



loudmouth
education & training through theatre

Summary Report:
Theatre in Education Tour on
Alcohol & Drug Awareness in
Cumbria Schools
Academic Year 2016/17
For
South Lakeland District Council & Cumbria
County Council

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Introduction

This summary report covers a theatre in education (T.I.E.) tour of nine secondary schools in the South Lakeland and Barrow areas of Cumbria. The tour was delivered by Loudmouth Education & Training in 2016/17, with the aim to educate young people about alcohol and drugs. Loudmouth delivered their theatre in education programme One 2 Many, which uses drama performances and interactive workshops to raise awareness of potential risks that alcohol and drugs (including so called 'legal highs') can have and teaches strategies for staying safe around these.

The tour was funded by South Lakeland District Council and Cumbria County Council. We would like to thank for their support; Simon Blyth, Principal Partnerships and Communities Officer, South Lakeland District Council and Richard Frank, Commissioning Manager, Cumbria County Council.



Established in 1994, Loudmouth Education & Training is a Midlands based education & training 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 stay healthy, happy, safe and resilient. The company uses drama, interaction and discussion to explore issues that affect young people. Loudmouth's education and training programmes are proven to help students to challenge attitudes, gain new skills and increase knowledge.

"It helped me learn about alcohol and drugs. It was entertaining and funny but still got the point across."

Student

Executive Summary

- Between April and May 2017, Loudmouth Education & Training ran an interactive theatre in education tour in Cumbria. The programme delivered is called One 2 Many. This well researched and interactive programme explores the potential risks to self and others involved with alcohol, strategies for staying safe around alcohol and drug awareness of where to go for support.
- Loudmouth delivered a total of nine sessions in nine secondary schools in South Lakeland and Barrow, reaching a total of 1,196 students. 120 students in Year groups 8 – 10 filled in evaluation forms.
- 98% of students stated that they would recommend the One 2 Many programme for next year's students. 100% of staff who viewed a session would recommend the One 2 Many theatre in education programme to other schools or organisations.
- As a result of the One 2 Many session, 84% of the young people who took part were able to correctly identify the amount of alcohol roughly equal to one unit, Before the session only 41% identified the correct answer.
- As a result of taking part in the One 2 Many programme 99% of students said that they felt the programme helps young people stay safe around alcohol - the main reason given was that it helped them to understand the effects of alcohol on the body and on people's lives.
- Before the sessions, 21% of students answered correctly that 'legal' highs are illegal. This rose to 100% after the sessions.
- 46% of the 120 students who filled in an evaluation form recorded that One 2 Many had made them think about acting or behaving differently in the future. The main themes were that they would be more aware of the amount of alcohol they drank, to take more care around alcohol, not give in to peer pressure to drink alcohol and to avoid 'legal' highs.
- 100% of staff rated the One 2 Many programme as 'excellent'.
- 100% of staff stated that the programme had increased their group's knowledge of the issues, with 50% recording that this was 'greatly' increased and 50% recording that it was 'considerably increased'.
- 100% of staff stated that One 2 Many had 'greatly increased' their groups' knowledge of services that can support someone with issues around alcohol. During the sessions we signposted the students to national organisations ChildLine and FRANK, along with local organisation CADAS. All three of these came out in the top five answers from the young people when asked where they could go for support or advice about alcohol. Prior to the session, FRANK and CADAS were each mentioned in only 5% of answers, placing them as 9th and 10th of the top answers.
- 100% of staff stated that as a result of participating in One 2 Many, their groups had learnt new skills around being around alcohol.
- 100% of staff stated that One 2 Many had increased their own confidence in delivering work on alcohol, with 66% stating that it had 'considerably increased' and 34% stating that it had 'greatly increased'.
- 100% of staff who answered the question recorded that lesson plans on these issues are useful. Loudmouth provides lesson plans for staff to prepare for or follow up on our visits.

Conclusions and Recommendations

The tour has proved to be very successful and evidently had an impact on the students and staff. The data and comments from the evaluation forms clearly show the impact of the One 2 Many programme.

The sessions made a significant positive difference to students' knowledge. As a result of the session, students showed high levels of knowledge understanding of units of alcohol and where to go locally and nationally for support.

Students also stated that the programme helps young people stay safe around alcohol with a large number saying that as a result of participating in the programme they would think about acting or behaving differently around alcohol. Students commented that they would be more aware of the amount of alcohol they drank, not give in to peer pressure to drink alcohol and to avoid 'legal' highs.

