

# In:tuition

## Programme Overview

**In:tuition is a life-skills based interactive teaching resource for primary and secondary schools developed by alcohol education charity Drinkaware. It is free for schools to access via the programme website.**

The programme aims to build young people's confidence, personal and social skills, helping them to explore how they make decisions so they can understand what might influence them. It also helps young people to develop the knowledge, understanding and skills they need to manage their lives, now and in the future.

The resource is based and relies on proven international evidence<sup>1</sup> that has been shown to be effective in preventing substance misuse and reducing alcohol misuse by 28-31%<sup>2</sup>. Last year Alcohol Research UK were commissioned to deliver an evaluation of an initial In:tuition pilot, which gained valuable insights into how teachers were using the programme and its materials, and how pupils were responding to the resources. The programme has been refined in line with the Phase 1 Evaluation recommendations.

Drinkaware's research shows that on average, a young person in the UK is aged just under 14 when they have their first unsupervised drink. Therefore, the transition from primary to secondary school is a critical time to influence young people's attitudes and behaviour towards alcohol.

Aimed at pupils aged 9 to 14, the programme is now structured around 12 core lessons, each with a detailed and easy-to-follow lesson plan. It has been designed to be delivered across a school term and each lesson plan has a number of resources (both paper based and digital) to support its delivery within the classroom. Home tasks are also included within each lesson, which encourage discussions and further learning at home.



### The programme supports pupils to:

- communicate more positively and effectively
- establish a sense of identity, learning more about themselves and the world around them
- identify peer influence, choosing behaviours that are not in line with the perceived social norm
- be aware and understand the effects that alcohol can have on the body
- explore what we mean by 'responsible' behaviour
- understand how advertisers try to affect perceptions and influence behaviour

In:tuition recognises that it is part of a school's responsibility to monitor teaching, assess pupils' learning and record progress. When delivering a life-skills or PSHE programme, it is important that schools can identify pupils' initial understanding and capture changes in knowledge, skills development, and exploration of attitudes or values. Therefore to quantify the differences the programme makes to pupil's lives, a short pre and post survey has been developed which will be completed with pupils before the programme commences and after it is completed.

**After completing the life-skills programme schools will be able to report how In:tuition has contributed to the following Ofsted criteria:**

- **Spiritual, Moral, Social and Cultural development of pupils**
- **Literacy and oracy skills of pupils**
- **Behaviour and safety of pupils at school**

1. The recent Cochrane Collaboration review of 53 school-based programmes provides new evidence that school-based initiatives can be effective and their impact on behaviour can be lasting. <http://www.thecochranelibrary.com/details/file/1064573/CD009113.html>.

2. Unplugged is a European intervention strategy aimed at delaying alcohol, tobacco and drug initiation among adolescents. The EU-Dap study evaluated the outcome of the programme in 143 schools across 7 countries involving more than 7,000 students. For the full reports, visit: [http://www.eudap.net/Research\\_Publications.aspx](http://www.eudap.net/Research_Publications.aspx).

