



loudmouth
education & training through theatre

One 2 Many

**Theatre in Education Tour on
Alcohol Awareness in
Dudley Training Providers and Colleges
Academic Year 2014/15**



Contents

Introduction	_____	3
Executive Summary	_____	4
Conclusions	_____	5
Summary of Activity	_____	6
Qualitative Feedback From Student Evaluations	_____	7
Qualitative Feedback From Staff Evaluations	_____	8
Quantitative Data and Graphs From Student Evaluations	_____	9
Quantitative Data and Graphs From Staff Evaluations	_____	15
Appendices : One 2 Many Learning Objectives	_____	18

Introduction

This summary report covers a theatre in education (T.I.E.) tour in a number of Dudley training providers and colleges. The tour was delivered by Loudmouth Education & Training, with the aim to educate young people about alcohol. It used Loudmouth's theatre in education programme One 2 Many which uses drama performances and an interactive workshop that raises awareness of potential risks that alcohol can have and teaches strategies for staying safe around alcohol.

The tour was funded by Dudley Public Health and we would like to thank Diane Boros, Alcohol Health Improvement Co-ordinator, Dudley Public Health for her support.



Established in 1994, Loudmouth Education & Training is a theatre company that supports schools and other organisations with their Personal, Social, Health and Economic (PSHE) education programmes. Loudmouth's aim is to help children and young people to have healthy, happy and safe relationships. The company uses drama, interaction and discussion to explore issues that affect young people. Loudmouth's education and training programmes are proven to help learners to challenge attitudes, gain new skills and increase knowledge.

"The approach used to deliver the health messages was engaging for the age of the audience. Situations used were those relevant to 16-18 year old students." Lecturer, Stourbridge College

Executive Summary

- From December 2014 to April 2015, Loudmouth Education & Training ran an interactive theatre in education tour in Dudley. The programme, One 2 Many, is a well researched and interactive programme exploring the potential risks to self and others involved with alcohol, strategies for staying safe around alcohol and awareness of where to go for support.
- Loudmouth delivered a total of 10 sessions in 9 different venues including colleges and training providers, reaching a total of 191 students.
- 172 students filled in evaluation forms and 19 staff during the 10 sessions.
- 100% of staff who viewed a session would recommend the One 2 Many theatre in education programme to other schools or organisations. 95% of students stated that they would recommend the One 2 Many programme for next year's students. 100% of staff rated One 2 Many as 'above average' or 'excellent' with 84% stating it was 'excellent'.
- 61% of learners preferred the approach used in One 2 Many of using interactive drama and workshops to learn about staying safe around alcohol.
- The vast majority of learners (91%) thought, after seeing the One 2 Many programme, that it was 'important' or 'very important' to learn about the effects of alcohol.
- The evaluation shows that the vast majority of learners had learned and retained the key facts and information on alcohol covered in the drama and workshop. 97% of the young people who took part were able to correctly identify the amount of alcohol as roughly equal to one unit after taking part in the One 2 Many programme (in past pre evaluation this is always less than 50% before the session) and 93% of learners were able to correctly identify the definition of binge drinking (again in pre evaluations this is always less than 50% before the session). 98% of the students could identify that alcohol is a depressant after the session.
- After taking part in the One 2 Many programme the vast majority of students, 79%, said that they knew 'quite a lot' or 'loads' about the effects alcohol can have on the body. Past pre evaluations have shown that this is double the number of students that felt they knew 'quite a lot' or 'loads' about the effects on the body before participating in One 2 Many sessions.
- 100% of staff stated that One 2 Many had 'increased' their group's knowledge of the effects of alcohol with 84% of staff recording that the programme had 'greatly' or 'considerably increased' their group's knowledge.
- 95% of staff stated that One 2 Many had 'greatly' or 'considerably increased' their group's awareness of the risks alcohol can present to self and others.
- As a result of taking part in the One 2 Many programme 90% of students said that they felt 'confident' or 'very confident' about staying safe around alcohol. 100% of staff stated that One 2 Many had increased their group's knowledge on how to stay safe when drinking alcohol or when around alcohol. 90% of whom said the session had 'greatly' or 'considerably increased' their group's knowledge in this area.
- The evaluation clearly showed that students thought that One 2 Many will help them in the future. 79% of students said that the session will help them in the future to 'stay safe around alcohol', 71% said that it would help them to 'understand the risks involved in drinking alcohol', 65% said that it would help them to 'drink responsibly' and 62% said that it would help them 'know where to go for support or advice around alcohol'.
- 95% of staff stated that One 2 Many had 'greatly' or 'considerably increased' their group's knowledge of services that can support someone with issues around alcohol. Loudmouth were asked to signpost the young people to the national drug and alcohol service 'Talk to Frank', the local drink and drugs support agency in Dudley, Switch (formerly called The Zone), Dudley's local agency, ChildLine and Kooth, online counselling support. These organisations were all listed in the students' top 10 list of organisations with 'Talk to Frank', Switch and ChildLine being the top 3.

Conclusions and Recommendations

With this tour of 10 sessions of One 2 Many, Loudmouth was able to reach 191 young people studying in Dudley, many of them vulnerable young people attending Training Provider Colleges. 172 of the students and 19 staff evaluated the sessions and the results show clearly that the programme is highly regarded as an excellent teaching resource on alcohol awareness.

The sessions made a significant positive difference to students' knowledge, with students as a result of the session showing high levels of knowledge on binge drinking, understanding units of alcohol and the effects that alcohol can have on the body. Students also stated that their confidence in staying safe around alcohol was high as a result of seeing the One 2 Many programme.

The impact on knowledge and confidence and the satisfaction with the approach and methodology clearly highlights the need for continued delivery of the One 2 Many programme in Dudley.

The class at a time format used worked extremely well with the targeted training provider groups. These groups are made up of a mix of young people many of which are vulnerable, and the class at a time performance and interaction was clearly a nurturing and beneficial way to work with these groups. These are also groups who usually meet in groups of under 20 and so could feel safe working with people they knew in their own familiar surroundings.

