Recommended program

OurFutures: Alcohol & Cannabis Module

Evidence ratings:
This resource is supported by a systematic review. See our Help/Q&A section for more details.

Year: Year 7–8, Year 9–10
Targeted Drugs: Alcohol, Cannabis
Tags: OurFutures, Climate Schools, social influence approach, harm minimisation, marijuana
Time Allocated: 1-6 lessons
Links to National Curriculum:
ACPPS070 (Yr 7–8), ACPPS072 (Yr 7–8), ACPPS073 (Yr 7–8), ACPPS074 (Yr 7–8), ACPPS076 (Yr 7–8), ACPPS079 (Yr 7–8), ACPPS089 (Yr 9–10), ACPPS090 (Yr 9–10), ACPPS091 (Yr 9–10), ACPPS092 (Yr 9–10), ACPPS093 (Yr 9–10), ACPPS095 (Yr 9–10)
Origin: Australian
Cost: Costs Involved

Available

The OurFutures programs are managed by the OurFutures Institute, a not-for-profit joint venture between Climate Schools and the University of Sydney. Click below to be directed to the OurFutures website for information on accessing the programs.

Access OurFutures

Developers

OurFutures was developed by researchers currently based at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney, Australia, formerly based at the National Drug and Alcohol Research Centre (NDARC), School of Psychiatry, and the NHMRC Centre of Research Excellence in Mental Health and Substance Use at UNSW Sydney.

Format

This curriculum-aligned online program is designed to be administered by teachers within classrooms. The program involves 6 × 45-minute lessons, each with two components:
- A 20-minute computer-based component
- Teacher delivered classroom activities.

No specialist teacher training is required. This module is ideally delivered 6 months to 1 year after the OurFutures: Alcohol Module.

Summary

The OurFutures: Alcohol and Cannabis Module was developed for 13-15 year olds and aims to prevent and reduce alcohol and cannabis use and related harms. Designed to be implemented within the school health curriculum, OurFutures is based on a social influence approach to prevention and uses cartoon storylines to engage and maintain student interest and involvement.
Students follow six episodes of an online cartoon-based drama about teenagers and their experiences. Through the storyline, students learn about short- and long-term consequences of alcohol use, alcohol/cannabis and the law, acute and chronic harms associated with alcohol and cannabis use, substance use and mental health, identifying problematic use in friends and where to seek help. Stop & Think activities are embedded in the cartoons and each episode ends with a short quiz to assess and consolidate learning. The class and homework activities are designed to reinforce the material taught in the cartoon and encourage students to apply the preventative messages and practice skills. Feedback indicates that teachers and students enjoy the program, and implementation within the classroom environment is highly feasible.

### Training and Costs

Pricing is based on student enrolment numbers. Contact the Our Futures team for more information and pricing here.

### Benefits

- Increases alcohol and cannabis knowledge
- Reduces alcohol consumption
- Reduces frequency of binge drinking
- Reduces frequency of cannabis use
- Increases resistance to peer pressure
- Reduces psychological distress
- Reduces truancy

### Evidence Base

The Our Futures program was evaluated, and the evidence was published, using the name Climate Schools. Nine published studies, including results from five randomised control trials, support the benefits of the Our Futures: Alcohol & Cannabis Module in Australia. Please note these results reflect when the module is also delivered alongside the Our Futures: Alcohol Module. The five most relevant studies are listed below. Our Futures programs have also been endorsed by a number of organisations as listed below.

#### Sources


The Our Futures programs received a three-star rating from the National Centre for Education and Training on Addiction (NCETA) following their comprehensive systematic review of alcohol education programs. Our Futures was the only Australian program to receive the maximum evidence rating.

The Our Futures programs were recognised at the 2014 Society of Mental Health Research conference with the Australian Rotary Health Knowledge Dissemination award.

The Our Futures Alcohol and Cannabis module is included in SAMSHA’s National Registry of Evidence-based Programs and Practices (USA).

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