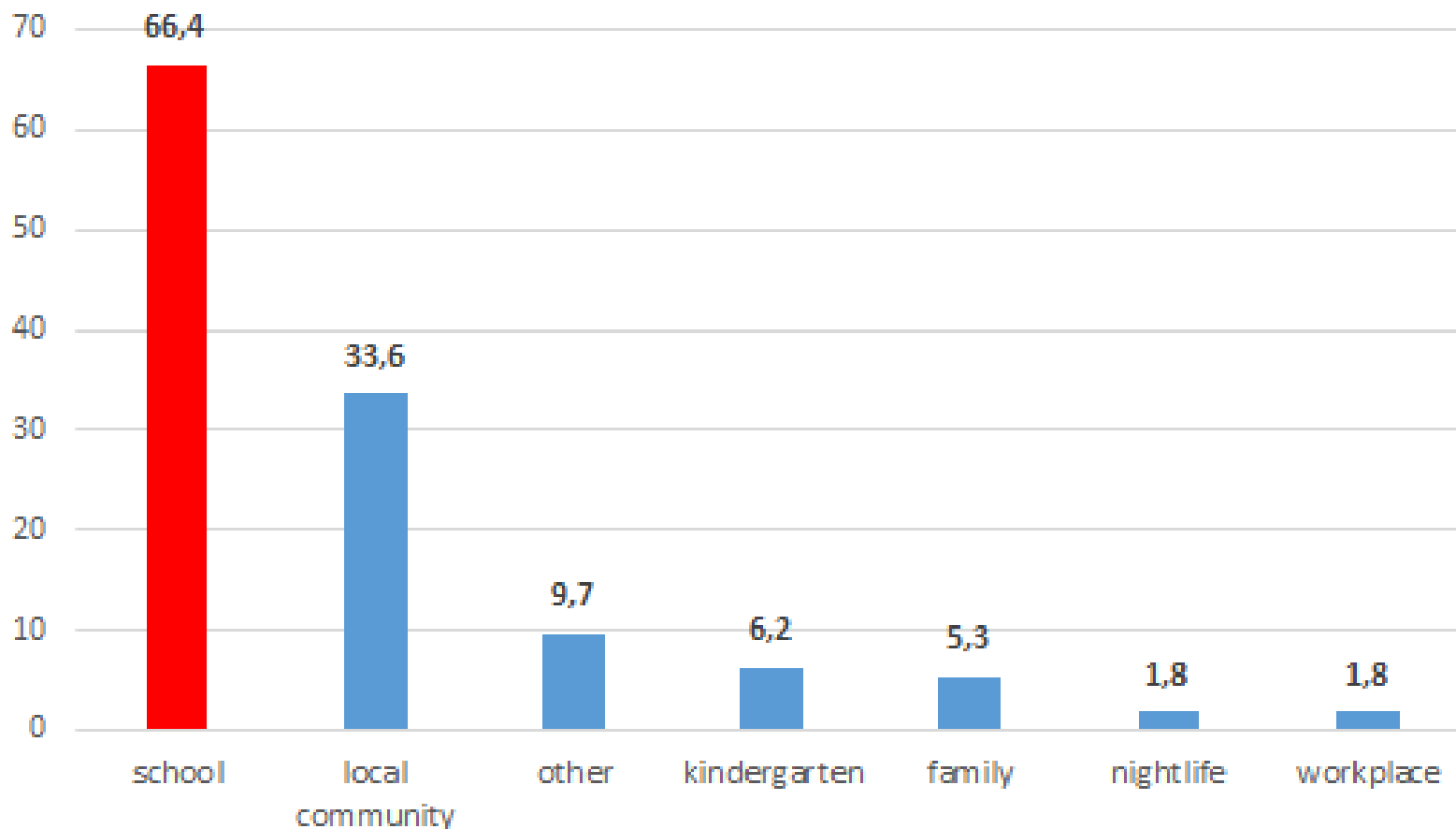
What we do  
that we know  
works

What we  
know works

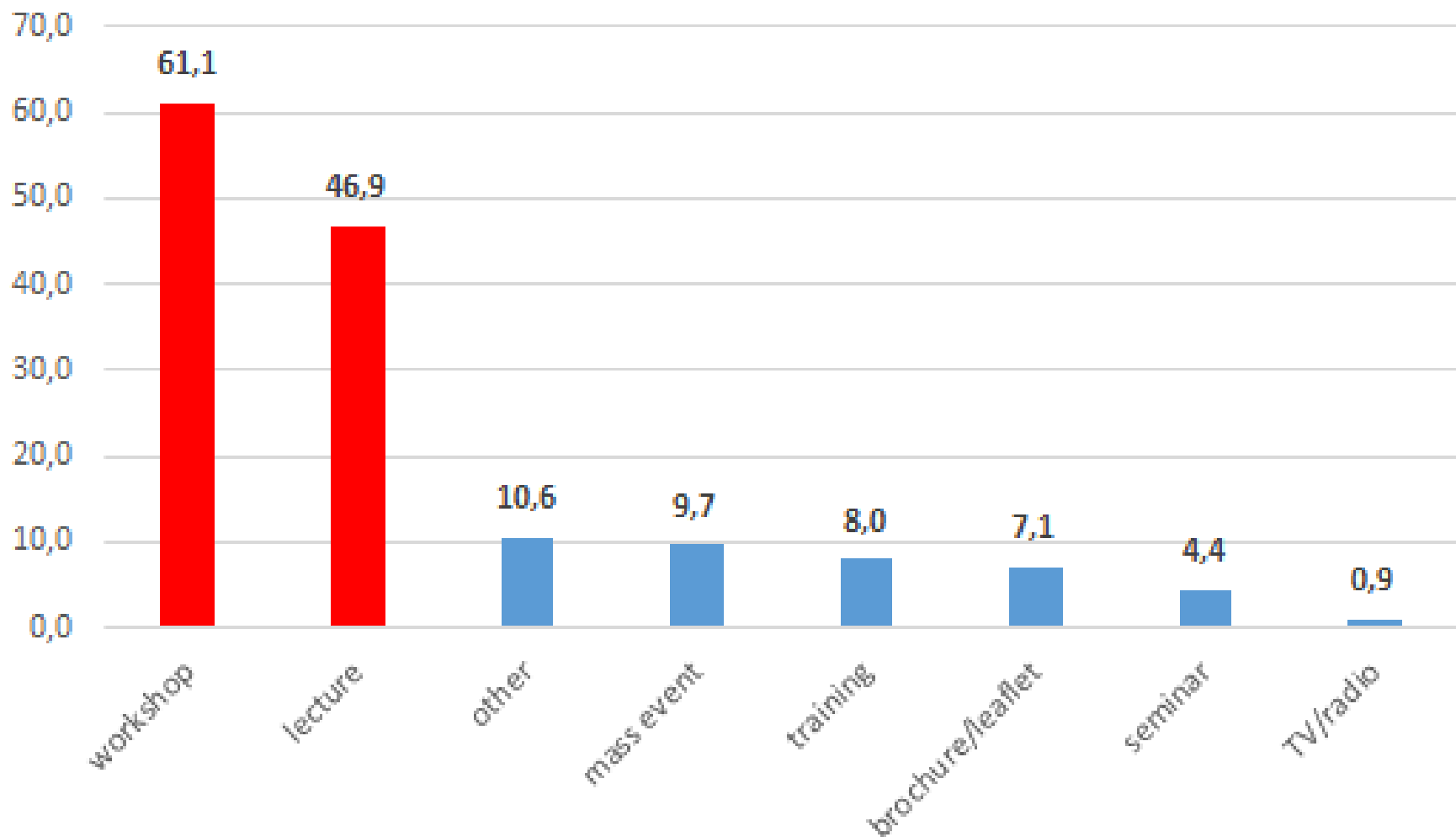
What we do that we  
know doesn't work


(Preventivna platforma, 2011)

### Settings of prevention activities (N=116)



## Approaches to prevention activities (N=116)



- 
- \* Factual information provision **can't change behaviour**  
(Stead&Angus, 2004)
  - \* Single lectures, workshops, mass events;
  - \* Unstructured dialogue sessions;
  - \* Scare tactics;
  - \* Using ex-addicts as testimonials ...