The situation was slightly different for the larger mainstream colleges. The class at a time format where we work with up to 35 young people at a time worked well however this format limits the reach we can have in these larger colleges, some of which have thousands of students. A recommendation would be for Loudmouth to use different formats of the One 2 Many programme with these colleges. The programme at present is run with up to 35 young people in a session, this works particularly well with the often vulnerable young people in the smaller training providers where we work with a maximum of 20 in a group. The larger mainstream colleges however may benefit from a different format which allows up to 300 students to participate over one day. This would mean a lot more young people would go through the programme. One 2 Many can be booked in many different formats with the same learning outcomes in ways that would suit the different venues. The larger colleges involved in this project were asking for more sessions than the funder could offer them so there is a need and a want for more students to take part in the One 2 Many sessions.

The long term sustainability of this work may need to be addressed as it is unclear how long the funder can continue to fully or part fund tours like this. Work could be done with the larger colleges to help them to understand the true cost of having such an impactful intervention. Plans could be made to gradually introduce payment so that the colleges that can afford to contribute start to pay 10% - 20% of the cost. This could gradually increase each year allowing the funder to reduce their costs or to spread their investment further to other venues or more students in the mainstream colleges.

It would be useful for future tours to have a card or leaflet to give to all the students who participate in the One 2 Many sessions with information of the local and national information and support services on alcohol so they have the contact details to hand if needed in the future.

Loudmouth would be interested in looking at ways that One 2 Many could be linked with other alcohol and drug awareness interventions in the area so that the work is supported by follow up sessions run by these e.g. Switch. This would mean the students are having a range of inputs to develop their knowledge and skills to stay safe around alcohol and becoming more familiar with local support agencies.

Summary of Activity

The tour commenced in December 2014 and concluded in April 2015. A total of 10 sessions were delivered for young people aged 16 - 19 years, in 9 Dudley colleges and training providers.

A total of 191 young people were reached. The full summary of sessions and gender breakdown is below:

Venue	Number of sessions	No. of males	No. of females	No. of Young People
Rathbone	1	8	9	17
CHADD House	1	11	4	15
Halesowen College	1	4	29	33
Stourbridge College	1	17	13	30
Dudley College	1	23	8	31
Nova Training	2	19	6	25
Cherry Tree Learning Centre	1	12	5	17
Glasshouse College	1	6	5	11
St Thomas's Community Network	1	8	4	12
Total	10	108	83	191

The sessions were run with a class at a time, working with up to 20 young people a session at the training providers and up to 35 young people a session in the mainstream colleges.



Qualitative Feedback from Student Evaluations

The feedback from students was overwhelmingly positive. Here are a few examples of the things the young people said about the sessions:

"Thank you, very funny, sad and relatable."

"very effective! Thank you."

"it was helpful about alcohol."

"Overall good workshop - helped me understand a lot about the risks and how to drink responsibly."

"It was very good it helped me a lot to know about alcohol."

"Loudmouth has helped me understand the use of alcohol and it was really funny."

"I have enjoyed this and learnt more than I already knew about the risks."

"very engaging and well-acted out."

"very educational and funny, thank you!"

"very good performance and group discussion, thank you :)"

"it was very helpful."

"very funny, good educational."

"Thank you for the help and advice."

"Please don't be violent around your partner if you're drunk."

"Good lesson."

"I want them to come back, it was good, I found it interesting."

"Enjoyed watching it, found it funny, would like to see it again."

"very useful play and told me the risk. Thank you!"

"Found it quite interesting as I am now aware of the risks and how alcohol is a depressant."

"It feels so real but it's just acting, it's so good."

"I think it was really helpful."

"That was an excellent fun way to prove risks of drinking."

Qualitative Feedback from Staff Evaluations

Here are a few examples of what staff thought of the sessions from their evaluation forms:

"Excellent and important service." Tutor, Dudley College

"Great delivery and interaction with the students. Very clear explanations and feedback." Tutor, Dudley College

"The approach used to deliver the health messages was engaging for the age of the audience. Situations used were those relevant to 16-18 year old students." Lecturer, Stourbridge College

"I think the session offered a wide range of strategies for staying safe, combined with the risks this enabled students to consider their options." Lecturer, Stourbridge College

"Another excellent session. Thank you. As a health & social care lecturer teaching topics on development and health promotion these sessions offer a wealth of information to students in a fun and informative way." Lecturer, Stourbridge College

"Really energetic, learners were engaged and enjoyed the whole session. It's difficult to get this client group engaged - so well done." Tutor, Nova Training

"Very interesting and entertaining. Kept students on task. Lots of useful information delivered in a way the pupils would understand." Teacher, Dudley College

"Was very entertaining to watch, very informative. They got the learners watching and engaged." Learner Support, Nova Training

"Engaging way to present an important topic." Tutor, Nova Training

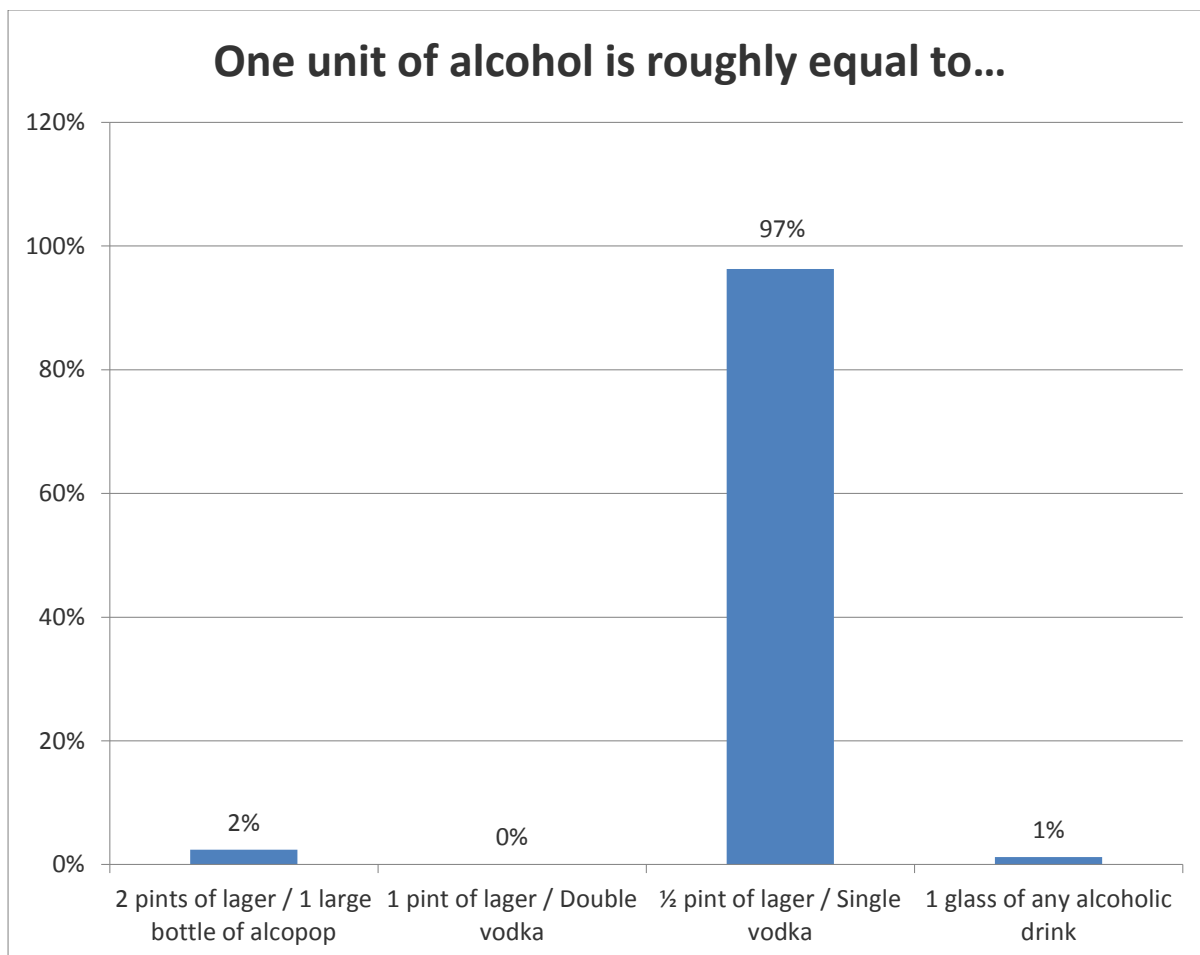
"Comprehensive coverage of issues, very accessible to students." Teacher, Cherry Tree Learning Centre

