

*"I have CHOICE!" –
2010-2011 Healthy School Project*



*「生命我有SAY!」 –
2010-2011 健康校園計劃*

BDF100032

Tai Po Government Secondary School

06/11/2010 – 07/07/2011



Project Content

● **“Reach the Peak Camp” 11-12/3/2011**



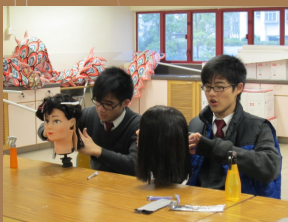
Project Content

● War Game Day 18/5/2011



Project Content

● “We Can Fly” Workshop 1/2011 – 6/2011



Life Skill Training:

Hairdressing
Snacks

Make-up

Drinks &

Project Content

● “We Can Fly” Camp 5-6/11/2010



Project Content

● Prize-Presentation Ceremony 3/3/2011



Output Evaluation

- Evaluation method
Attendance record
- Output benchmark
 - Number of participants: 75
 - Attendance rate: 70%
- Results
 - 80 students participated in the project
 - Attendance rate: 84%

Outcome Evaluation

- Evaluation method
Beat Drugs Fund Evaluation Question Set No. 1 & 4
- Outcome benchmark
 - 80% of participants show improvement in attitude towards drug abuse or statistical significance as indicated by paired t-test
 - 80% of participants show improvement in drug refusal self-efficacy or statistical significance as indicated by paired t-test

Outcome Evaluation

● Results

- T-test results indicated that there was significant improvement in participants' attitude towards drug abuse. The project helped enhance students' awareness of negative impacts rising from drug abuse.
- T-test results indicated that there was significant improvement in participants' drug refusal self-efficacy. Students equipped themselves with drug refusal skills in the project.

Experience Gained

The project has effectively enhanced students' self-confidence and self-efficacy, and made some participants become more active in everyday school lessons. The war game training improved the students' problem solving skills which are important elements in developmental adjustment. Such skills could minimize their chance of engaging in negative peer activities. War game was a powerful mean in attracting students to get involved as compared with other campus activities.

Conclusion

Students gave positive feedback to the “I have CHOICE!” Project. They actively participated in the activities. Their refusal and resistance skills were enhanced after participating in the project. All the programmes effectively strengthened the students’ life skills which play a significant role in consolidating the students’ protective factors as well as their resistance to drugs.

End