



ÖCKERÖ KOMMUN

The Ockero Method

(Öckerömetoden)

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Alcohol political history



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- Major drinking problems in Sweden for hundreds of years
- “Spirits area, beer area and wine area”
- “Sober movement”
- 1922 – referendum / voting to forbid alcohol, 49%
- “Motbok” = limit of how much you were allowed to buy per man, until 1954
- 1965 –1977 beer in shops (age limit 16) and youth drinking increases





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Spritbältet (Spirits area)



Alcohol political history



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Alcohol political history



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- Alcohol consumption decreases in both adults and youths during 1980
- 1994 - Sweden joins European Union
- Globalisation
- Youth drinking increases until 2000 and a focus on prevention starts





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How does it work in “your” countries?

Laws and regulations concerning alcohol and drugs?

What are the challenges?

What has improved over time?

Similarities and differences compared to Sweden?



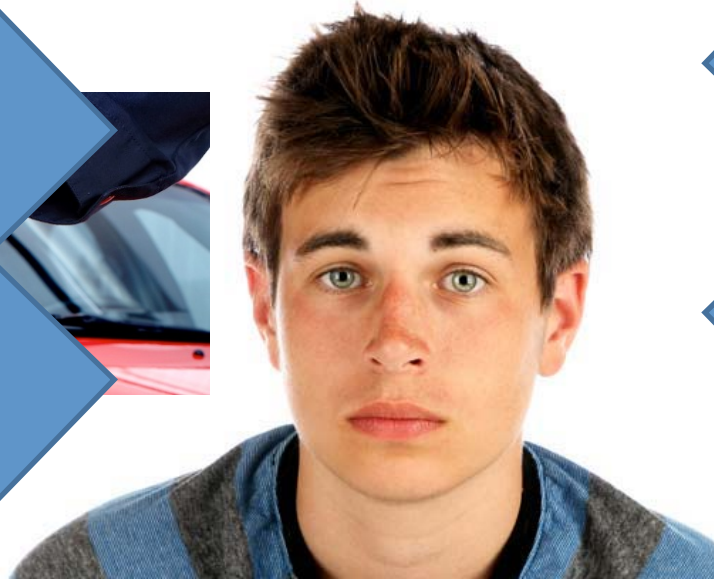


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John, 15 years old



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If all adults in a society agree that no one should drink alcohol before they are 18, youth drunkenness will basically already be extinct.



Who shall agree?



