

Construyendo Salud:

Promoción del desarrollo personal y social

School Component

Programme's structure

The “Construyendo Salud” programme is made up of 17 sessions of 50 minutes each. These sessions are grouped around 7 components, as shown in the table below:

<i>“Construyendo Salud” School Programme</i>		
<i>Component</i>	<i>Sessions</i>	<i>Description</i>
<i>Information</i>	<i>4</i>	<i>Information on tobacco and alcohol. Type of information. Short-time consequences. Information on the prevailingness and social acceptance. Debunking false myths.</i>
<i>Decision-taking</i>	<i>3</i>	<i>Developing critical thought. Process to take decisions in a responsible way. Sessions focused on the pressure made by friends and advertisements.</i>
<i>Self image and self-overcoming</i>	<i>2</i>	<i>What means self image? How do you form it? How is it linked to behaviour? And how can you improve it? Self-overcoming project.</i>
<i>Emotional control</i>	<i>2</i>	<i>Techniques used to face unpleasant emotions like anxiety and anger (muscular relaxation, deep breathing, mental essay, positive thinking).</i>
<i>Social skills</i>	<i>3</i>	<i>General social skills (communication skills, starting, maintaining and ending conversations, assertion). Skills to put up with pressure.</i>
<i>Tolerance and cooperation</i>	<i>2</i>	<i>Recognizing and respecting the value of differences. Skills to defend one's rights. Practical experience on the value of cooperation.</i>
<i>Leisure time activities</i>	<i>1</i>	<i>Promoting the search for a healthy leisure time (leisure time alternatives, criteria for its assessment, etc.).</i>

Aims of the programme

Preventing children and teenagers from starting using drugs or at least delaying the start.

- Reducing frequency in the use of drugs in those teenagers who have already developed an addiction and avoid a progression towards more damaging consumption patterns.
- Avoiding or reducing antisocial activities among the participating teenagers.

Programme materials

- 1) Teacher's Handbook
- 2) Pupil's Handbook
- 3) Complementary materials (relaxation music tape, materials to do experiments with tobacco, etc.)
- 4) Follow-up Handbooks for the second year

Implementation methodology

The role of the person in charge of implementing the C.S. programme is fundamental for its successful implementation. He or she must provide information on the discussed topics and favour a positive interaction among the participating pupils. To achieve this goal, the programme's materials include specific techniques for each of the proposed activities (brain storming, debates, group work, modelling, role-plays, feed-back, etc.).

Evidences of effectiveness

The results of three large-scale studies carried out throughout the Spanish territory provide consistent evidence that the school component of "Construyendo Salud" reduces, in a significant way, the use of tobacco, alcohol, cannabis and other drugs.

These results are extensively compiled in a publication by the Spanish Ministries of Education and Health entitled "*La prevención del consumo de drogas y la conducta antisocial en la escuela: Análisis y evaluación de un programa*" [Prevention of drug use and antisocial behaviour at school: Analysis and evaluation of a programme].

SUMMARY OF MAIN RESULTS																																																													
Target population	11 to 14-years-old teenagers Evaluated sample = 8.931 individuals																																																												
Programme's extension	17 sessions (first year) and 9 sessions (second year)																																																												
Materials	Teacher's and Pupil's Handbook																																																												
Guides	Teachers and technicians trained by UDIPRE																																																												
	<div><div>ONE YEAR MONITORING</div><div><div>TOBACCO</div><table><caption>TOBACCO Use (%)</caption><thead><tr><th>Category</th><th>Technicians</th><th>Teachers</th><th>Control</th></tr></thead><tbody><tr><td>Occasional smokers</td><td>20,9</td><td>24,3</td><td>26,3</td></tr><tr><td>Fumadores habituales</td><td>15,1</td><td>20,3</td><td>23,1</td></tr></tbody></table></div><div><div>BEER</div><table><caption>BEER Use (%)</caption><thead><tr><th>Category</th><th>Technicians</th><th>Teachers</th><th>Control</th></tr></thead><tbody><tr><td>Occasional drinker</td><td>29,8</td><td>30,5</td><td>30,7</td></tr><tr><td>Habitual drinkers</td><td>14,7</td><td>18,1</td><td>23,1</td></tr></tbody></table></div></div> <div><div>FOUR YEARS MONITORING</div><div>→</div><div>EFFECTS ON ILLEGAL DRUGS</div><table><caption>FOUR YEARS MONITORING - EFFECTS ON ILLEGAL DRUGS (%)</caption><thead><tr><th>Drug</th><th>Technicians</th><th>Teachers</th><th>Control</th></tr></thead><tbody><tr><td>Cannabis</td><td>~0,5</td><td>~0,9</td><td>~1,4*</td></tr><tr><td>Tranquillizers</td><td>~0,05</td><td>~0,1</td><td>~0,25**</td></tr><tr><td>LSD</td><td>~0,05</td><td>~0,1</td><td>~0,25*</td></tr><tr><td>Cocaine</td><td>~0,05</td><td>~0,1</td><td>~0,25*</td></tr><tr><td>Amphetamines</td><td>~0,05</td><td>~0,1</td><td>~0,25*</td></tr><tr><td>Ecstasy</td><td>~0,05</td><td>~0,1</td><td>~0,25*</td></tr><tr><td>Heroin</td><td>~0,05</td><td>~0,1</td><td>~0,25*</td></tr></tbody></table></div> <tr><td>Effectiveness</td><td><ul style="list-style-type: none">➤ Reducing the start of tobacco and alcohol use in 20%-33%➤ Reducing the increase in the use of alcohol in 23,5% and the frequency of drunkenness in 20%➤ Reducing in general the use of cannabis, tranquillizers and amphetamines➤ Preventive effects on the development of antisocial behaviour➤ Effects on variables related to consumption (information, attitudes, intention of use and resistance to persuasion)</td></tr> <tr><td>Further information</td><td>udipre@usc.es</td></tr>	Category	Technicians	Teachers	Control	Occasional smokers	20,9	24,3	26,3	Fumadores habituales	15,1	20,3	23,1	Category	Technicians	Teachers	Control	Occasional drinker	29,8	30,5	30,7	Habitual drinkers	14,7	18,1	23,1	Drug	Technicians	Teachers	Control	Cannabis	~0,5	~0,9	~1,4*	Tranquillizers	~0,05	~0,1	~0,25**	LSD	~0,05	~0,1	~0,25*	Cocaine	~0,05	~0,1	~0,25*	Amphetamines	~0,05	~0,1	~0,25*	Ecstasy	~0,05	~0,1	~0,25*	Heroin	~0,05	~0,1	~0,25*	Effectiveness	<ul style="list-style-type: none">➤ Reducing the start of tobacco and alcohol use in 20%-33%➤ Reducing the increase in the use of alcohol in 23,5% and the frequency of drunkenness in 20%➤ Reducing in general the use of cannabis, tranquillizers and amphetamines➤ Preventive effects on the development of antisocial behaviour➤ Effects on variables related to consumption (information, attitudes, intention of use and resistance to persuasion)	Further information	udipre@usc.es
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