

Young People and Binge Drinking

This group programme has been designed in collaboration with young people who have been identified as those who participate in regular alcohol binge drinking behaviour.

PROJECT WORK

Target Group	Age, gender and theme specific groups: 11-13yrs / 14-16yrs / 17-19yrs
Group Size	Maximum of 8 per group
Outcomes	Depending on the initial needs identified by the group the following outcomes are achievable: <ul style="list-style-type: none"> • Reduction in frequency and intensity of binge drinking behaviour. • Increased knowledge and understanding of substance misuse and associated implications for individual physical and psychological health, family and relationships. • Increased participation in positive activities • Develop positive self identity • Improved self esteem and confidence • Improved relationships with family and friends.
Format	The topics covered include: <ul style="list-style-type: none"> • First Aid (with specific emphasis on Substance misuse) • Drugs and alcohol awareness • Personal Safety • Family and Relationships • Interpersonal skills • Participation in positive activities
Key Skills	Communication Working with others Problem solving Reasoning skills Enquiry skills Creative thinking skills Evaluation skills
Duration/time	The group sessions can be delivered in a two hour weekly session for period of up to 10 weeks where necessary. Alternatively it can be delivered on a two/three day residential depending on the group size.
Required Environment	Community based settings of classroom size with consideration for confidentiality. Flip chart, paper and pens. Separate breakout or refreshment space. The use of a projector and lap top is preferable.
Evaluation Method	The group members are asked to complete a pre and post session questionnaire. A video diary.