"An excellent, well thought out production. Discussion and support work. Very accessible to students. Lily and Rupí build relationship straight away with students." Teacher, Cherry Tree Learning Centre

"Lively and engaging." Teacher, Cherry Tree Learning Centre

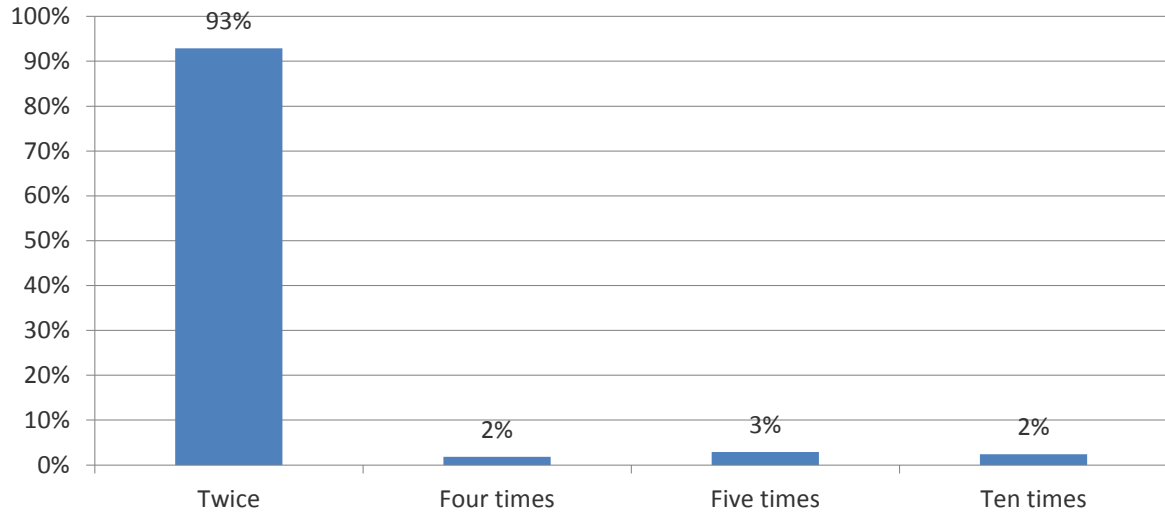
Quantitative Information from Students Evaluation Forms

One group of students from each venue Loudmouth visited were asked to fill in an evaluation form. 172 students filled in evaluation forms out of the 191 students Loudmouth worked with as part of this tour. Their results are below.



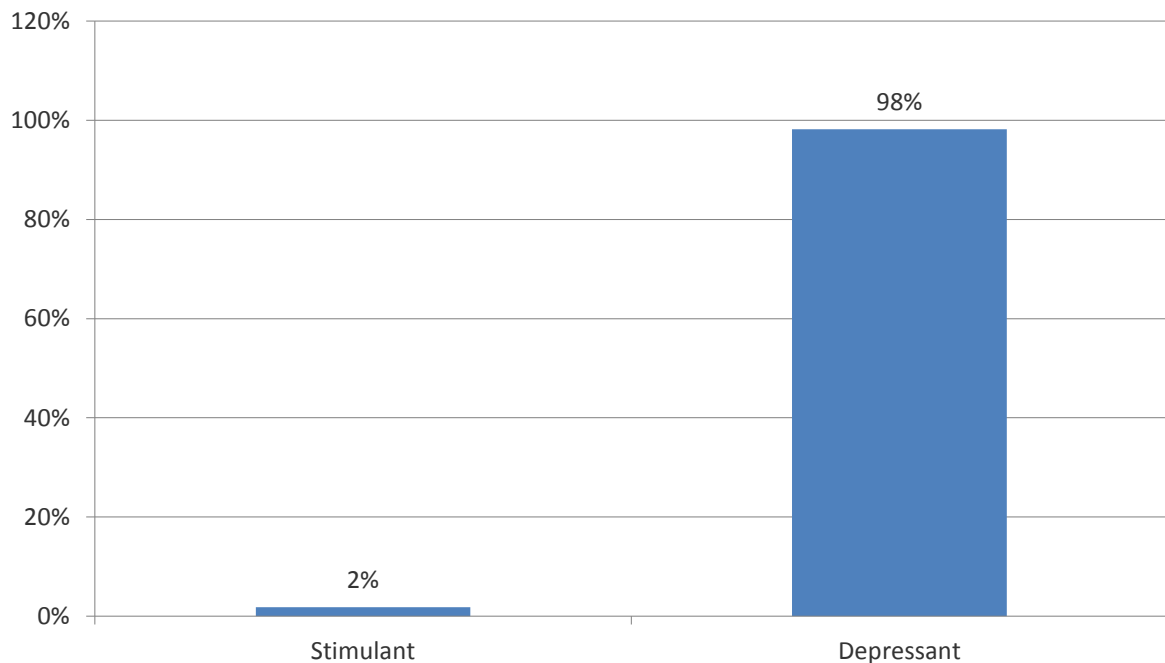
The evaluation shows that the vast majority of learners had learned and retained the key facts and information on alcohol covered in the drama and workshop. 97% of the young people who took part were able to correctly identify the amount of alcohol roughly equal to one unit after taking part in the One 2 Many programme.

