

# Youth Drug & Alcohol Education & Prevention Project Foróige

## Who we are

Foróige's Youth Drug & Alcohol Education & Prevention Project aims to promote healthier lifestyle choices amongst young people aged 10-17 years in Sligo, Leitrim & Donegal, by equipping them with the knowledge, skills & attitudes to enable them to make positive informed decisions around their own behaviour and this is done in an outreach capacity.

## What the programme involves

Foróige's Drug & Alcohol Education & prevention programme engages with young people in a fun & interactive manner using a variety of approaches and activities including:

- ➔ Small Group Discussion
- ➔ Role Plays
- ➔ Debates
- ➔ Visual Scenarios
- ➔ Quizzes
- ➔ Body Maps
- ➔ Poster Competitions
- ➔ Games

## What we do

We provide high quality drug & alcohol education & prevention programmes to young people on an individual or group basis in varying locations throughout Sligo, Leitrim & Donegal at times that suit young people through the provision of weekly sessions that last for a minimum duration of weeks.

### Primary Prevention Programmes

Focus on preventing the onset of alcohol/drug use & experimentation by clarifying information, dispelling myths, exploring attitudes & providing factual information about tobacco, alcohol & drugs relevant & appropriate to the age of the group.

### Secondary Prevention Programmes

Are designed to focus on preventing the escalation of alcohol or drug use and reducing the associated harm by educating young people on the risks associated with alcohol and drug use by allowing young people to develop attitudes & skills such as communication, decision making & goal setting to enable them to make positive informed decisions about alcohol/ drug use.

### Individual Work Programmes

Are designed to meet the specific need of the young person & may include activities on self awareness, self-esteem, confidence building, decision making, resisting peer pressure & goal setting.

## For more information

For more information about Drugs & Alcohol & services available please visit

- ➔ [www.drugs.ie](http://www.drugs.ie)
- ➔ [www.sligoleitrimdirectory.ie](http://www.sligoleitrimdirectory.ie)
- ➔ [www.nwdrugtaskforce.ie](http://www.nwdrugtaskforce.ie)

### What young people say about alcohol?

"Alcohol is a powerful drug that can destroy your life just like other drugs can"

"Alcohol is a drug because it changes the way you normally act and behave and can make you do things you normally wouldn't".

"Alcohol affects your well-being, kills your brain cells and makes you really unmotivated"

## Contact



Northwest Regional  
Drug & Alcohol Task Force

## Get Involved

"It's both fun & educational & teaches us about the harmfulness of alcohol & drugs"

"The programme gives you the opportunity to learn about things you really want to know about & you can ask the Project Workers questions you wouldn't normally ask an adult".

"It's a way to spend time with & do activities with your friends like going to the cinema, shopping & bowling"

"It's a really cool place to relax with free food, tea & hot chocolate & you get to meet new people"