



UNPLUGGED NEWSLETTER

EDITION 1, JUNE 2019

WELCOME

Dear Unpluggger,

you have been working now for many years with the Unplugged materials, training teachers to deliver the activities in their classes. The pupils are different from the ones we started with in the 2005-2008 study. So has the world of preventionists. Prevention researchers have been gathering with practitioners in the EUSPR conference rooms in various European cities. Many of you have been involved in exciting national and internationals projects. The Unplugged basic materials may have stood unchanged, but extra activities or additional lessons have been tried out and implemented. It is high time to meet. A few trials to have the EU-Dap Faculty group come together with financial support have not been granted. No reason to postpone. Let's meet on our own costs, starting with exchanging ideas, experiences, tips and tricks in this forum. Peer

NEWS ON UNPLUGGED



The students enjoyed giving their own examples. The students love the grouping, interaction and the dramatization.

UNPLUGGED IN NIGERIA

In 2015-2016 UNODC had the lead of a Nigeria team including the Ministry of Education to conduct a robust RCT on the adapted version of Unplugged. Training of Trainers and adaptation of materials and training were established by Serena, Oihana and Peer. They delivered a Nigeria certified team of seven trainers, including Ruth Owotumi as international master trainer.

Evaluation and adaptation of study instruments were executed under the lead of Federica and delivered a robust and strong RCT with 32 schools, 68 classes and 4.054 students randomized over seven zones in Nigeria. A challenge for sure!



Results

Alcohol last 30 days: 19% 📉

Regular alcohol use: 27% 📉

Daily alcohol use: 38% 📉

Cannabis last 30 days and regular use: similar but not significant. The same for regular and daily smoking. Conclusively: **the results are similar to those in the European study.**



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EU SOCIETY FOR PREVENTION RESEARCH MEETING

16 - 18 SEPTEMBER 2019

The EUSPR has been founded in Amsterdam °2009, with among its initiators Gregor, Fabrizio and Rosaria. Pretty close to the EU-Dap start, isn't it? The annual conference is attracting over 200 practitioners, DOP (decision-opinion- and policymakers), and of course researchers. This year the conference will be in the city of Ghent and besides the usual paper presentations on Unplugged developments, we organize a *post-conference workshop* on Wednesday 18 September specifically for trainers. We start with the EU-Dap group and enlarge to trainers of EUPC (EU Universal Prevention Curriculum), GBG (Good Behavior Game) trainers, We send you a separate invitation for this. More on euspr.org



BOOSTER SESSIONS IN PRAGUE

Michal, Roman and Lenka from Adiktologie at the Charles University developed and tested a three lesson intervention for 16 year old pupils who received Unplugged before. 'Nprevence' uses more digital media and focuses on normative beliefs, smoking and influence on the brain. The study differentiated the effect on pupils who received Unplugged before and pupils who didn't.



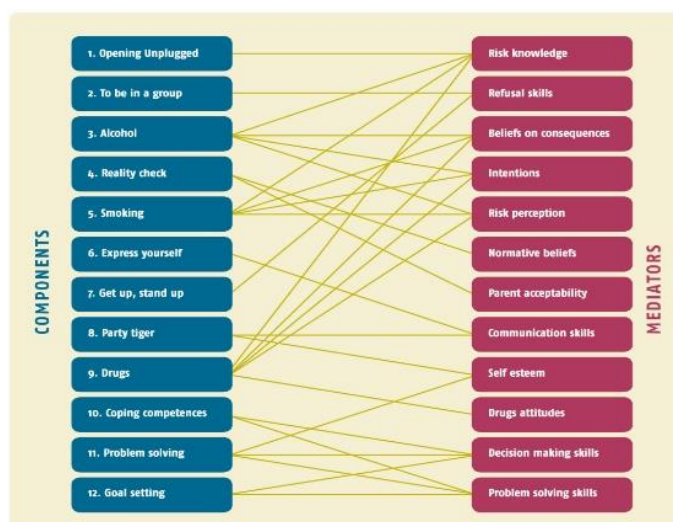
CORE COMPONENTS DETERMINED

Unplugged is effective, great! But what is the mechanism to the effect? Federica, Fabrizia and Serena have been working on the theoretical model and the mediator analysis of Unplugged. The published articles show interesting results of high value to enhance your training presentation.