Binge drinking is when someone drinks _____ the daily recommended units in one day or drinking session?



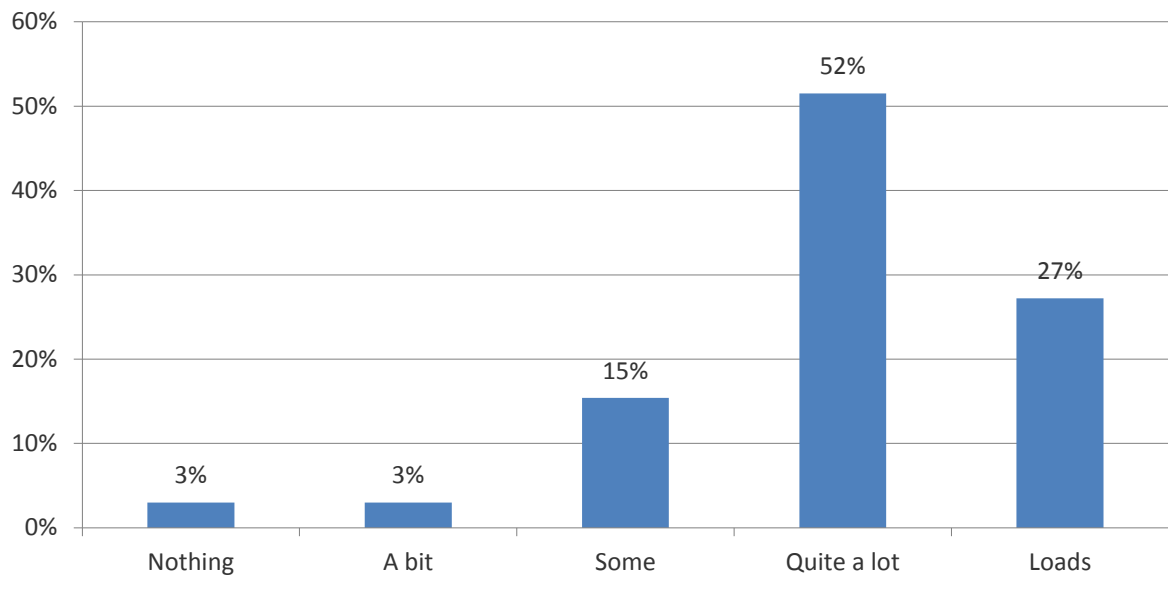
After taking part in the session 93% of learners were able to correctly identify the definition of binge drinking.

Alcohol is a...



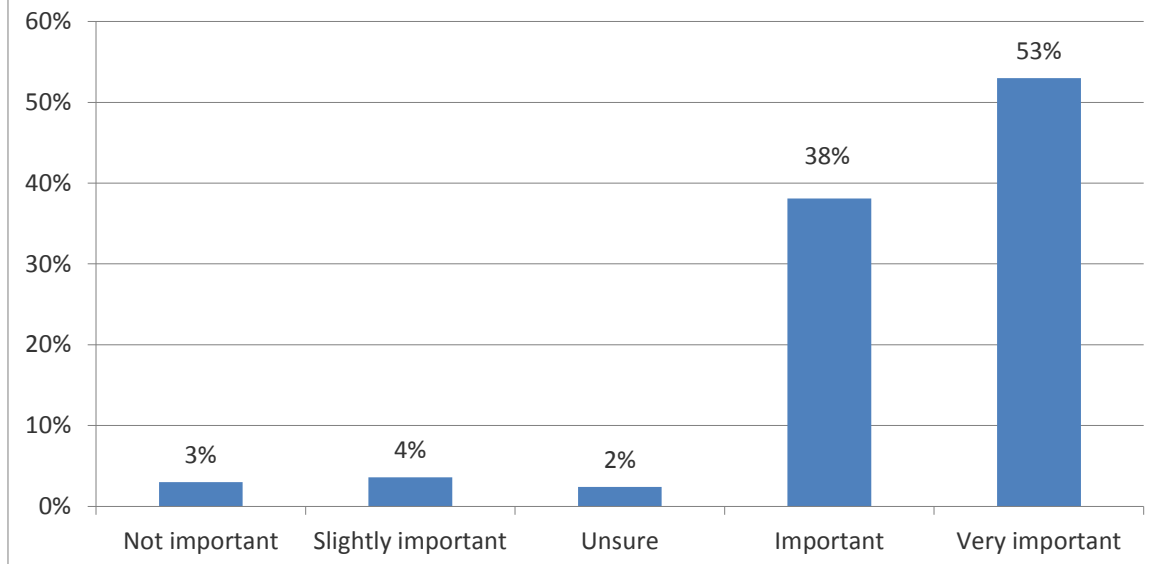
After seeing One 2 Many 98% of the students could identify that alcohol is a depressant. This is important as it helps learners to understand the effect that alcohol has on the brain and other parts of the body.

Now that you have seen One 2 Many, how much do you know about the effects that alcohol can have on the body?