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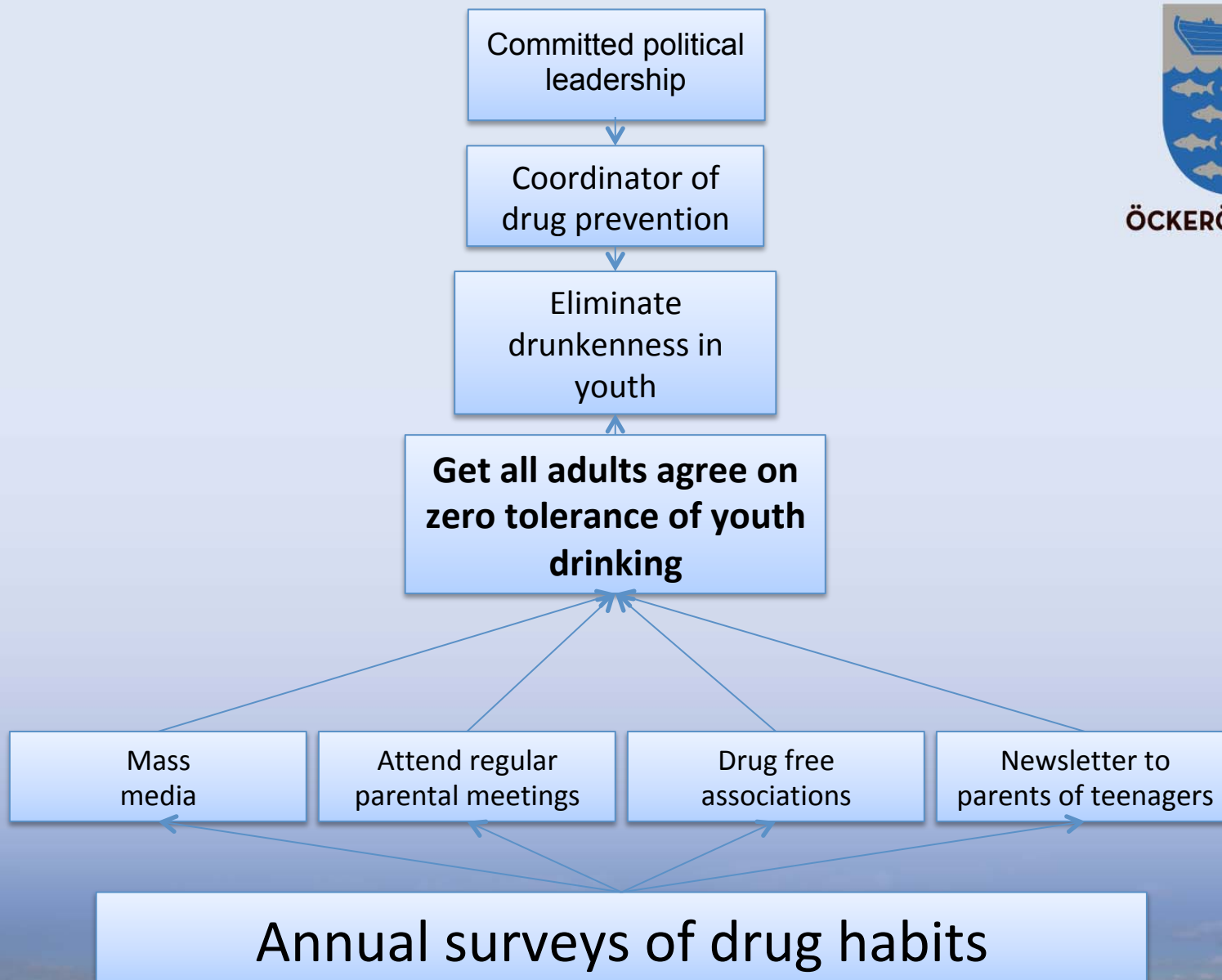
Parents

Coaches, teachers, volunteers, headmasters, elected officials, business owners, social workers, youth workers, police officers, doctors, the postman, grandma etc.





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Annual surveys of drug habits



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- Answered yearly by pupils in grade 7-9 in Öckerö municipality, since 2003
- 2018 – made in 15 other Swedish municipalities
- Questions about:
 - alcohol habits, tobacco use and other drugs
 - attitudes e.g. towards drunk driving & cannabis legalisation
 - mental health, relationship to parents, bullying, school satisfaction
- Results presented to parents, school staff, politicians and other professionals who work with children and youths