UNODC Guidelines on School Based Prevention, <http://www.unodc.org>

CICAD Hemispheric Guidelines on School-Based Prevention;  
<http://cicad.oas.org>

Canadian Standards for School-based Youth Substance Abuse Prevention;  
<http://www.ccsa.ca>





A hand is holding a pink rectangular sign with the words "SELF-CONTROL" written in white, uppercase, sans-serif letters. The background is a soft, out-of-focus grey gradient. The entire image is framed by a blue border with a white wave-like shape on the left side.

SELF-CONTROL

Those who were able to control their impulses by focusing on the future and not the moment were doing significantly better **personally, socially, and academically.**

\* Resilience!!!

# What else does the evidence say (school-based prevention)

- \* Improving a range of **personal and social skills** (Foxcroft, Tsertsvadze, 2011);
- \* Series of **structured sessions (10-15)**;
- \* Delivered by **trained teachers** (Ofsted, 2010);
- \* **Interactive methods** (Tobler et al.);
- \* **Normative education**;
- \* **Age-appropriate**;
- \* ... (kindergartens, primary, secondary schools, universities).



- \* School policy. →
- \* Attachment ...
- \* School ...
- \* Parent ...
- \* Prevention ...

In schools with clear rules where neither teachers nor pupils could smoke, the prevalence of smoking was **9,5%** ..... In schools without such rules **30,1%**. (Moore, TobCont, 2001)

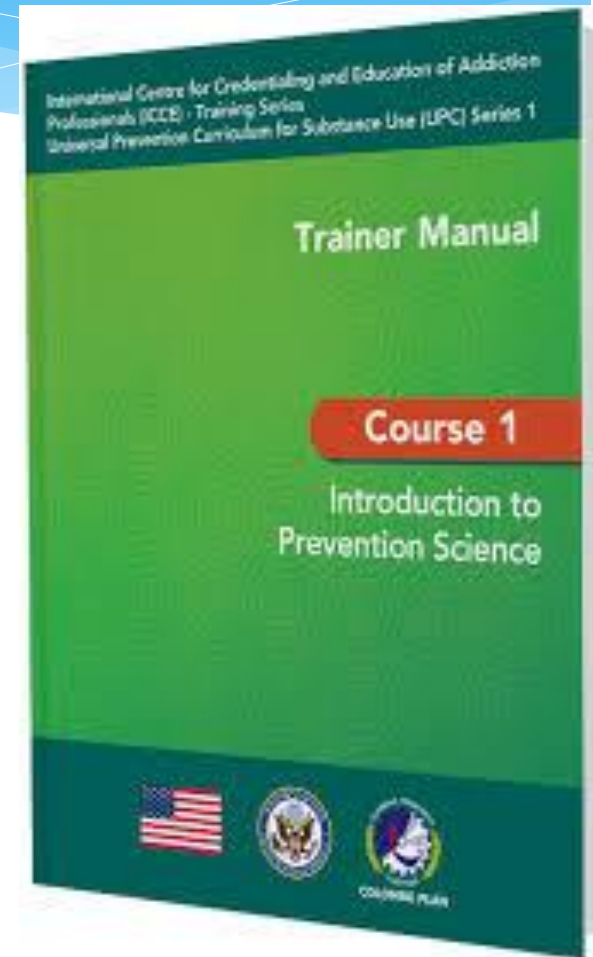
CULTIVATING AWARENESS AND RESILIENCE IN EDUCATION


[ABOUT](#) [IMPACT](#) [WHAT TEACHERS ARE SAYING](#) [2016 CARE RETREAT](#) [WHO WE ARE](#) [NPR BLOG](#) [CONTACT](#)



# Recent developments ...

- \* **Universal Prevention Curriculum**  
(Training of prevention professionals with standardized curriculum).