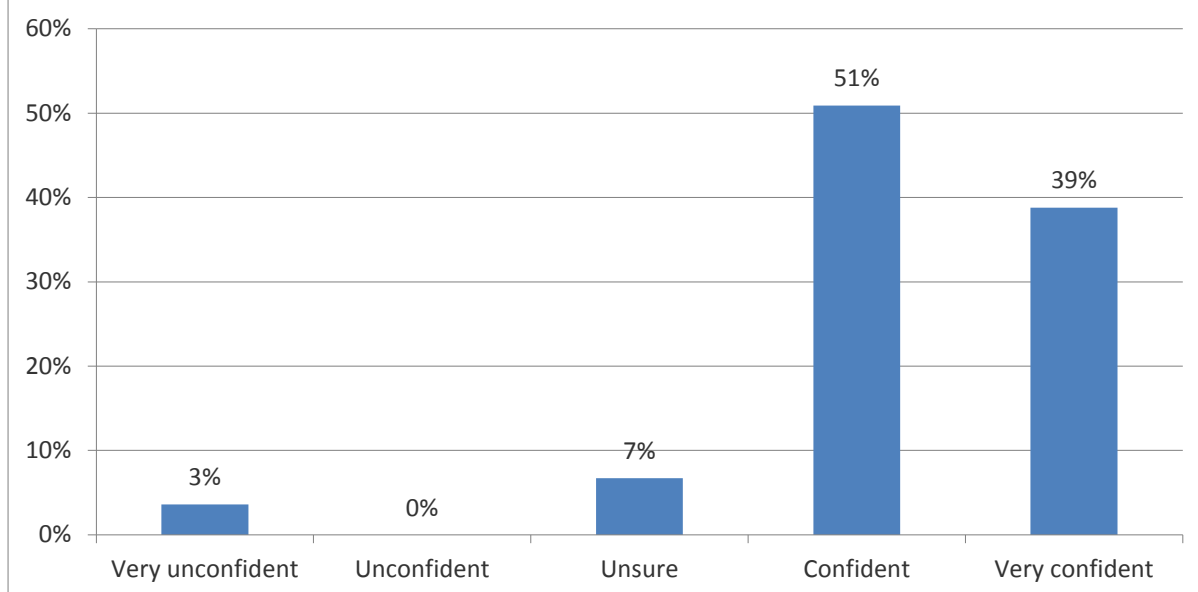
After taking part in the One 2 Many programme the vast majority of students, 79%, said that they knew 'quite a lot' or 'loads' about the effects alcohol can have on the body.

Now that you have seen One 2 Many, how important do you think it is to learn about the effects of alcohol?



The session clearly had an impact on how important learners thought it was to learn about the effects of alcohol. The vast majority of learners (91%) thought that after seeing the One 2 Many programme that it was 'important' or 'very important' to learn about the effects of alcohol.

Now that you have seen One 2 Many, how confident do you feel about staying safe around alcohol?



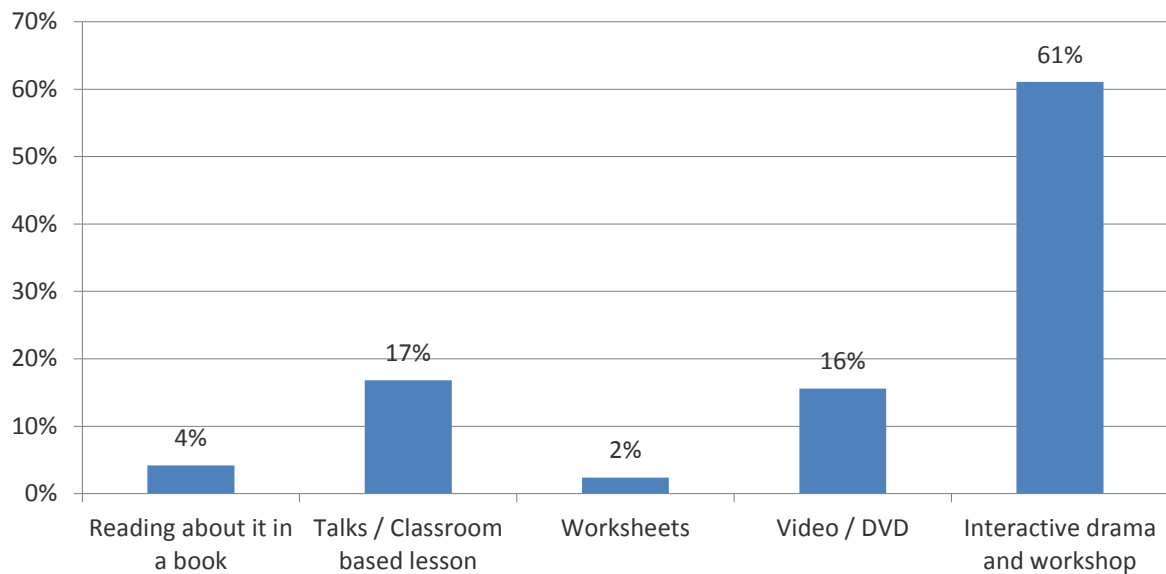
As a result of taking part in the One 2 Many programme 90% of students said that they felt 'confident' or 'very confident' about staying safe around alcohol.

The students were asked to name 3 people or places where they could go for support or advice around alcohol. After the session the top 10 responses were:

1. 'Talk to Frank'
2. Switch
3. ChildLine
4. Doctors/NHS
5. Drink Aware
6. DECCA
7. Staff at College
8. Kooth
9. Loudmouth
10. Alcoholics Anonymous

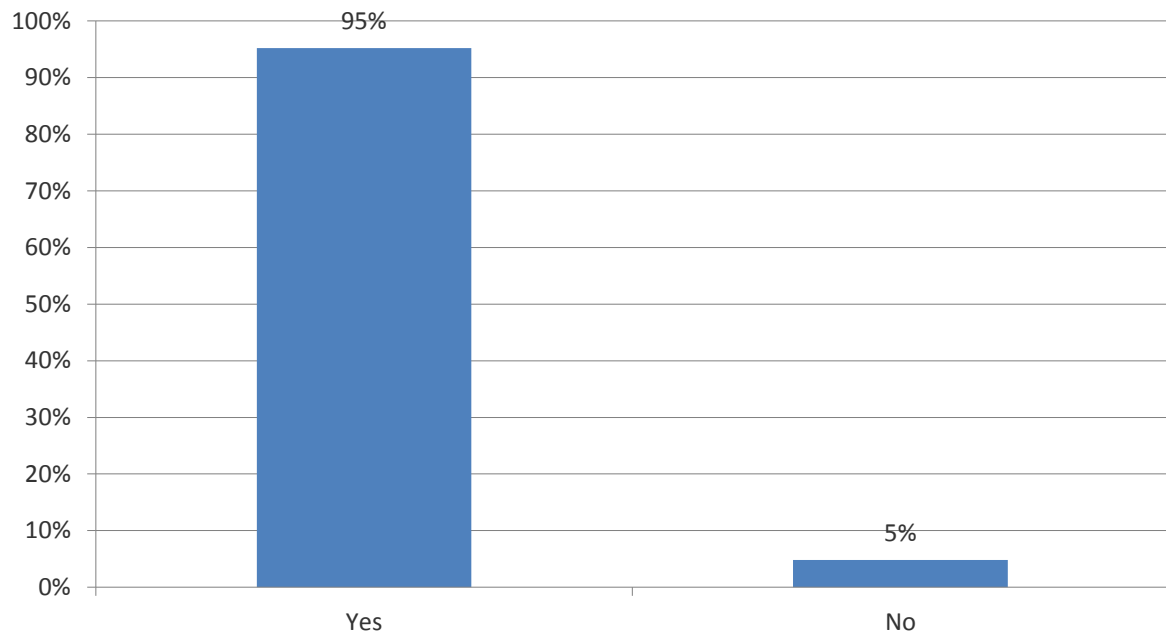
We were asked by the funders to signpost the students to the national drug and alcohol service 'Talk to Frank', the local drink and drugs support agency in Dudley, Switch (formerly called The Zone), Dudley's local, ChildLine and Kooth, on line counselling support. These were all in the students' top 10 list of organisations. All the top 10 organisations are discussed and explained during the One 2 Many sessions.

