CASE REPORT ARTICLE

PREVENTION OF THE USE OF ALCOHOL IN SCHOOL TEENAGERS PREVENÇÃO DO USO DE ÁLCOOL EM ADOLESCENTES ESCOLARES PREVENCIÓN DEL USO DE ALCOHOL EN ADOLESCENTES ESCOLARES

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ABSTRACT

Objective: to report the experience of implementing an educational intervention on the prevention of alcohol use in school adolescents. **Method:** this is a descriptive study with a qualitative approach, type experience report, developed from the following steps: 1) knowledge of the school unit and presentation of the intervention proposal; 2) knowledge of the territory and situational diagnosis of problems based on the axes and guidelines of the School Health Program; 3) theme selection and intervention planning; and 4) implementation and evaluation of the educational intervention. **Results:** it was provided, through the intervention, the clarification of the risks of alcohol use, allowing school adolescents to reflect on certain behaviors and how they may be harmful to health, such as alcohol use in adolescence. **Conclusion:** the intervention was evaluated as positive for both undergraduate students and students and reinforces the need for educational activities in the school space, in order to prevent health problems related to adolescents. **Descriptors:** Underage Drinking; Alcohol-Related Disorders; Health Education; School Health Services; Adolescent Health; Nursing.

RESUMO

Objetivo: relatar a experiência da implementação de uma intervenção educativa acerca da prevenção do uso de álcool em adolescentes escolares. **Método:** trata-se de um estudo descritivo, com abordagem qualitativa, tipo relato de experiência, desenvolvido a partir das seguintes etapas: 1) conhecimento da unidade escolar e apresentação da proposta de intervenção; 2) conhecimento do território e diagnóstico situacional de problemas com base nos eixos e diretrizes norteadoras do programa saúde na escola; 3) seleção da temática e planejamento da intervenção; e 4) execução e avaliação da intervenção educativa. **Resultados:** propiciou-se, por meio da intervenção, o esclarecimento sobre os riscos do uso do álcool, permitindo aos adolescentes escolares a reflexão sobre determinadas condutas e o quanto estas podem ser prejudiciais à saúde, como o uso do álcool na adolescência. **Conclusão:** avaliou-se a intervenção como positiva tanto para os acadêmicos em formação como para os alunos e reforça-se a necessidade de atividades educativas no espaço escolar, a fim de prevenir agravos relacionados à saúde do adolescente. **Descritores:** Consumo de Álcool por Menores; Transtornos Relacionados ao Uso de Álcool; Educação em Saúde; Serviços de Saúde Escolar; Saúde do Adolescente; Enfermagem.

RESUMEN

Objetivo: informar sobre la experiencia de implementar una intervención educativa sobre la prevención del consumo de alcohol en adolescentes escolares. **Método:** este es un estudio descriptivo con un enfoque cualitativo, tipo relato de experiencia, desarrollado a partir de los siguientes pasos: 1) conocimiento de la unidad escolar y presentación de la propuesta de intervención; 2) conocimiento del territorio y diagnóstico situacional de problemas con base en los ejes y lineamientos orientadores del programa de salud en la escuela; 3) selección del tema y planificación de la intervención; y 4) ejecución y evaluación de la intervención educativa. **Resultados:** se proporcionó, a través de la intervención, la aclaración de los riesgos del consumo de alcohol, permitiendo a los adolescentes escolares reflexionar sobre ciertos comportamientos y cómo pueden ser perjudiciales a la salud, como el consumo de alcohol en la adolescencia. **Conclusión:** la intervención fue evaluada como positiva tanto para estudiantes de pregrado como para estudiantes y refuerza la necesidad de actividades educativas en el espacio escolar, con el fin de prevenir problemas de salud relacionados con los adolescentes. **Descriptores:** Consumo de Alcohol en Menores; Trastornos Relacionados con Alcohol; Educación en Salud; Servicios de Salud Escolar; Salud del Adolescente; Enfermería.

