

Setting:

euFAQT was implemented in two towns Liptovsky Mikulas and Presov

Description:

The sessions were conducted by a psychologist with experience in family therapy and in work with children/students. The facilitator introduced herself to the adolescents and the parents who were taking part in the interventions.

During the meetings we presented the goals and objectives of the intervention according to the detailed guide.

Around 57 adolescents participated in 4 groups aged between 12-16 years comprising equal boys and girls.

Liptovsky Mikulas - 2 groups of adolescents with 15 + 13 pupils 14-16 years old.

Presov - 2 groups of adolescents with 14 + 15 pupils 12-15 years old.

The sessions took place in both cities - Liptovsky Mikulas and Presov during two and half months. With regard to school works of pupils we had one session per week and there were one or two weeks between the sessions.

The most liked activities were the role playing, interactive games and communication skills. Visible results were: to prepare and plan the continuing activities and to use play form of activities. They were open to play roles and then to discuss and to draw conclusions. This could be the method that it works better in influence them, than giving them information in which they are not interested.

The activities what were enjoyed less about the program by the students were the following: paperwork and filling the questionnaires, some of them had problems with the drawing activities.

It was not possible to organize session for parents. Instead an information day was planned and parents were invited. The main elements of the euFAQT methodology were presented.

Main Obstacles:

As already mention it was very difficult to find parents willing to take part in the intervention. The reason - as they mentioned - was lack of time, shame and no power to admit their "failure" in their own behavior and children upbringing.

The facilitator had to concentrate both in her presentation and preparation of the next activity. Many activities needed tight management.

Many of the participants stated that there were too many questionnaires which asked the same things in general.

Overall suggestions for improvement

In terms of organizational difficulties, we think that the schedules of sessions should be reduced to 2 days not periodic meetings. Information about periodicity has influence on participants interest.

For adolescents we propose especially practical activities (for example role playing or other interactive activities in which they can actively take part).

The intervention package will be proposed for schools and some activities will be used for our one day visits in schools.

#### Lessons Learned:

- It is very important to pay more attention to recruitment activities and to educate the facilitator on how to negotiate fear of participation and on how to motivate parents to be involved in the intervention.
- For similar activities/interventions it is necessary to have the support of the school community and the support of parent associations.
- For similar activities/interventions it is necessary to initiate interactive and tobacco aimed campaigns focused on parents and adolescents.
- We believe that we should pay more attention on the quantity and the quality of the information that we share with the adolescents and with the parents on smoking data.
- It is very important to ensure interest of media for topic-parents-children-smoking issue.
- It is very important to let some free time for asking additional questions and discussing the details both for parents and adolescents.
- It is also necessary to pay more attention on practical activities for the adolescents.
- Need similar training for teachers