The impact on knowledge, awareness and skills along with high levels of recommendation of the programme clearly highlights the need for continued delivery of the One 2 Many programme in Cumbria. Schools said they would be keen to have the programme again next year if a little earlier in the year, so as to avoid the exam period. Loudmouth would be able to accommodate this but as set dates are required for ease of tour logistics, any potential repeat funding would need to be confirmed in Summer 2017 to ensure availability and allow sufficient planning time for the schools in terms of their timetabling of theme/PSHE days.

"A great range of information and delivered in a format that students thoroughly enjoyed. A really positive atmosphere in the workshops that allowed students to participate fully."

Head of Humanities, The Lakes School

Summary of Activity

The tour commenced in April 2017 and concluded in May 2017. Loudmouth delivered a total of nine 'drop down days' for young people aged 12 - 15 years, in nine secondary schools in South Lakeland and Barrow. We ran our 'Year in a day' format, which allows up to 300 students to take part in a single day. All the students see the performance at the same time followed by class sized workshops.



One 2 Many reached a total of 1,196 young people. The full summary of sessions is below:

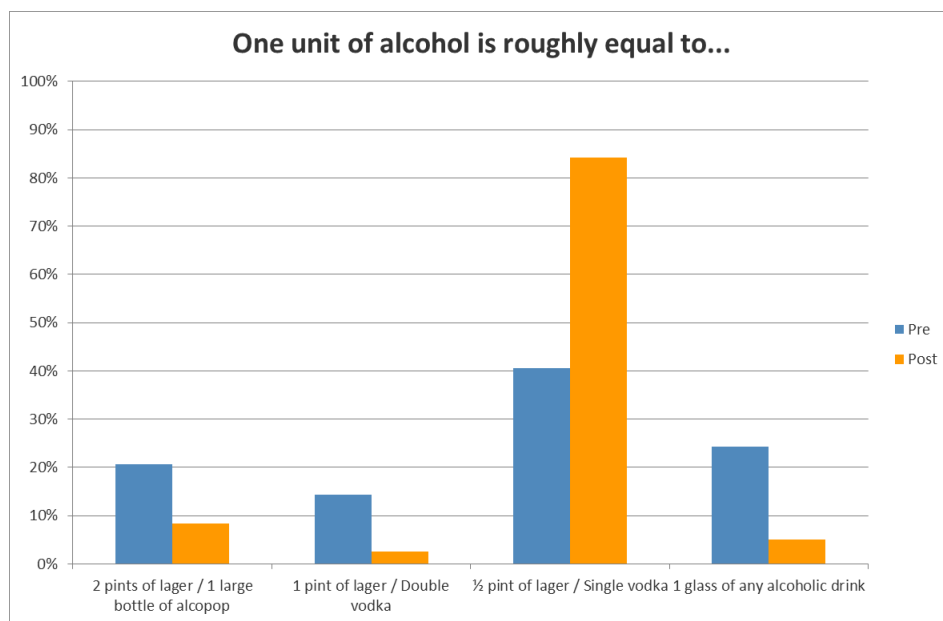
Venue	Number of sessions	Date	Number of students	Year Group
Kirbie Kendal School	1	4/4/17	150	8
John Ruskin School	1	5/4/17	70	8 - 10
Cartmel Priory School	1	6/4/17	70	8
Queen Elizabeth High School	1	3/5/17	216	9
The Lakes School	1	4/5/17	200	8
Settlebeck School	1	5/5/17	60	8 - 9
Walney High School	1	16/5/17	120	8
The Queen Katherine School	1	17/5/17	200	8
St Bernard's Catholic High School	1	18/5/17	110	9
Total	9		1,196	