Mediators between the Unplugged delivery in class and the behavior change of the pupil are differentiated in knowledge, beliefs and attitudes and skills.

The longlist was shortened to those eight studied in more detail:

- Positive attitude to drugs**
- Normative beliefs**
- Refusal skills**
- Negative attitude to drugs
- Positive beliefs
- Negative beliefs
- Knowledge
- Perception of a positive class climate



The three in red were identified as mediators with a proven lead to the effect of Unplugged. An important fact to clarify to teachers when they make small adaptations or interpretations to the program: The red



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LEARNING FROM MISTAKES: THE BRAZIL EXPERIENCE



Zila Sanchez, presenting at SPR in San Francisco 30 May 2019, is the leading researcher of the Brazil study testing **Tamojunto**, (all together), an adapted Unplugged version. The 2015 study with 6.637 students showed a 30% negative result for alcohol initiation in the Unplugged intervention group compared to the control group: a clear *countereffect*! Instead of covering up the results, Zila published and continued with further research.

Why is this counter-effect found in Brazil and not in other countries?

A content analysis of the Brazil adaptations compared to the original Unplugged version showed several changes related to alcohol drinking in the pupil book.

mediators are core components. The others are not to be thrown away because they are all intermingled over the twelve lessons. An interesting difference was assessed by the Nigerian study team, who made a similar mediator analysis on their data. It resulted in those three on top, determining core components:

- Negative beliefs to cigarettes (+19%), alcohol (+28%), cannabis (+16%)**
- Normative beliefs (perceived number of user friends)**
- Class climate (+36%)**

Conclusion: the mediators leading to the effect can change among different countries (negative vs positive beliefs/attitudes). Interesting for the Seven Nigeria trainers, because they have to adapt this part of the Unplugged training manual!

LINE UP LIVE UP: PREVENTION THROUGH SPORTS

Not only tips and tricks and theory, but something we can really use in the field!

Capetown Line Up Live Up sport coach

Line Up Live Up is a universal prevention program for 13-18 years old youth with mixed levels of risk for crime-, violence- or drug-related behavior. It consists of 10 standardized sessions for the sports coach in the sports club, in outreach work or at school.

Each of the 10 sessions includes sport activities and debriefing sessions aimed at strengthening life skills, changing attitudes, correcting misperceptions and social norms and achieving behavior change to prevent crime, violence and drug use. It is evidence informed as it is:



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Also the training model was not implemented as initiated during the TOT, leading to teachers making changes without rationale.

The Ministry of Health took Zila's study conclusions serious, re-edited the materials and revises the training. This *learning mindset*, taking a failure as a reason to reshape, fits perfectly in the preventive thinking we advocate in Unplugged! A new RCT study 2019-2020 will show if the effect will now be different.

ANYTHING TO CONTRIBUTE?

We are always eager to know how Unplugged works in your country.

Do you have any news on the implementation, dissemination or evaluation of Unplugged in your country?

Do you work with new trainers or do you have new ideas on working with the program?

Do you want to start with Unplugged in a new region?

We are happy to hear about it! Please contact us through email.

- a) constructed on the basis of the International Standards on Drug Use Prevention as well as the Standards on Crime Prevention;
- b) inspired by the evidence of the UNPLUGGED school intervention and addressing many similar mediators;
- c) enriched with inputs from consulted experts in the field of crime, violence and drug use prevention.



Line Up Live Up is being piloted in different countries in the world such as Kyrgyzstan, Tajikistan, Colombia, Peru, Dominican Republic, South Africa, Uganda, Palestine and Brazil. Facilitators are trained in a 3 day structured training workshop and a stepped approach for the training of national or regional multipliers is adopted. The program exists in Russian, English, Arabic and Spanish language.

UNODC is very much committed to implement and monitor the program the coming years. More rigorous evaluation trials are being set up to test the effectiveness of the LineUp LiveUp sports approach. In the meantime general feedback from coaches and sport players are very positive.



Line Up Live Up: sport players do a quiz card activity on normative beliefs, adapted to the swimming pool



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