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INTRODUCTION

Adolescence is considered a peculiar period of human development, as it is a phase of gradual transition between childhood and adulthood, marked by major physical, psychological, social and behavioral changes. It also seeks social inclusion, the construction of interpersonal relationships, affective and sexual experiences, as well as their emotional and intellectual growth.¹

It is also observed that, in adolescence significant discoveries are experienced, such as the construction and affirmation of personality and individuality.² However, it is noteworthy that it is at this stage that the adolescent begins to live in other environments outside the family environment, emphasizing social insertion for the affirmation of their personal identity.³ At the same time, the desire for autonomy and independence within the family is intensified, at the same time, as well as through the experimentation of new sensations, attitudes and practices.¹

However, the insertion of adolescents outside the family context predisposes them to numerous risks, leaving them vulnerable to various situations, such as alcohol use.³ It is identified in the literature that, during adolescence, there is greater vulnerability to the first contact with alcohol and points to the freedom of parents, the influence of the family environment, low prices, ease of access, the influence of groups and advertisements as contributing factors to the early consumption of alcohol use.⁴

In this perspective, it is noteworthy that the Child and Adolescent Statute (CAS) makes the conduct of those who sell, supply, administer or deliver alcoholic beverages and other products capable of causing physical or mental dependence in children or adolescents criminal. However, these practices are still observed. In addition, the lack of enforcement, the permissiveness of families and society are contributing factors to alcohol consumption.⁵

It is emphasized that the School Health Program (SHP), established by Decree No. 6,286 / 2007, with the objective of contributing to the development of the Brazilian population through joint actions between school and health, seeks to improve the quality of life, by addressing the vulnerabilities presented by learners that hinder the teaching-learning process, such as alcohol consumption.⁶

Based on this program, the aim is to fulfill anxieties regarding the strengthening of the articulation between the education and health sectors, aiming at practicing intersectorality and co-responsibility between different sectors of society, seeking inclusion and comprehensiveness.⁷ SHP actions are developed in the territory covered

by the Family Health Strategy (FHS), which enables the creation of bonds between the health team and the school.⁸

The process of health promotion, aiming at preventing the use and abuse of alcohol and its possible health problems for adolescents, through health education, aiming at the development of healthy lifestyle habits⁴, is crucial. Health education is a teaching-learning process that aims at health promotion, and nurses are the main mediator for this to occur, as it enables changes in people and the community.⁹

OBJECTIVE

- To report the experience of implementing an educational intervention on the prevention of alcohol use in school adolescents.

METHOD

This is a descriptive study with a qualitative approach, experience report type, developed in the discipline Child and Adolescent Health, taught in the sixth period of the Undergraduate Nursing course at the Federal University of Piauí (UFPI), Campus Picos, result implementation of an educational intervention held in October and November 2018.

As a scenario of educational intervention, a state public school located in the city of Picos, Piauí, Brazil was elected. The theoretical basis for guiding the planning and implementation of the intervention were the thematic axes, guidelines and actions of the School Health Program (SHP) established by Decree No. 6.286 of December 5, 2007.¹⁰

The following steps were taken, for the development of the educational intervention: knowledge of the school unit and presentation of the intervention proposal; characterization of the territory and elaboration of the situational diagnosis of the problems; theme selection and intervention planning; and implementation and evaluation of educational intervention.

It was used as didactic resources: educational video; dynamic entitled "Human Knot"; exhibition of images presenting the dangers of alcohol, and a monologue play entitled "Letter to the Loved."

It is emphasized that, for this study, it was not necessary to submit it to the Research Ethics Committee, since it is an experience report with the purpose of describing the activities developed by nursing students, in order to contribute to the health education process.

RESULTS

The following are the steps developed for the construction of empirical material produced from the intervention in question.

Knowledge of the school unit and presentation of the intervention proposal

A field visit was held, in which the members of the discipline practice group presented themselves to the school's management, in order to expose the objectives of the activity, as well as to know the structure, location and verify the importance of school participation for effectiveness in the execution of the actions of the SHP. It is added that this first contact enabled the creation of bond and trust with the institution and the students, as well as allowing academics to acquire and develop competences and skills pertinent to their role as future nurses / educators in the most varied spaces where nursing care is performed.