Quantitative & Qualitative Information from Student Evaluation Forms

Student Evaluation Results

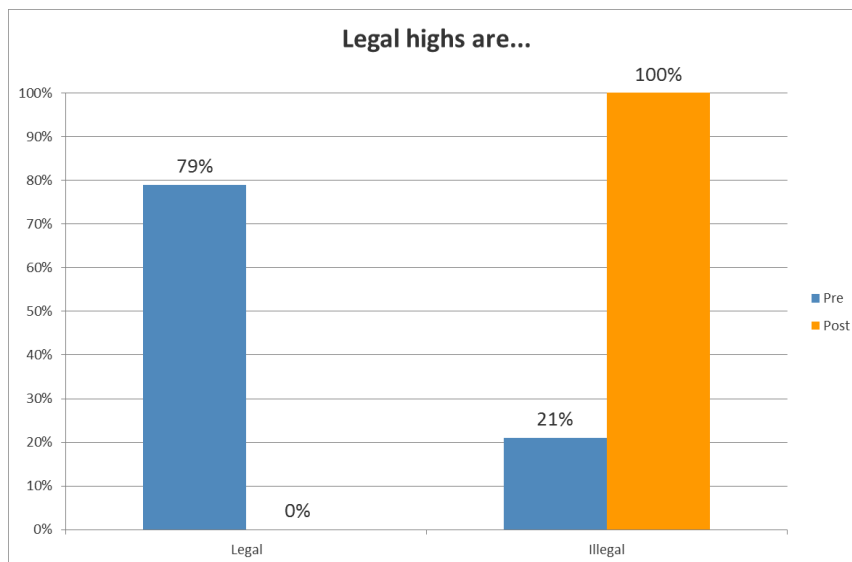
Loudmouth staff conducted pre and post session evaluations of one group of students at each venue. The students were in years 8 – 10, aged 12 – 15. 120 young people filled in pre post evaluation forms. Here are the results:

1)



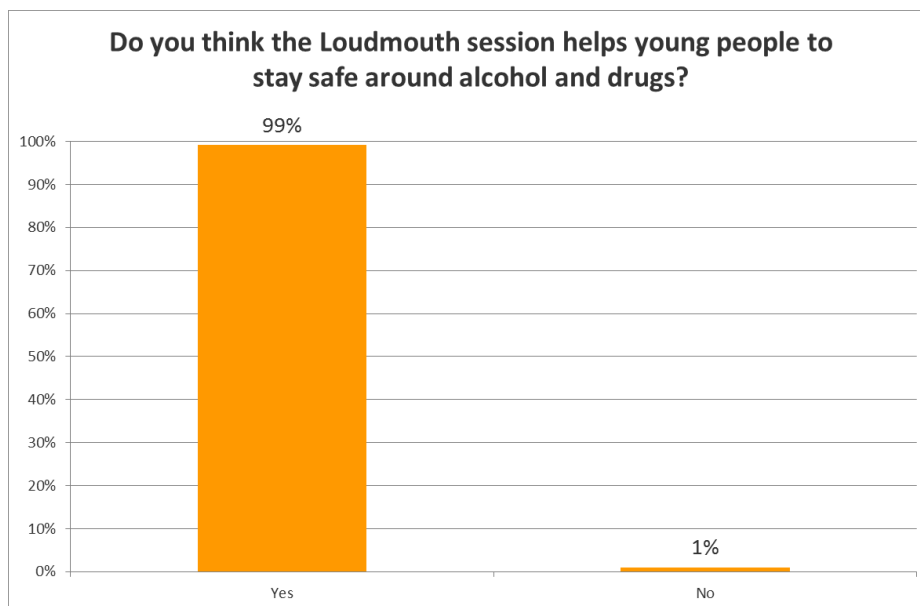
The evaluation shows that the vast majority of students had learned and retained the key facts and information on alcohol covered in the drama and workshop. 84% of the young people who took part were able to correctly identify the amount of alcohol roughly equal to one unit as 'half a pint of lager or a single vodka' after taking part in the One 2 Many programme. This was a rise from 41% before the sessions.

2)



Before the sessions, only 21% of students correctly answered that 'legal' highs are in fact illegal. After the sessions, 100% of students answered correctly that 'legal' highs are illegal.

3)



As a result of taking part in the One 2 Many programme 99% of students said that they felt the programme helps young people stay safe around alcohol. When asked why it helps, the students gave some of the following answers:

"It shows us how drugs / alcohol can affect people, jobs and relationships."

"Gives information and helps you about alcohol and drugs and helps you keep safe."

"It teaches people the risk of drugs and alcohol and where to get help."

"It shows you the long and short term effects and how serious it can be."

"It offers good advice on situations we might find ourselves in."

"It has made me think about alcohol."

"It makes you feel like someone can help you."

"It makes people aware of the effects of taking drugs and how it affects your body/life."

"It helps you understand properly."

"Instead of nagging it's persuasive in a fun and friendly way."

"It shows many ways that people can be persuaded and to say no."

"It puts the situation into a different perspective. It's not just listening to people talk. It sinks in."

