Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

Recommended program

OurFutures: Alcohol Module



Evidence ratings:

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

Year: Year 7–8

Targeted Drugs: Alcohol

Tags: OurFutures, Climate Schools, social influence approach, harm minimisation

Time Allocated: 1-6 lessons

Links to National Curriculum:
ACPPS072 (Yr 7–8), ACPPS073 (Yr 7–8), ACPPS074 (Yr 7–8), ACPPS076 (Yr 7–8), AC9HP8P08 (Yr 7-8), AC9HP8P04 (Yr 7-8), AC9HP8P06 (Yr 7-8), AC9HP8P09 (Yr 7-8), AC9HP8P10 (Yr 7-8), AC9HP8P02 (Yr 7-8)

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 x 40-minute lessons**, each with two components:

- A 20-minute computer-based component.
- Teacher facilitated classroom activities.

No specialist teacher training is required. Booster sessions are also available.

Summary

The OurFutures: Alcohol Module was developed for 13-14 year olds and aims to prevent and reduce alcohol 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 with alcohol. Through the storyline, students learn about underage drinking and the law, standard drink measurements, prevalence of drinking among 13-14 year olds, societal pressures to drink, short and long term consequences of drinking, drug refusal skills and how to respond in an alcohol-related medical emergency. 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 OurFutures team for more information and pricinghere.

Expected Benefits

Studies that have tested this resource (see sources below) have found evidence for the following benefits:

- Increases alcohol knowledge
- Reduces alcohol consumption
- Reduces binge drinking.

Evidence Base

The OurFutures program was evaluated, and the evidence was published, using the name Climate Schools. Benefits of the OurFutures: Alcohol Module have been demonstrated in Australia in two randomised control trials.
In addition, the benefits of the Alcohol Module when combined with the Alcohol & Cannabis Module have been demonstrated in five trials. (For details, seeOurFutures: Alcohol & Cannabis Module).
The relevant studies are listed below. The OurFutures programs have also been endorsed by a number of organisations as listed below.

Sources

Newton, N. C., Vogl, L. E., Teesson, M., & Andrews, G. (2009). CLIMATE Schools: alcohol module: cross-validation of a school-based prevention programme for alcohol misuse. *Australian and New Zealand Journal of Psychiatry,* 43, 201-207.

Vogl, L., Teesson, M., Andrews, G., Bird, K., Steadman, B., & Dillon, P. (2009). A computerized harm minimization prevention program for alcohol misuse and related harms: randomized controlled trial. *Addiction,* 104, 564-575.

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

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

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