There are lots of good ways to learn about staying safe around alcohol. Which method do you prefer?



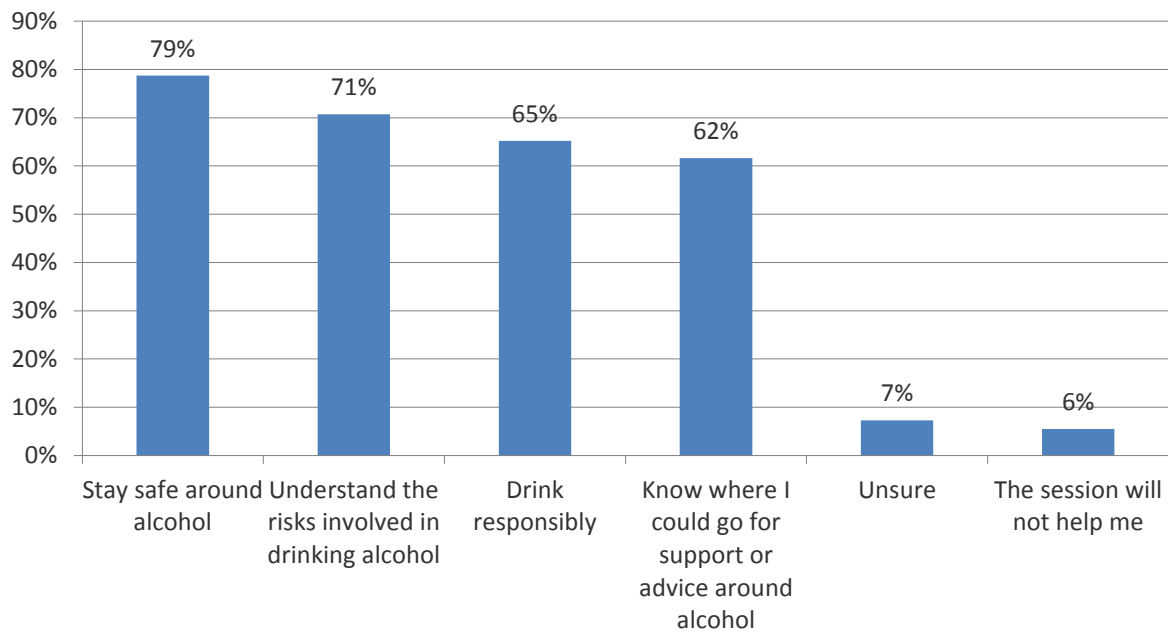
61% of learners preferred the approach used in One 2 Many of using interactive drama and workshops to learn about staying safe around alcohol.

Would you recommend One 2 Many for next year's pupils?



95% of students stated that they would recommend the programme for next year's students.

“I think that the One 2 Many session will help me in the future to....”

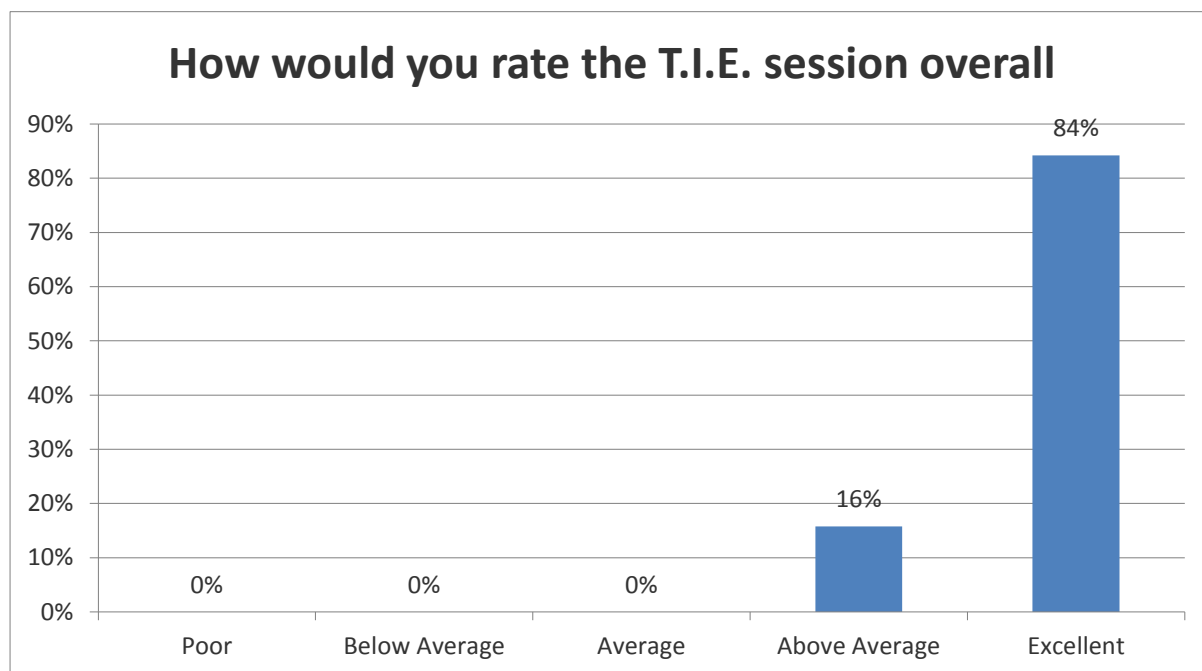


The evaluation clearly showed that students thought that One 2 Many will help them in the future. 79% of students said that the session will help them in the future to 'stay safe around alcohol', 71% said that it would help them to 'understand the risks involved in drinking alcohol', 65% said that it would help them to 'drink responsibly' and 62% said that it would help them 'know where to go for support or advice around alcohol'.