Territory characterization and elaboration of situational diagnosis of problems

At this stage, a meeting was held with the school's board and teachers to outline the main problems of the territory (Figure 1), as well as the

internal demands of the institution regarding adolescents. Among the situations reported were drug use, teenage pregnancy, sexual, domestic, psychological violence and early alcohol use by adolescents.

It is noteworthy that the school has a large physical structure for its operation, but identified, near its location, eight establishments / points of sale of alcoholic beverages, which makes the adolescent public more vulnerable to early use, further reinforcing the central role of the school in intervening and seeking education strategies, awareness and guidance with adolescents about the risks arising from alcohol use, thus justifying the choice of the theme to be debated with the target audience.

Figure 1. Scheme of location of the school unit and identification of points of sale of alcoholic beverages. Peaks (PI), Brazil, 2018.

♦ **Theme selection and intervention planning**

One proceeded to the third stage choosing “Alcohol use in adolescence” as the theme to be discussed, taking into consideration art. 4, in which the actions that permeate the SHP are mentioned, highlighting “Prevention and reduction of alcohol consumption”.¹⁰ The intervention was planned in pre-established meetings between academics, defining strategies, approaches and methods of execution.

♦ **Implementation and evaluation of educational intervention**

It was scheduled, in the fourth and last stage, respecting the student calendar, the execution and evaluation of the proposed activity. She returned to school one week before the invitation to the adolescents. It is noteworthy that, since the proposal presentation stage, the students were well received by the school public, encouraging them and providing them with positive expectations for the activity.

The intervention was carried out for two hours in a well-lit, air-conditioned classroom, where a data show, speaker and posters were used. Twenty adolescents of both sexes, aged between

15 and 18 years old, were distributed among the first, second and third grades of high school.

It is noteworthy that the first moment of the intervention was the presentation of nursing students and the School Health Program (SHP) to students. At this moment, an educational video organized by the Ministry of Health and Education was used, which brings considerations about the SHP. After presenting the video, students were asked about the program and many reported that it was something new and did not know of the existence of a program that could promote health within the school.

It is noteworthy that the reports were very repetitive, emphasizing that they always resorted to the health clinic or hospital, when they needed some assistance. However, it is emphasized that the objectives and actions of the program were presented in order to guide them on all activities that integrated the thematic axes and how they could have access. At that moment, there was an incipience in the execution of the SHP in the respective teaching unit, highlighting weaknesses in the insertion of the program as a fundamental strategy to assist the adolescent students in their health needs in that territory.

In the second moment, the dynamic entitled "Human Node" was chosen to introduce adolescents to the risks of alcohol use. Everyone was asked to form a circle holding hands and look at who was on their right and left. He then directed them to close their eyes and move freely around the room. They were asked to try to take the hands of those beside them without leaving their seat. In the end, a mass of intertwined people formed into a "Human Knot."

The aim was to show adolescents how easy it was to make choices in our lives, but how difficult it was to face the consequences. It is noteworthy that the dynamics portray the arduous struggle of countless people who became addicted to alcohol in their teens. In addition, at that time, many reported to colleagues and family, who fought hard to get rid of alcohol.

In the third moment, some of the alcoholic beverages found in the adolescents' daily life and their potential health risks were presented. Each academic contained a plaque about a drink and its potential health risk. It was observed that they were curious because they often make use of a substance without knowing the harmful effects that it can bring to the body. Of the presented drinks, wine, beer, vodka, caipirinha, liquor, cachaça, tequila and whiskey are mentioned.

It is noteworthy that the fourth moment favored a higher concentration of adolescents, since a play in the category of monologue entitled "Letter to the ones I Loved", with a reflective approach, explained the story of a girl who lived life without measuring the consequences of their acts, seeking the meaning of living in alcohol abuse and parties. In the play is the narrative of a young woman who went out with her friends and, together, made use of alcohol without moderation and who, upon returning home, suffered a serious accident, and she reflected on the recklessness they were committing and that teenagers often find themselves in similar situations.

