

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 an understanding of the wider 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

It is widely understood that shock tactics and information without context are ineffective forms of drug and alcohol education. The Amy Winehouse Resilience Programme is different.

Since 2012, our dedicated staff and volunteers have been engaging with students and young people in schools, colleges and community settings. Our teams include trained, credible peers in long term and stable recovery; individuals impacted by other's substance misuse and some who have experience of mental health issues, or homelessness.

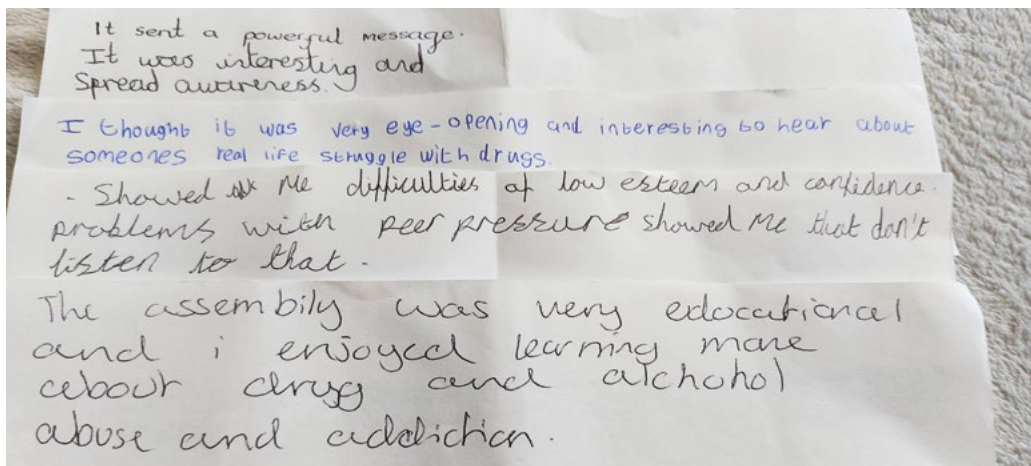
As part of our work, our team members hold open conversations and share their own lived experiences. This way, students are able to learn about the underlying issues and consequences of risky behaviours, while being given the chance to share their own concerns.

The safe, supportive and honest environment allows students to discuss any pressures they may be facing in a way that truly acknowledges their lives and their experiences. This helps young people understand the many issues that can lead to risky behaviour or substance misuse.

Our team also provides signposting to the various types of support that are available if a young person needs help.

'The fact that someone is telling their story rather than just delivering facts and figures really helps. Our pupils were really able to engage and think about the issues. It takes guts to speak about your life in front of a group of strangers. The Amy Winehouse Foundation made things really relatable.'

Teacher (anonymous), Merseyside. January 2023.



A TRANSFORMATIVE IMPACT

Since its launch, the Amy Winehouse Foundation Resilience Programme has worked with over 436,000 pupils, in over 578 schools and community settings. And after engaging with the programme:*

- 89% of pupils felt more knowledgeable about the effects of drugs and alcohol on the body.
- 93% felt more knowledgeable about the situations and experiences that can lead to substance misuse.
- 90% felt more confident about the things they can do to make safer decisions if they were to use alcohol, and 89% if they were to use drugs.
- 90% said they would seek help if they were concerned about themselves or someone else's substance use.
- 90% said they would know where to get help if they were concerned about themselves or someone else's substance use.

**Each year the young people who participate in the Resilience Programme are asked to engage in completion of an anonymous online survey. In 2024 a total number of 3236 young people responded to the survey. Their results are shown here.*

A fully evaluated programme

From 2014 to 2019, our work in schools was conducted in partnership with treatment charity Addaction (now known as With You) and it remains one of the largest school-based alcohol and drug education programmes to have been delivered externally, and evaluated through a charitable partnership, in England.

This pioneering work was made possible with funding from the Big Lottery fund and was fully and independently evaluated by researchers from the University of Bath (UK) and Harvard University (US). This team (which specialises in developmental psychology, and family and young person addiction) surveyed more than 80,000 young people. To read their full evaluation, please visit amywinehousefoundation.org/RPEvaluation2020



HELPING YOUR SCHOOL TO MEET GOVERNMENT REQUIREMENTS

'The openness and honesty of the talk was so genuine and engaging. It was very well pitched for the age group.'

Teacher (anonymous). London, 2023.

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, **96%** of teachers agreed that our programme provided a very useful, understandable way of talking about drug and alcohol misuse with their students. **90%** stated that our trained, specialist session leaders, who are in long-term recovery themselves, were very effective at facilitating this discussion and awareness. And **87%** recognised that the sessions aligned directly to DfE, RSHE and PSHE curricula.

It's why our Resilience Programme is exceptionally well placed to help teachers meet key government requirements, and to effectively support their students.



SUPPORTING PUPILS, THEIR PARENTS AND TEACHERS

The Amy Winehouse Foundation 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 helps 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.

'Understanding the factors that lead to alcohol and drug addiction provided students with a better chance of identifying these signs in their own lives. Thank you for a fantastic session!'

Teacher (anonymous), Merseyside. April 2024.



EDUCATION AROUND VAPING

Even though it is illegal to sell products containing nicotine to children, the number of young people using vapes and e-cigarettes in the UK has increased significantly. In 2024, 18% of 11-17-year-olds said they had tried vaping – around 980,000 children.* And for some, the decision to try has been the direct result of peer pressure.

This is why we've developed Vaping workshops, which use the same engaging approach as the rest of our Resilience Programme. These specifically educate young people about vaping's effects and potential health impacts. In the workshops we discuss the reasons why young people might wish to try vaping and the associated risks. This also creates opportunities for young people to ask for advice and support, should they be concerned about themselves or a friend.

** Use of vapes (e-cigarettes) among young people in Great Britain. Action on Smoking And Health (ASH), 2024.*

The workshops correspond with key stages in the National Curriculum and are closely aligned with the *Health and Wellbeing* areas of RHSE study (which also incorporate PSHE requirements).

THE RIGHT DECISION FOR YOU AND YOUR STUDENTS

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, our team will be very happy to help.

Call us on 0300 30 30 177, or email resilience@amywinehousefoundation.org

For more information about our work at the Amy Winehouse Foundation, including our other specialist programmes supporting young people, please visit amywinehousefoundation.org



'The Amy Winehouse Foundation talked to our pupils about the importance of seeking genuine help for personal problems, rather than using substances to cope. That was a very powerful message, given to the class by someone who had been through many problems herself as a young person.'

I feel it will really get through to our pupils.'

Teacher (anonymous), Cheshire, February 2024.

AMY WINEHOUSE FOUNDATION

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