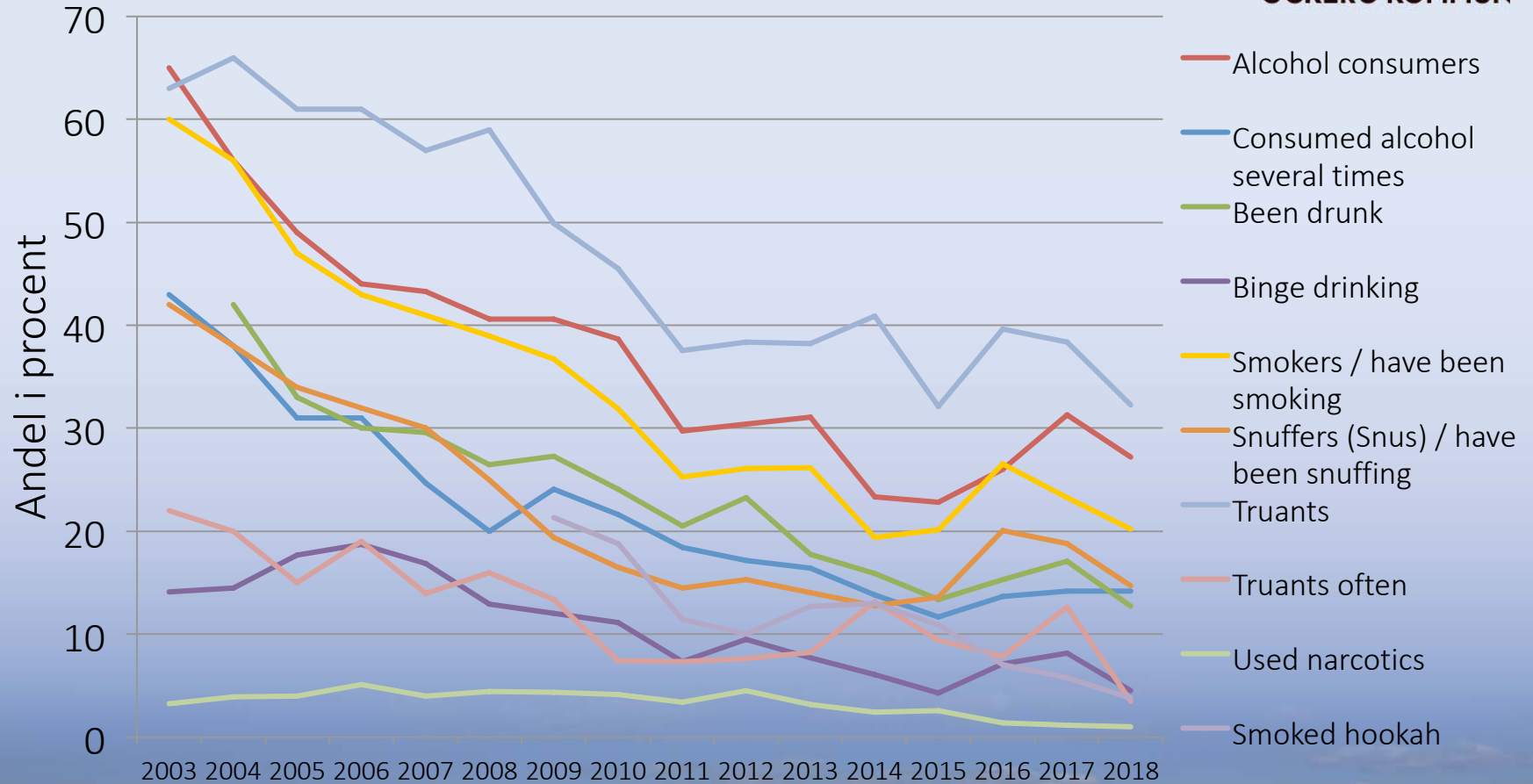


Summary

Grade 7-9



