

# THE AMY WINEHOUSE FOUNDATION RESILIENCE PROGRAMME FOR SCHOOLS

Helping young people to make safer choices around drugs, alcohol and their wellbeing



## SUPPORTING YOUNG PEOPLE TO MAKE GOOD DECISIONS

*“Without this experience I wouldn’t have known how much drugs affect you and may have gone down the wrong path.”*

**At the Amy Winehouse Foundation, we meet thousands of young people who feel under a great deal of pressure. They can be struggling with exams or with relationships. Or they may feel the need to look or act in certain ways. These stresses can have a significant impact on both their physical and emotional health.**

Some will find positive ways to deal with whatever life throws at them, but we know that others will be more vulnerable and may use drugs, alcohol or other self-harming behaviours to cope. That’s why our Resilience Programme for Schools is so important.

It effectively helps students to understand the consequences of substance misuse and risky behaviours. It gives them a wider understanding of the issues and challenges they may encounter, and it can help them to make positive and informed choices as they grow older.



## A LIFE-CHANGING APPROACH TO DRUG AND ALCOHOL EDUCATION

**Typically, education for students around substance misuse focuses on scare tactics or simple information, without context. The Amy Winehouse Resilience Programmes for Schools is different.**

Since 2012, our dedicated staff and volunteers have been engaging with students and young people in schools, colleges and community settings. These teams include people in recovery from their own drug or alcohol problems, or they may have experience of mental health issues, or homelessness.

As part of their work, the teams hold open conversations and share their own lived experiences. That way, students are able to learn about underlying issues and the consequences of risky behaviours, but are also given the chance to share their own concerns.

Such a safe, supportive and honest environment also allows students to discuss any pressures they may be facing, in a way that truly acknowledges their own lives and experiences. This helps young people understand the many issues that can lead to risky behaviour or substance misuse. Our teams also provide signposting to the various types of support that’s available if a young person needs help.

*‘I can learn from this message. It will make me think and make different healthier decisions. It was so much better than when someone just stands in front of you and says “don’t take drugs or you’ll die”.*

*That’s not useful to anyone.’*



## OUR IMPACT

**The Amy Winehouse Resilience Programme has worked with over 300,000 pupils, in over 300 educational institutions.**

From 2014 to 2019, the Amy Winehouse Foundation Resilience Programme was funded by The National Lottery Community Fund to work in partnership with treatment charity Addaction in 10 locations across England. An independent evaluation of the work was conducted by a team based at Harvard University and the University of Bath, who surveyed more than 80,000 young people. As such this is one of the largest school drug and alcohol programmes to have been delivered externally and evaluated through a charitable partnership in England. Students were asked their experiences of the programme, their knowledge of drugs and alcohol, and about their resilience.

### After engaging with the programme:

- 75 % of students said that their knowledge about drugs (and the associated risks) had increased.
- 72 % said their knowledge about alcohol (and the associated risks) had increased
- 83 % told us the Resilience Programme was really useful to them, and that they felt the format of the presentations were engaging (with large assemblies, life-shares and smaller workshops)
- 75 % said their confidence increased to make safer decisions about alcohol and drugs.
- 73 % said they felt more confident in managing peer pressure, self-esteem and risky situations.
- 82 % said they would seek support if they were concerned about themselves or others.

To read the full evaluation of our programme, please visit [www.amywinehousefoundation.org](http://www.amywinehousefoundation.org)



## HELPING YOUR SCHOOL TO MEET GOVERNMENT REQUIREMENTS

*'The best presentation I have seen from an outside agency in ten years of being at the school.'*

Neil Kenyon, Director of Careers and Lifelong Learning, Burscough Priory Science Academy

**Education around relationships, sex and health is now compulsory in primary, secondary and state funded schools across the UK. The Department of Education has published statutory guidance to help schools as they make plans to incorporate these subjects.**

The guidance includes specific instructions around mental health, and drug and alcohol education. Like us, the Government's aim is that every pupil has a full and factual understanding of these issues, so that where possible they can make informed choices as they grow older.

The Government recognises that working with external organisations with specialist knowledge and different ways of engaging young people can enhance delivery of these subjects.

After working closely with the Amy Winehouse Foundation, **85% of teachers stated they were more confident in discussing alcohol and drug issues with their pupils. 82% felt they could identify vulnerable students and 77% felt able to refer students on to specialist support.**

We provide brief intervention training, closely aligned to Personal, Social, Health and Economic (PSHE) Education, which explores teachers' existing knowledge about alcohol and drugs, and provides practical information to identify and support young people who may be at risk of substance misuse. It's why our Resilience Programme is exceptionally well placed to help teachers meet the DfE's requirements and effectively support their students.



## EXTENSIVE SUPPORT FOR PUPILS, TEACHERS AND PARENTS

**The Amy Winehouse Resilience Programme is designed to cover a wide range of issues, so that young people receive the most comprehensive and useful education around drugs, alcohol, mental health and emotional resilience**

- It can increase young people's awareness and knowledge regarding drugs and alcohol, as well as associated risks (such as offending or anti-social behaviour)
- It can increase young people's levels of resilience, self esteem and resistance to peer pressure, thereby helping to reduce potential harms to young people, their families and the local community
- It can increase parents' and carers' understanding of the underlying issues around substance misuse and risky behaviours, and help them to have better conversations with their children
- It trains teachers to better identify and support students who may be at risk of substance misuse or other harmful behaviours
- It improves participants' awareness of local support services, as well as how to access specialist support and treatment.

