

## **Report on the complex drug and addiction prevention programme for the HU secondary classes**

**School year 2018-2019, 12-14 February 2019**

The Hungarian parents organised the third complex addiction prevention programme for six of Hungarian secondary classes (S1 to S6). Six classes and 120 students (compared to 91 in 2017 and 124 in 2018) benefited from this third round of sessions of the programme. Given the continuous positive experience and feedback received from both parents and students, the programme is proposed to be continued in the 2019-2020 school year.

### **About the programme:**

The programme – accredited to be delivered in the Hungarian education system – is designed to help teenagers to explore the social, cultural and economic context of drug use, be it legal or illegal. It aims at developing self-awareness to help the individual decision-making process. The trainings are targeted to the specific age groups and foreseen to train the pupils in a multi-annual perspective. This means that the yearly sessions build upon knowledge and experience from training in earlier years – without, of course, excluding newcomers.

For more information on the programme in EN and HU: [www.indit.hu](http://www.indit.hu)

### **Methods used:**

A wide variety of tools are used to help this process - including lectures, team work, cooperative tasks, role playing, elements of contests, theatre and show along with corporal expression exercises and presentations. Classes work on their own with 2 professional trainers without the presence of teachers or parents. The presence of 2 professional trainers ensures the balance and improves dynamics throughout the training.

### **Timing:**

Each secondary class (S1-S6) had a half-a-day training (4x45 minutes) with the trainers. Given the huge number of student in several classes they have been divided in two (average 14 students per group). On top of student trainings an evening parental forum was organised on 13 February 2019 (in two groups of around 20-25 parents, each group working again with 2 trainers). All sessions were organised over 3 consecutive days. This year the training programme was explained and introduced to parents by a presentation of the programme's scientific leader, professor János Szemelyácz, in the school premises on 27 November 2018.

### **Cooperation between stakeholders:**

The student sessions for the HU section were part of the school day and enjoyed full support from the School administration, from the HU secondary inspector and HU secondary teachers. A working group of parents organised the training with crucial assistance from the HU secondary coordinator, professor Bánki. APEEE Services offered lunch in the canteen to the

four Hungarian trainers. Parents offered transfer from and to the airport. This increased ownership both on the parents' and trainers' side. This year accommodation was provided by renting an apartment to the trainers.

**Training evaluation:**

Both students and parents evaluated the trainings and parental forum by completing an anonymous on-line follow-up survey.

**Students' satisfaction survey (based on 91 answers out of 120 participants):**

In answering the questions regarding the satisfaction with the programme, the students had to rate the programme on an ordinal scale from 1 to 5 with 5 being the best rating.

The averages for the questions regarding satisfaction with the programme were the following:

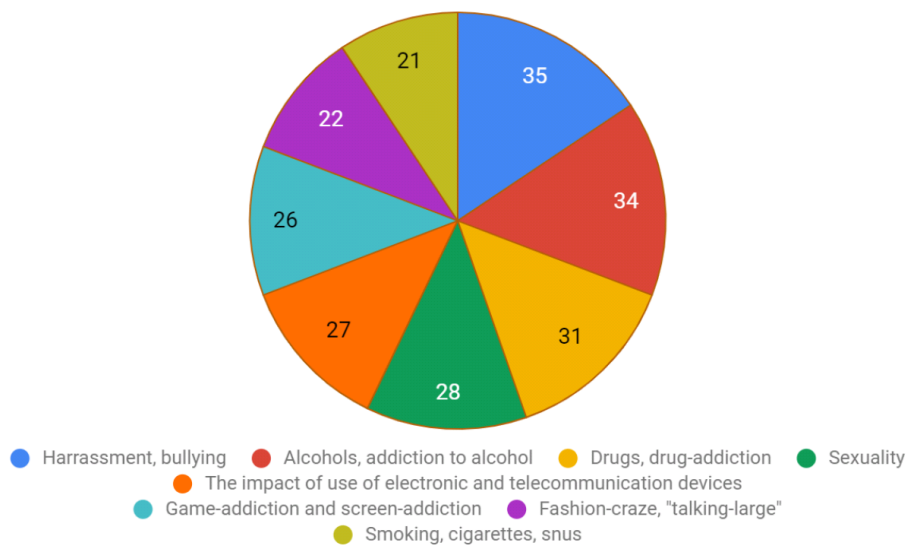
A.) „How useful did you find this programme?” Average: 3.97 (2017: 4.1, 2018: 3.35)