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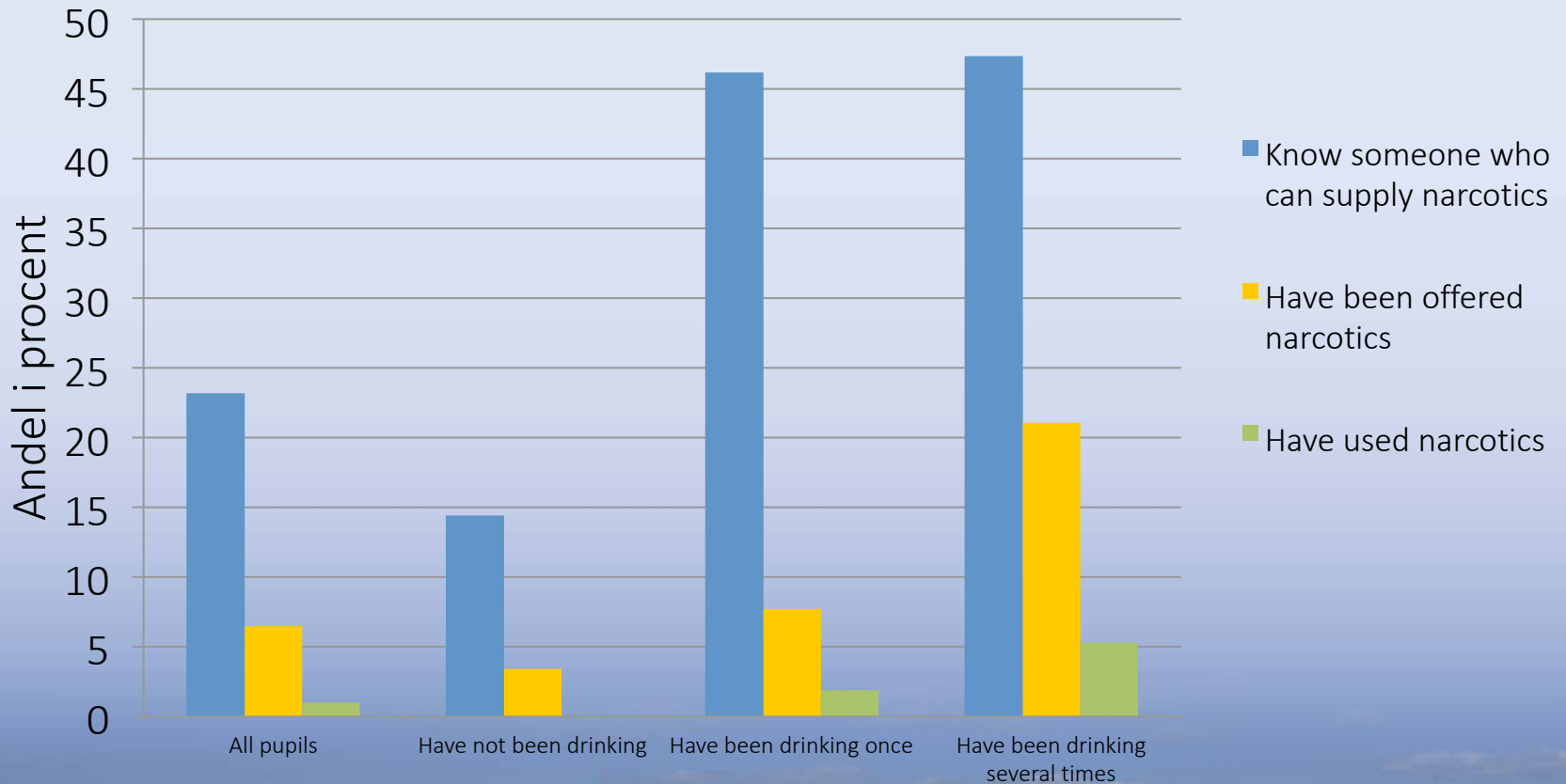