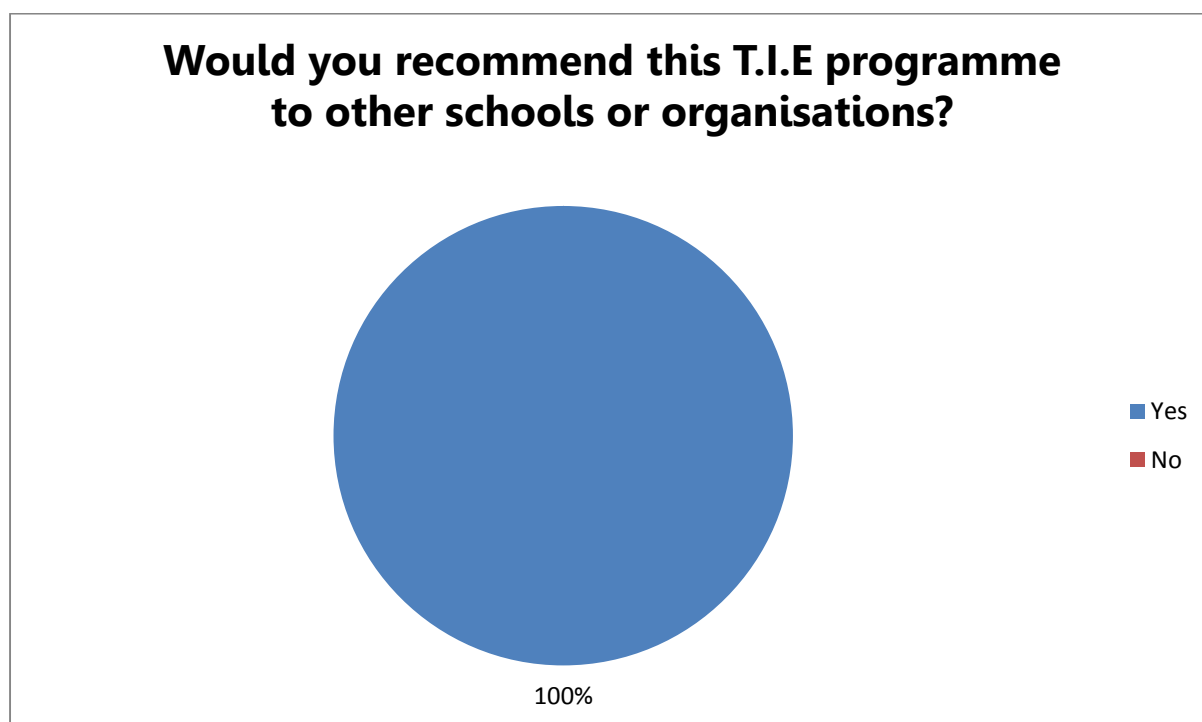
Quantitative Information from Staff Evaluation Forms

Staff members present at the 10 sessions were asked to complete an evaluation form after the theatre in education (T.I.E.) sessions. 19 staff filled in forms. Their results are below.

Staff Evaluation Results

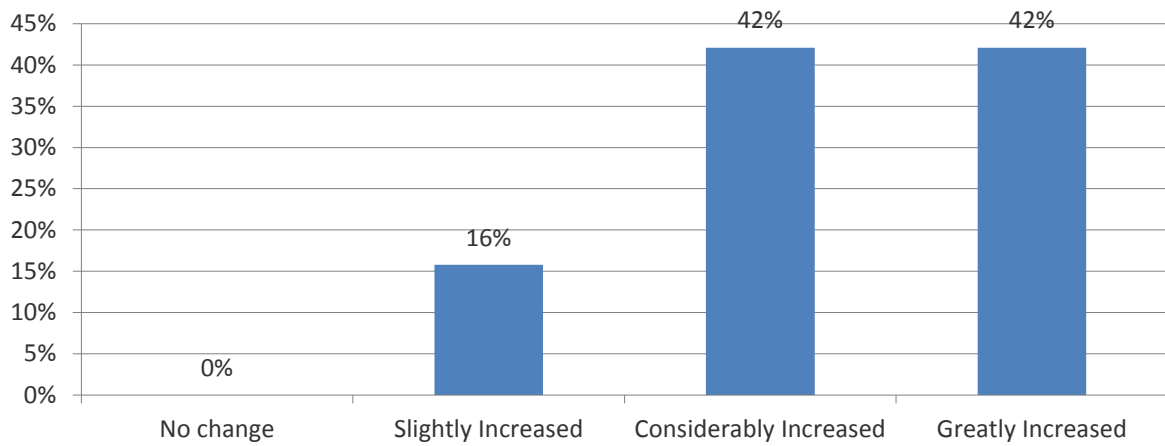


Members of staff were asked how they rate the session. 100% rated it 'above average' or 'excellent' with 84% stating it was 'excellent'.



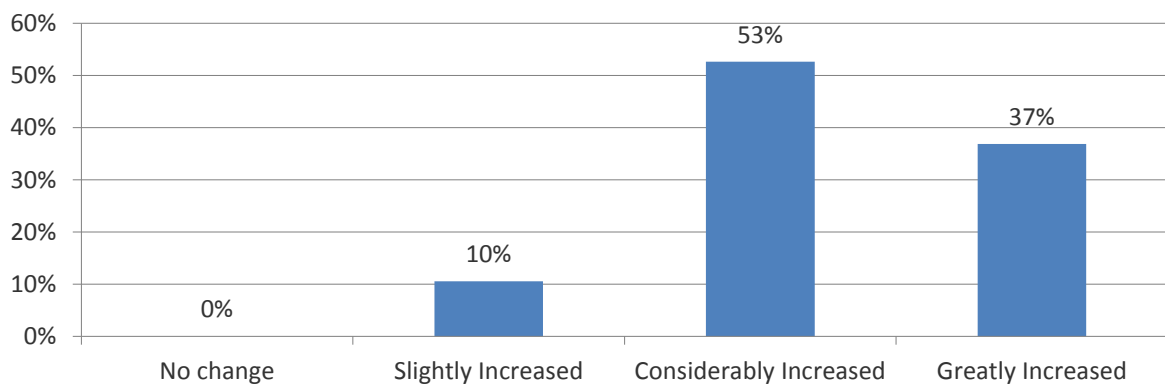
100% of staff would recommend One 2 Many to other schools and organisations.