B.) „How did you like /how were you satisfied with the group leaders?” Average: 4.47 (2017: 4.73, 2018: 3.67)

C.) I could express myself freely and tell all of my thoughts. (1: not at all, 5: completely) Average: 4.26 (2017: -, 2018: 4.03)

On the whole, it can be concluded that the students could freely ask their questions and express their opinions. This is the advantage of the chosen format of training over ex-cathedra declarations on drugs and addictions. Students found the training useful, and had a good opinion about the group leaders (counsellors). Remarkably, satisfaction rates sensibly increased from 2018 to 2019 due to careful preparation and fine-tuning before the 3<sup>rd</sup> exercise of the programme in 2019.

Students also flagged subject fields that they would like to explore with the trainers next year:



**Parents' satisfaction survey (based on 14 answers out of 48 participants):**

In answering the questions regarding the satisfaction with the programme, the parents had to rate the program on an ordinal scale from 1 to 5 with 5 being the best rating.

The averages for the questions regarding satisfaction with the programme were the following:

A.) „How did you like/how interesting was for you the programme?” Average: 4.71 (2017: 4.72, 2018: 4.73)

B.) „How useful did you find this programme?” Average: 4.69 (2017: 4.67, 2018: 4.73)

C.) „How did you like /how were you satisfied with the group leaders?” Average: 5 (2017: 4.83, 2018: 4.73)

Yes or No answers were possible for the following question:

D.) „Would you find useful to organise again the training sessions for students next year?”

100% Yes (2017 and 2018: 100% Yes)

## Financing:

The bulk of the budget came from HU parents, contributing with EUR 22 per student. In addition to this source, the organisers of the prevention programme are thankful for the support of the APEEE, the EUR 600 awarded in a simplified procedure on 29 November 2018, as well as for the kind support of the School Administration, at EUR 300. The current report details the outcomes of the programme also in view of showing that these funds were put to good use, as in the past.<sup>1</sup>

Revenues	EUR
Parental contribution (EUR 22/120 student)	2640
<i>Pledged contributions</i>	
<i>EEB1 – School administration</i>	<i>300</i>
<i>APEEE</i>	<i>600</i>
<b>Total planned revenues (real and future)</b>	<b>3540</b>

Costs	EUR
Conference of Professor Szemelyácz (travel, accommodation, conference fee)	524.63
Transport Pécs-Budapest-Brussels for 4 trainers	346
Accommodation for 4 trainers in Brussels (3 nights)	474
Training fees (36 student training hours and 4 hours of parental forum)	1615
Per diems for trainers	300
<i>(Total for trainers)</i>	<i>(1915)</i>
<b>Total costs</b>	<b>3259.63</b>

- **Remarks**Transport costs remained at 2018 level.
- Training fees remained unchanged in the last 3 years but we had less training hours in 2019 than in 2018 as the Hungarian S7 did not participate in the training this time. (36 student training hours compared to 44 in 2018).
- The EEB1 and APEEE contributions were not yet received.
- The remaining funds are being earmarked for the 2019/2020 prevention training.

**Thank you for your attention and support**

HU secondary class  
representatives

---

<sup>1</sup> Recalling the minutes of the APEEE Board meeting of 29/11/2018, this programme received broad support: "The Board expresses the wish that such preventive actions be included in the official syllabus, in the mother tongue. Other language sections are strongly encouraged to implement such prevention programmes in their mother tongue."