DISCUSSION

It was intended, through the developed activities, to emphasize the importance of the health-education dyad, in the sense of a priori recognizing the local reality, its problems and school demands. It is highlighted here that health and education are always associated when the context revolves around living conditions. It is verified that the process of interaction between both constitutes a way that favors the structuring of important mechanisms, as to the achievement of quality of life. It is also known that the construction of pedagogical practices - including those involving health education - still faces major challenges in face of the demands that schools face.¹¹

It is also noticed that, often, health education activities implemented only by the school itself do not have much recognition and, thus, do not allow the evaluation of this potentiality.¹² Therefore, it is understood that school health strategies must assume that it is necessary to stimulate the process of flexibility of school curricula and create institutional spaces that are welcoming and facilitating for integrated planning of education and health with an integral and participatory approach,¹³ especially among the adolescent population, since in this period the experiences can reflect on something that causes instability and psychological distress and, consequently, greater vulnerability to drug use.¹⁴

It is noteworthy that the choice of the theme worked with adolescents was very important within the school context, since studies indicate that alcohol is the most consumed alcoholic beverage among schoolchildren in the age group comprised,¹⁵⁻¹⁶ which makes strategies such as this very important for the implementation of health promoting mechanisms in the school.

It is emphasized that alcohol use by adolescents may have some consequences, such as alterations in attention, verbal learning, visuospatial processing and memory, along with changes in the development of gray and white mass volumes, and their integrity may be disrupted. Some of the functional consequences caused by alcohol are linked to this, such as decreased cognitive flexibility, behavioral inefficiencies, and increased anxiety, disinhibition, impulsivity, and risk.¹⁷

It is noteworthy that about 30 million Brazilians have had at least one problem related to alcohol use during their lifetime.¹⁸ It is also observed that family relationships are decisive points regarding the use of alcohol in adolescence, as they believe. It is noted that when parents have alcoholic drinkers, the risk of adolescent alcohol use disorder increases.¹⁹

It is also confirmed that the social problems faced by young people who abuse alcohol are not dissociated from physical problems, however, it is complex to intervene in a public that is difficult to be effectively addressed, such as adolescents, especially, due to the great influence of the media, such as movies, soap operas, advertisements that incessantly convey the sensation of pleasure related to the use of alcohol, even if unintentionally. It is recognized that the didactic and creative approach for this audience is very interesting for the effectiveness of health at school.²⁰

In addition, in addition to interventions made directly with adolescents, working with families is essential, as studies highlight this as a viable method for reducing not only the onset of short-term substance use, but also the development of subsequent alcohol use disorders.²¹

In this sense, it is understood that health education is considered a preventive, educational and social action capable of subsidizing protection mechanisms against the use of alcohol and other drugs by adolescents and, thus, collaborating in the construction of the co-responsibility of individuals in this context, in order to make them aware of the positive changes in their behavior and attitudes.²²

The importance of the implementation of health education strategies at school is highlighted, as they enable interdisciplinary and intersectoral development in students, having as a central pillar the promotion of health, which effectively reflects on the improvement of adolescent health.²³

CONCLUSION

The intervention was evaluated as positive for both nursing students and school adolescents. There was an engagement of the teaching unit to receive the activity, corroborating the link that it must establish with health services to develop actions that can reach specific and vulnerable groups, such as early alcohol consumption in adolescence.

It was observed how much health education is essential to guide and promote behavioral changes in adolescents. It was noted that the students assisted by the intervention could add new knowledge about alcohol consumption, in addition to solving doubts about the topic addressed, through questions that are not always discussed in the school environment.

It is emphasized that the participation and involvement of students during the intervention were crucial to achieve the proposed objectives, as it favored the process of exchange between educator, promoting discussion and reflection about the insertion of the school as a health promoting environment, the which reinforces the importance of nurses' performance in this field.

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