

**CASE STUDY - TO INCREASE SKILLS OF TEENAGERS TO RESIST PEER PRESSURE re: DRUGS & ALCOHOL ISSUES**

**NAME OF SCHOOL**

ST PETER'S CE AIDED SCHOOL, EXETER

**HEALTH THEME**

REDUCING DRUG & ALCOHOL MISUSE

**SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS**

- Student questionnaire and consultation with Year Group Learning Leaders identified gaps in original CPSHE programme
- Development of new programme included within School Development Plan
- Action Group set up to review delivery and content of programme – significantly informed by the original baseline student feedback
- Formal proposal drawn up which included the creation of a specialist team to deliver the drug and alcohol aspects of the new programme
- Proposal presented to the Senior Leadership Team and agreed. Dedicated meeting time allocated to the specialist teams
- Modules on Personal Wellbeing re: drugs and alcohol delivered to Years 8 and 9
- All students complete a self assessment sheet at the beginning and end of each module, which includes suggestions for improvement and to develop the curriculum further
- New resources purchased and staff attendance at relevant training. Training then cascaded to other colleagues to share knowledge and good practice

**EVIDENCE OF IMPACT**

- The responses from the students in Years 9 and 10 exceeded the original target. 88% of Year 9 and 90% of Year 10 [compared to baseline of 62% and 66% respectively] felt that they had developed the necessary skills to resist peer pressure if somebody tried to persuade them to experiment with drugs or alcohol
- High level of staff consultation through successful planning meetings and decisions taken re: content and delivery of programme and setting up of specialist teams. Increased staff confidence in delivery and knowledge of course content
- Students appear more focused and now treat the new programme as a 'proper lesson' as opposed to tutor time.
- The Personal Wellbeing Team considers that there has definitely been an impact on the students' ability to make more informed and sensible decisions when faced with issues regarding drugs and alcohol

**REFLECTIONS FROM THE SCHOOL**

Feedback from formal lesson observations has been extremely encouraging. The

quality of learning is deemed to be good, there was a purposeful atmosphere witnessed in all classrooms and students were actively engaged. Student self assessment sheets and staff feedback has been extremely positive. The Senior Leadership Team recognised the importance of the new CPSHE structure and the significance of its success.

**For further information regarding this intervention, please contact -**

<b>CONTACT NAME</b>	<b>NICKY FERGUSON – CPSHE CO-ORDINATOR &amp; HEALTHY SCHOOLS PLUS LEAD</b>
<b>CONTACT DETAILS</b>	<b>Telephone : 01392 - 204764</b>
	<b>Email : <a href="mailto:school@st-peters-exeter.devon.sch.uk">school@st-peters-exeter.devon.sch.uk</a></b>