What impact do you think that One 2 Many has had on the group's knowledge of the effects of alcohol?



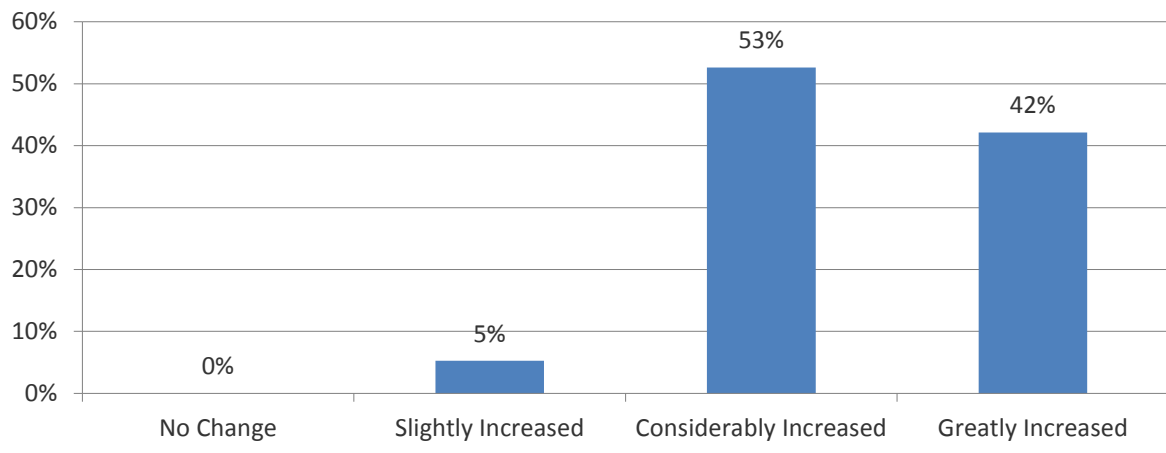
100 % of staff stated that One 2 Many had 'increased' their group's knowledge of the effects of alcohol. 84% recorded that the programme had 'greatly' or 'considerably increased' their group's knowledge of the effects of alcohol.

What impact do you think that One 2 Many has had on the group's knowledge on how someone can stay safe when drinking alcohol or when around alcohol?



100% of staff stated that One 2 Many had increased their group's knowledge on how to stay safe when drinking alcohol or when around alcohol. 90% of which said the session had 'greatly' or 'considerably increased' their group's knowledge in this area.

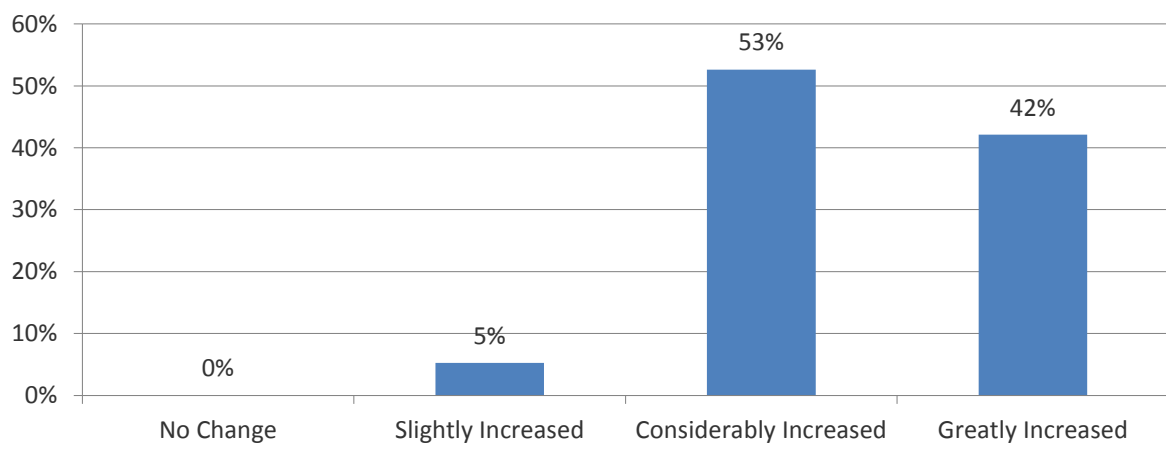
What impact do you think that One 2 Many on the group's knowledge of services that can support someone with issues around alcohol



The strong positive response from staff also showed in their assessment of the impact on their group's knowledge of services and awareness of risks.

95% of staff stated that One 2 Many had 'greatly' or 'considerably increased' their group's knowledge of services that can support someone with issues around alcohol.

What impact do you think One 2 Many has had on the group's awareness of the risks alcohol can present to self and others?



95% of staff stated that One 2 Many had 'greatly' or 'considerably increased' their group's awareness of the risks alcohol can present to self and others.

Appendix

One 2 Many Learning Objectives

Attitudes and Values

- Young people have an increased understanding of the reasons why people should drink responsibly.
- Young people have an increased awareness of the effects of alcohol on personal safety, decision making, relationships and future career choice.
- Young people have increased understanding of the risks alcohol can present to both self and to others.

Skills

- Young people have increased ability to identify a range of relevant and appropriate services that can support young people affected by alcohol misuse.
- Young people have an increased ability to identify a range of effective strategies for drinking responsibly and staying safe if using alcohol in the future.

Knowledge

- Young people have increased knowledge of the legal and advised limits around alcohol use.
- Young people have increased knowledge of the health risks involved in the misuse of alcohol including liver damage, links with obesity and heart disease.
- Young people have increased knowledge of what relevant and appropriate services can offer to support young people around alcohol misuse e.g. Frank, ChildLine and Drinkaware.

For further information about Loudmouth Education & Training;
info@loudmouth.co.uk 0121 446 4880 www.loudmouth.co.uk