4) The students were asked to name three people or places they could go for support or advice around alcohol. The table below compares the post session responses against the pre session responses:

Pre Session	%	Post Session	%
ChildLine	84%	ChildLine	97%
Police	28%	CADAS	82%
Doctor	25%	FRANK	71%
Parents/Guardians	15%	Loudmouth	17%
Loudmouth	15%	drinkaware.co.uk	6%
Other	15%	Doctor	5%
Teachers/School	13%	COMPASS	3%
drinkaware.co.uk	6%	School Nurse	3%
FRANK	5%	Family (non-parents)	2%
CADAS	5%	Police	2%

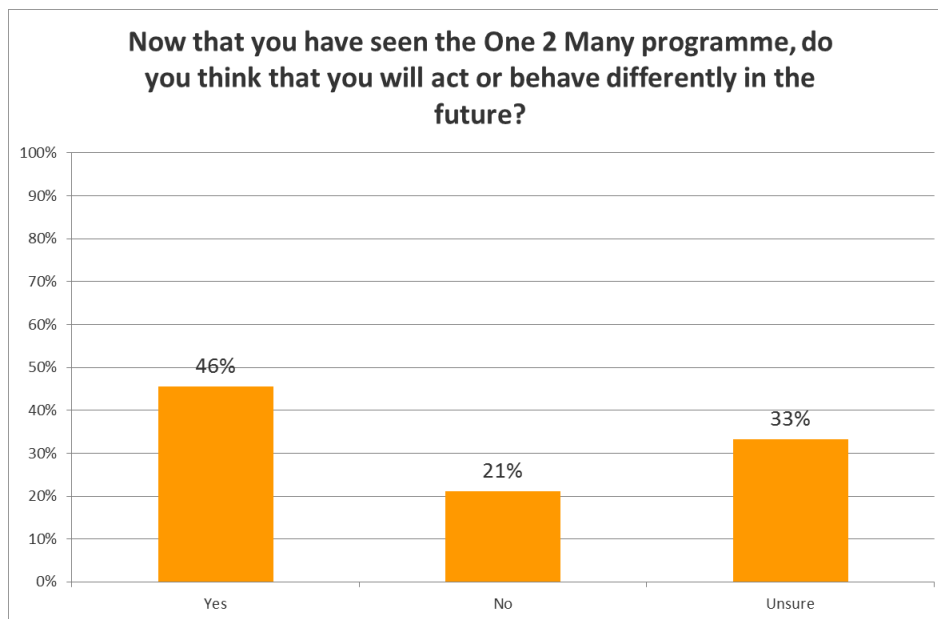
National organisations ChildLine and FRANK, along with the local organisation CADAS were the key organisations to which we signposted the students in the sessions. Post session, all three of these came out in the top five answers from the students when asked where they could go for support or advice about alcohol.

The percentage of students who named ChildLine as the top organisation rose from 84% before the sessions to 97% after the sessions. Before the sessions only 5% of students named CADAS. This rose to a massive 82% after the sessions. FRANK was also named by 5% of the students before the sessions. This also showed a big increase after the sessions, to 71%.

Loudmouth also came out as 4th top answer after the sessions. Loudmouth's website includes links to all the other support organisations to which we signpost in our sessions.

Representatives from either CADAS or Targeted Youth Support (Cumbria County Council) were present at the sessions with information about their services. This partnership working went well as students were able to seek advice and support, if needed, immediately after the workshops.

5)



46% of the 120 students who filled in an evaluation form recorded that One 2 Many had made them think about acting or behaving differently in the future. Here are some of the comments they made:

As a result of seeing One 2 Many, I...

"will think about the amount I drink when I'm older as I'm now more aware about the facts."

"wouldn't change my mind because I have never thought of taking drugs."

"have thought about my brother because of his addiction with alcohol. He's stopped so far but I know what to do if he starts again."

"know that you can get in all kinds of trouble with drugs and alcohol."

"will drink responsibly and not do drugs."

"won't drink in public or binge drink. I will never do legal high or drink drive."

"will not drink until I am old enough, when I do drink I'll be careful."

"would be able to help someone if they got into this type of situation."

"will stay safe around alcohol."

"am going to think about alcohol differently and what it can do to you."