*'I just wanted to say thanks so much. The kids loved and enjoyed their sessions, the staff did and the parents did too. As a parent I learned so much about how to have those conversations and I think I know quite a lot, but it really hit home to a lot of them about the importance of wellbeing. A huge and genuine thanks from all of us for the amazing stories you shared today - it was exactly what we all needed to hear.'*

Kate Middleton, The Judd School



## THE RIGHT DECISION FOR YOU AND YOUR STUDENTS

*'Thank you for another excellent and inspiring session today. It is hard to believe that it is a year ago that we first organised a resilience/addiction session. Since then, I have worked out that you have spoken to four entire year groups, roughly 820 students!'*

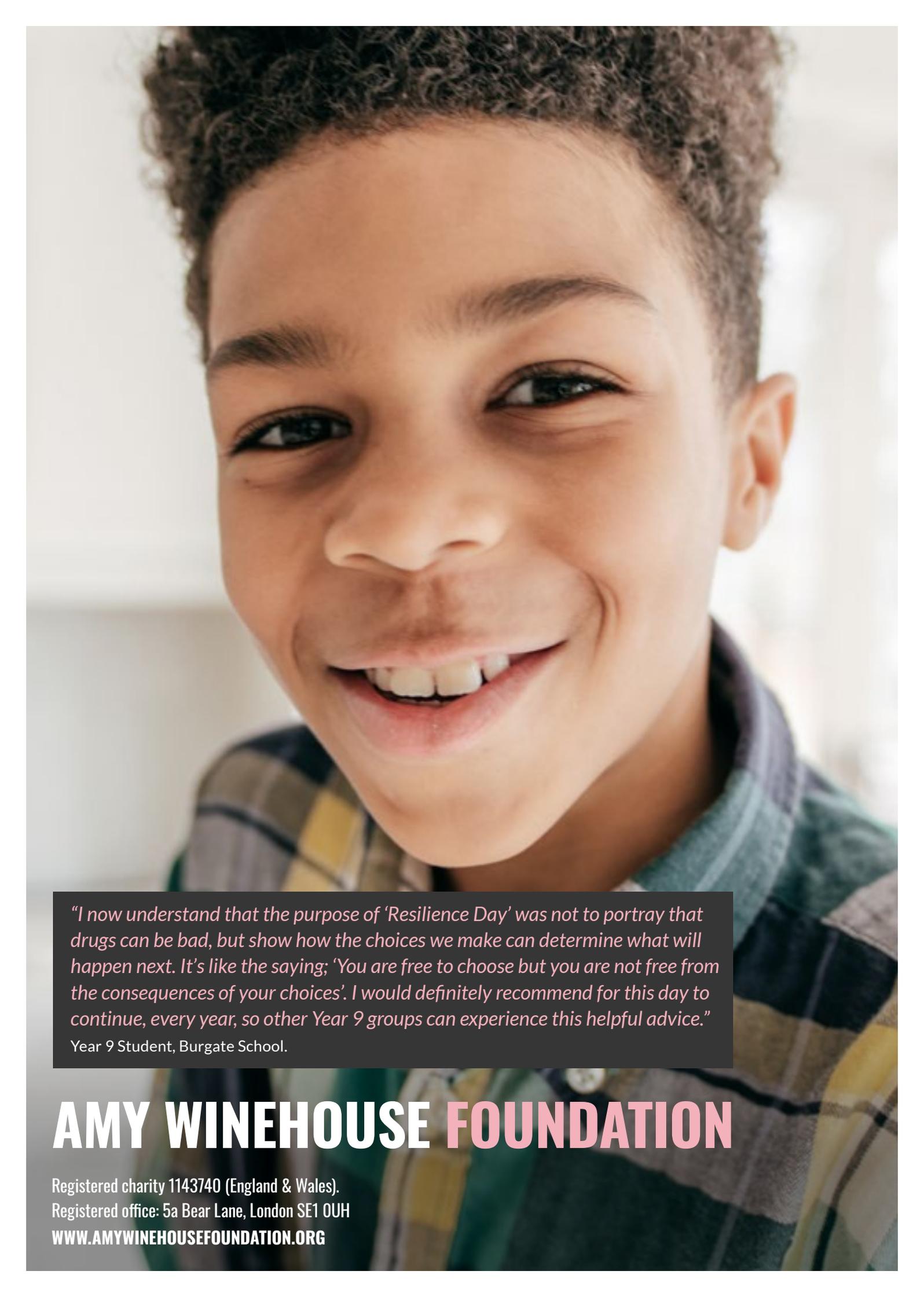
*'I know that the students have found the sessions inspiring and informative, we have the student feedback to back it up. The process of booking and organising has been seamless- I have recommended the charity to many schools.'*

Fabian de Fabiani, Townley Grammar School

**If you are a teacher or parent, and would like to know more about how the Amy Winehouse Foundation Resilience Programme could benefit your school or college, then our team will be happy to help.**

Email [resilience@amywinehousefoundation.org](mailto:resilience@amywinehousefoundation.org). Alternatively, you can use the contact form on our website at [www.amywinehousefoundation.org](http://www.amywinehousefoundation.org).

Also visit our website to read more about the Amy Winehouse Foundation and our wider work, including details on our other specialist support programme for young people.



*"I now understand that the purpose of 'Resilience Day' was not to portray that drugs can be bad, but show how the choices we make can determine what will happen next. It's like the saying; 'You are free to choose but you are not free from the consequences of your choices'. I would definitely recommend for this day to continue, every year, so other Year 9 groups can experience this helpful advice."*

Year 9 Student, Burgate School.

# AMY WINEHOUSE FOUNDATION

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