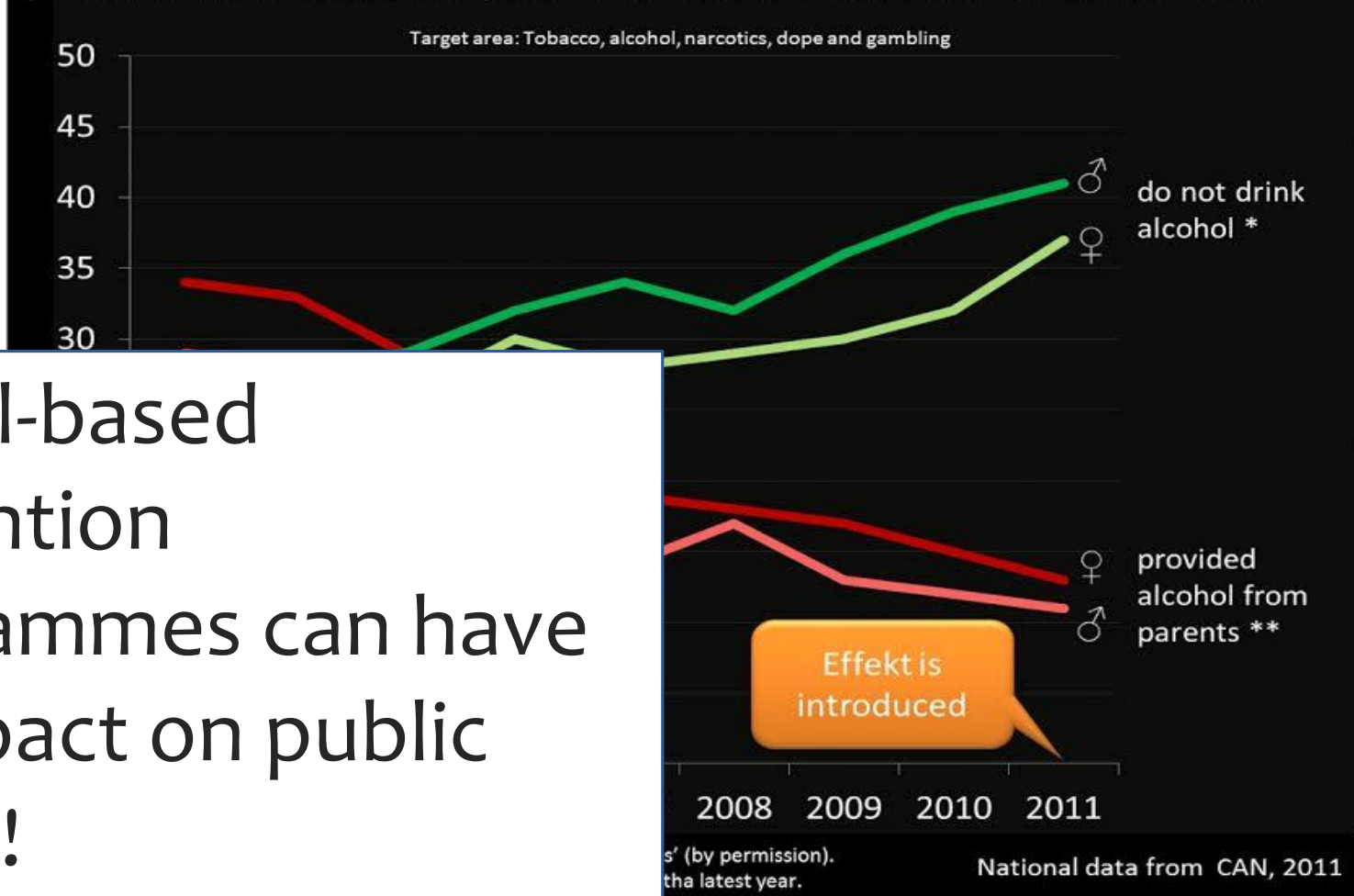
- 
- \* EU Council Conclusions on minimum quality standards: *professionals to “... have **competencies and expertise** on prevention principles, theories and practice, and **are trained and/or specialised professionals** who have the support of public institutions.*

**Then why do we accept  
that untrained prevention  
professionals might raise  
our kids' interest for  
substance use?**