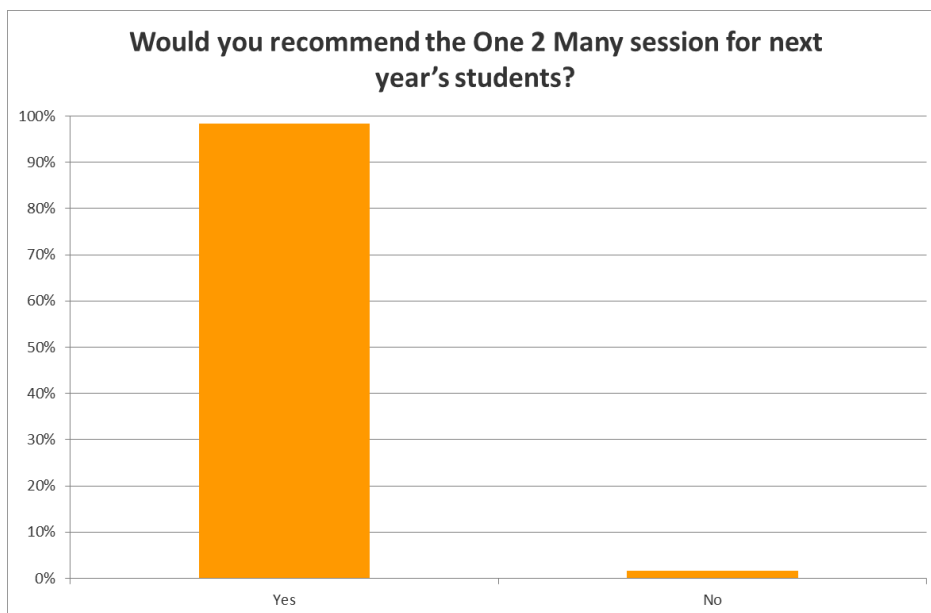
"will always remind myself of the effects of drugs and alcohol."

"will be more careful in the future and definitely avoid legal highs. I'll stay safe."

"will not be pressured into drinking and/or taking drugs."



6)



98% of students stated that they would recommend the programme for next year's students.

Quantitative Staff Evaluation Results

Staff members present at the sessions were also asked to complete an evaluation form after the theatre in education (T.I.E.) sessions. Here are the results:

- Members of staff were asked how they rate the session. 100% rated it as 'excellent'.
- 100% of staff would recommend One 2 Many to other schools and organisations.
- 100% of staff stated that the programme had increased their group's knowledge of the issues, with 50% recording that this was 'greatly' increased and 50% recording that it was 'considerably increased'.
- 100% of staff who answered stated that as a result of participating in One 2 Many, their groups had learnt new skills around being around alcohol.
- 100% of staff stated that One 2 Many had 'greatly increased' their group's knowledge of services that can support someone with issues around alcohol.
- 100% of staff stated that One 2 Many had increased their own confidence in delivering work on alcohol, with 66% stating that it had 'considerably increased' and 34% stating that it had 'greatly increased'.
- 100% of staff who answered the question recorded that lesson plans on these issues are useful.



Qualitative Staff Evaluation Results

Staff were asked to comment on the programme. Here are some of their responses:

"Lily and Tom have been fantastic today. They have work seamlessly with our staff. This has made it a very positive day."

Assistant Headteacher, The Queen Katherine School

"Thank you for a fabulous day! Engaged all our students and got across really important messages in an interesting way."

Pastoral Support, Queen Elizabeth School

"Students were engaged in both performance and workshop aspects of the day. Young people enjoyed the experience and it provide plenty of discussion points for future PSHE lessons."

Head of Humanities, The Lakes School

"Perfect level of information for the students."

Assistant Headteacher, The Queen Katherine School

"Very engaging, the right pace and lots of useful information."

Head of Year 7 and 8, Settlebeck School

"Clear messages about being safe and healthy were given in a creative and meaningful way."

Pastoral Support, Queen Elizabeth School

"Clear coverage of legal issues. Guidance for help was useful. Workshops helped to reinforce the knowledge and students left with relevant and helpful information."

Head of Humanities, The Lakes School

"The day got across the importance of talking to someone."

Pastoral Support, Queen Elizabeth School

"The content is perfect for students this age."

Assistant Headteacher, The Queen Katherine School

"The information was shared with our students accurately and thoroughly. Tom and Lily's acting skills captivated the students and they were all 100% engaged."

Pastoral Support, Queen Elizabeth School

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 that alcohol and drugs can have on personal safety, decision making relationships and future career choices.
- ✓ Young people have increased understanding of the risks alcohol and drugs 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 or substance misuse.
- ✓ Young people have an increased ability to identify a range of effective strategies for staying safe around alcohol and drugs.
- ✓ 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 health risks involved in the misuse of alcohol including liver damage, obesity and heart disease.
- ✓ Young people have increased knowledge of the health risks involved in the misuse of drugs particularly cannabis and new psychoactive substances ('legal highs').
- ✓ Young people have increased knowledge of what relevant and appropriate services can offer to support young people around alcohol and substance misuse. e.g. Frank, ChildLine and Drinkaware.