### SHAHRP: School Health and Alcohol Harm Reduction Project

**Evidence ratings:** 🌟🌟🌟

This resource is supported by multiple published studies. See our Help/Q&A section for more details.

**Year:** Year 7–8, Year 9–10

**Targeted Drugs:** Alcohol

**Tags:** harm minimisation, skills-based approach, Portuguese language version

**Time Allocated:** 7 lessons or more

**Links to National Curriculum:**
- ACPPS051 (Yr 5–6)
- ACPPS053 (Yr 5–6)
- ACPPS054 (Yr 5–6)
- ACPPS056 (Yr 5–6)
- ACPPS057 (Yr 5–6)
- ACPPS058 (Yr 5–6)
- ACPPS072 (Yr 7–8)
- ACPPS073 (Yr 7–8)
- ACPPS074 (Yr 7–8)
- ACPPS075 (Yr 7–8)
- ACPPS076 (Yr 7–8)
- ACPPS077 (Yr 7–8)
- ACPPS078 (Yr 7–8)
- ACPPS089 (Yr 9–10)
- ACPPS090 (Yr 9–10)
- ACPPS091 (Yr 9–10)
- ACPPS092 (Yr 9–10)
- ACPPS093 (Yr 9–10)
- ACPPS094 (Yr 9–10)
- ACPPS095 (Yr 9–10)

**Origin:** Australian

**Cost:** Free

**Attachments**
- 📄 Curriculum Mapping Document for SHAHRP

### Developers

National Drug Research Institute, Curtin University.

**Available**

- 🗽 Access School Health and Alcohol Harm Reduction Project

### Format

Conducted in classrooms over two years (teacher administered):
- **Phase 1 (Year 8):** 8 × 60-minute lessons
- **Phase 2 (Year 9):** 5 × 50-minute lessons and a DVD.

**Training:** Two days teacher training ideal prior to each phase.

### Summary

SHAHRP is a classroom-based program aimed at reducing alcohol-related harm and risky consumption. It is designed to be implemented at a time when prevalence data indicates that young people are starting to experiment with alcohol. The SHAHRP activities incorporate various strategies for interaction including delivery of utility information; skill rehearsal; individual and small group decision making; and discussions based on scenarios suggested by students, with an emphasis on identifying alcohol-related harm and strategies to reduce harm. Interactive involvement is emphasised, with two-thirds of activities being primarily interactive and another 15% requiring some interaction between students.

The SHAHRP program was developed with students and teachers and reflects the life experiences of young people, while also fitting well within the school curriculum. The program is culturally adaptable and behavioural results have been replicated in Northern Ireland and in Brazil providing strong proof of evidence.

### Benefits

- Delays and reduces the rate of growth in alcohol use
- Reduces binge-drinking and alcohol-related harms
- Increases alcohol knowledge
- Creates safer alcohol-related attitudes.

### Evidence

Benefits of the SHAHRP program have been demonstrated in trials conducted in Australia, Northern Ireland and Brazil:


The SHAHRP program received a two-star rating from the National Centre for Education and Training on Addiction (NCETA) following their comprehensive systematic review of alcohol education programs.