# EFFEKT

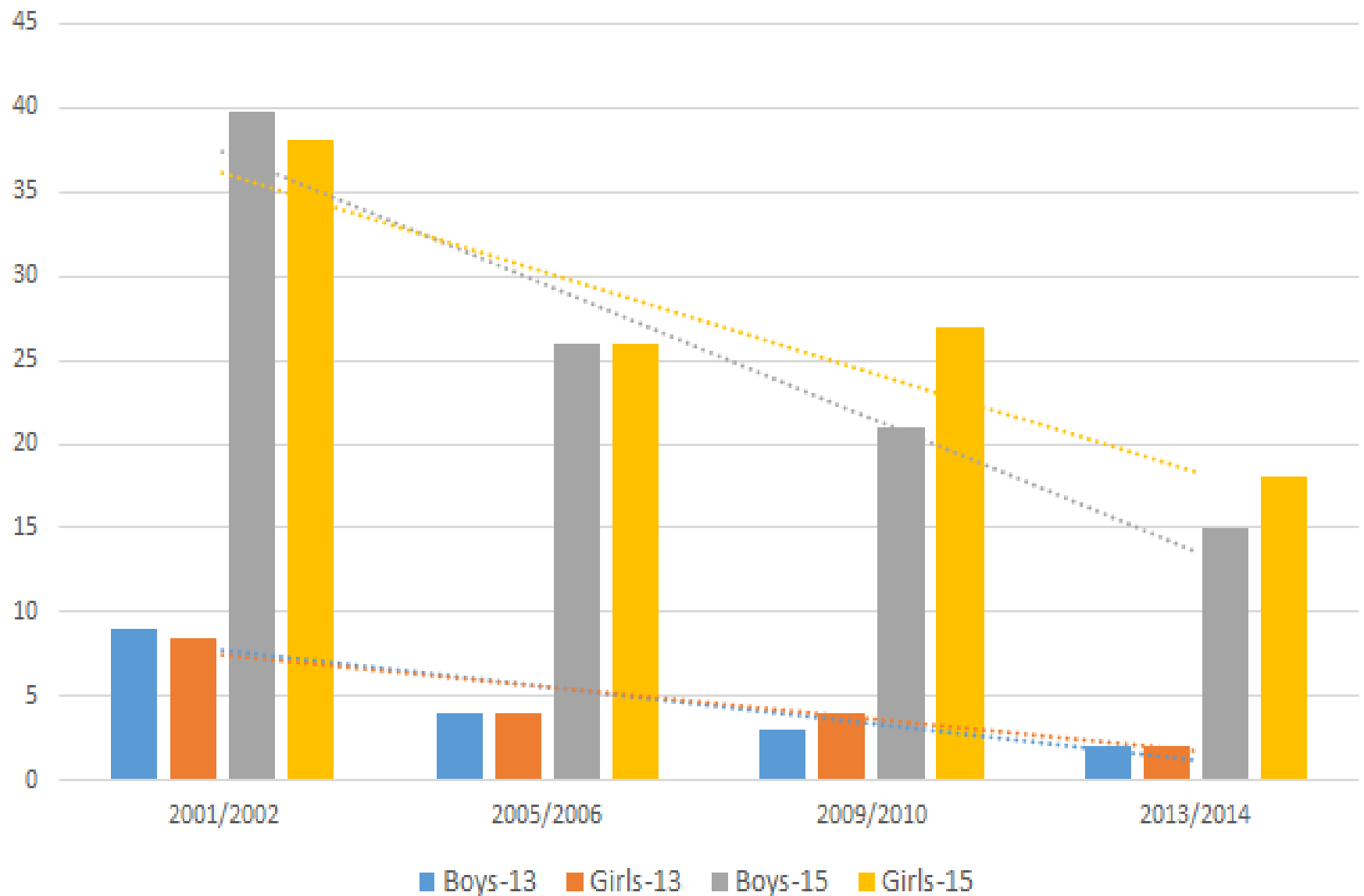
Change from 2003 to 2011 in the relative amount of 15-year olds being provided alcohol from their parents' and the amount of non alcohol drinkers



School-based prevention programmes can have an impact on public health!



## SWEDEN: Teenagers who have been drunk at least twice (HBSC)



***Quality is never an accident. It is  
always the  
result of intelligent effort.***

**John Ruskin**



# Thank you for your attention!

Sanela Talić, Inštitut Utrip

- Mobile phone: 031/657-412
- E-mail: [info@institut-utrip.si](mailto:info@institut-utrip.si)
- Website: [www.institut-utrip.si](http://www.institut-utrip.si)  
[www.preventivna-platforma.si](http://www.preventivna-platforma.si)