NEWSLETTER ISSUE 1

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ADDfreeTraining

A European initiative aiming to build and implement innovative training on the prevention of Smoking, Alcohol and Internet addictions among children and adolescents: A family oriented training approach for adult learners and educators

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The ADD-freeTraining project

ADD-freeTraining is a three-year project (1/11/2019 – 31/10/2022) funded by the ERASMUS+ Programme of the European Union, which aims to design and implement innovative training on the prevention of smoking, alcohol and internet abuse in children/adolescents.

The project promotes a family-centered approach to prevention, simultaneously addressing the school and wider social context and promoting healthy interaction within the family, school, peers and society.

The importance of the program

Addiction to smoking, alcohol and the internet are a common transnational problem, the extent and determinants of which know no boundaries in Europe. Addictive behaviors are high across the EU, especially among children and adolescents in disadvantaged groups, contributing to widening health related inequalities.

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Aim & Objectives

The ADD-freeTraining project aims to **design and implement innovative training on the prevention of smoking, alcohol and internet abuse among children/adolescents**.

Target groups are adult learners, including but not limited to parents from diverse socioeconomic background, teachers, and adult educators including youth workers, representatives of parent associations and relevant service providers.

The ADD-freeTraining objectives are:

- Develop and evaluate an interactive training curriculum reflecting the needs of adult learners, teachers and educators about the prevention of alcohol, smoking and internet addiction.
- Increase adult learners', teachers' and educators' awareness and skills in regards to prevention of alcohol, smoking and internet addiction; emphasize the need for active parental involvement, develop skills in social competence, emphasize school-based interventions.
- Enhance partner capabilities to develop and deliver relevant training.
- Increase awareness of communities, organizations, and other stakeholders on the newly produced training.
- Raise awareness about necessary interdisciplinary collaboration.

Training activities

The project outputs will raise widespread awareness concerning the important role of adults involved with youth on the prevention of addictions in childhood and adolescence.
The project's expected tangible results include:

- A **report** about the existing training and specific knowledge gaps, as perceived by parents and other stakeholders (Addiction Prevention Ecosystem Mapping and Conceptual Framework).
- Development of the **training curriculum package**. The training package will include training manual, power point presentations, and other tools, such as videos, case studies, suggested study visits, exercises, reading material per thematic, etc.
- Interactive Web platform which will include all the training modules and assessment tools that will be developed.
- Adult Education Training activities.
- Training Adaptation Toolkit.

Current news

During the current period, the consortium is finalizing the review of the training opportunities in Europe. At the same time, partners are organizing virtual focus groups with adult learners, teachers and adult educators. The focus groups aim to identify specific gaps and needs in smoking and alcohol addiction, as well as problematic use of the Internet in childhood and adolescence.

The ADD-Free Training website!

The ADD-Free Training site is now live. Visit the website to get informed about the project and find out about our latest news!

addfree-training.eu

The Partnership

The ADD-freeTraining consortium consists of 6 organizations from 5 countries: Bulgaria, Croatia, Cyprus, Greece, and Serbia. The Ormylia Foundation from Chalkidiki, Greece is the project coordinator.

Bulgaria Youth Prevention Foundation (BALNE)

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Co-funded by the Erasmus+ Programme of the European Union

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