Association between alcohol and narcotics

Grade 7-9



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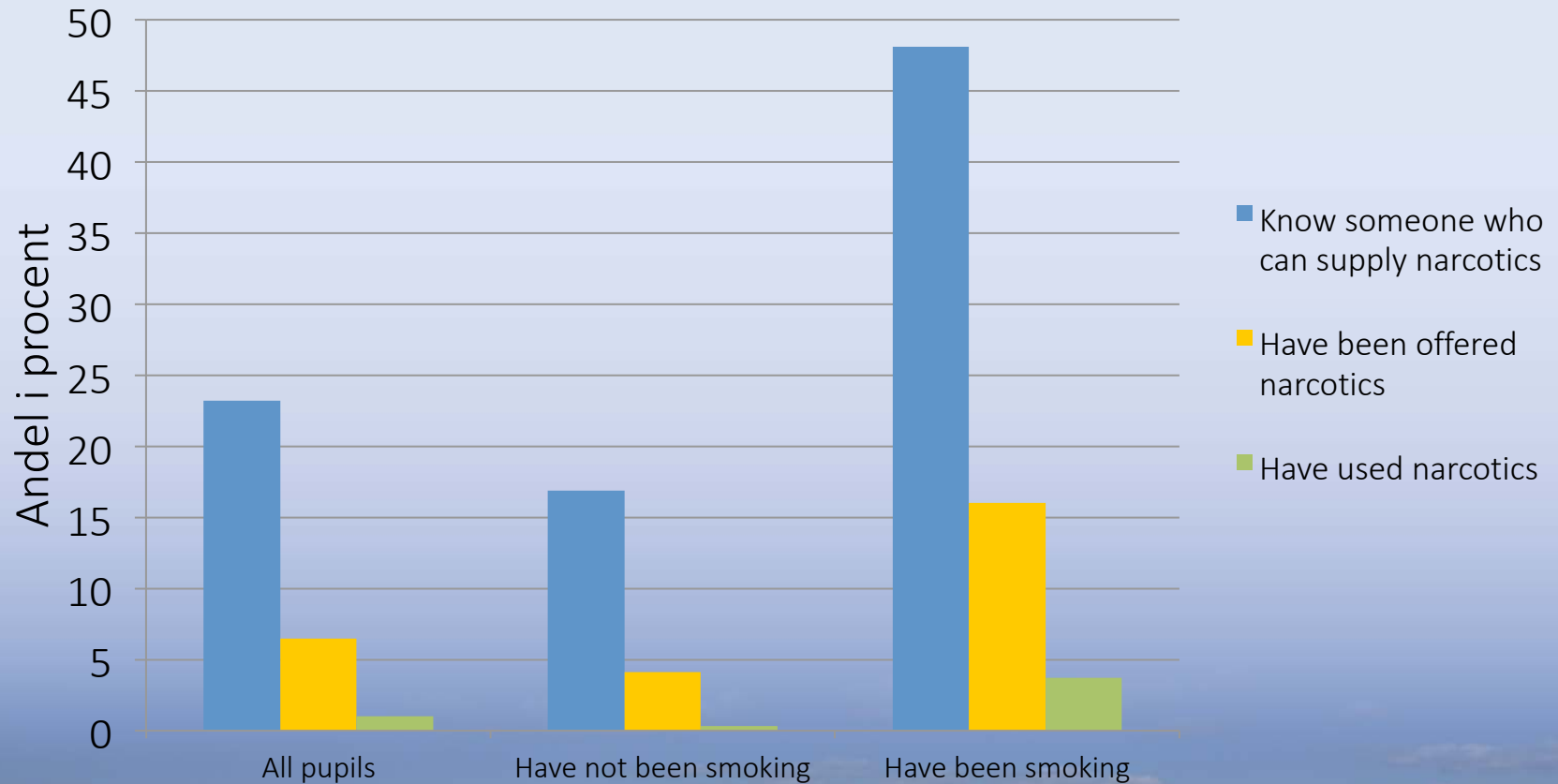


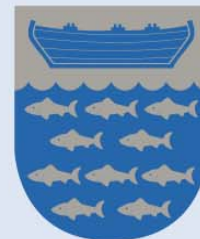
Association between smoking and narcotics

Grade 7-9



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Do you have anyone to talk to about things that are important for you? (possible to choose multiple options)

Yes, I can talk to parent /parents/ guardian

Yes, I can talk to teacher/other school staff

Yes, I can talk to staff in youth recreation center

Yes, I can talk to other adult

Yes, I can talk to siblings

Yes, I can talk to friends

No, I have noone to talk to



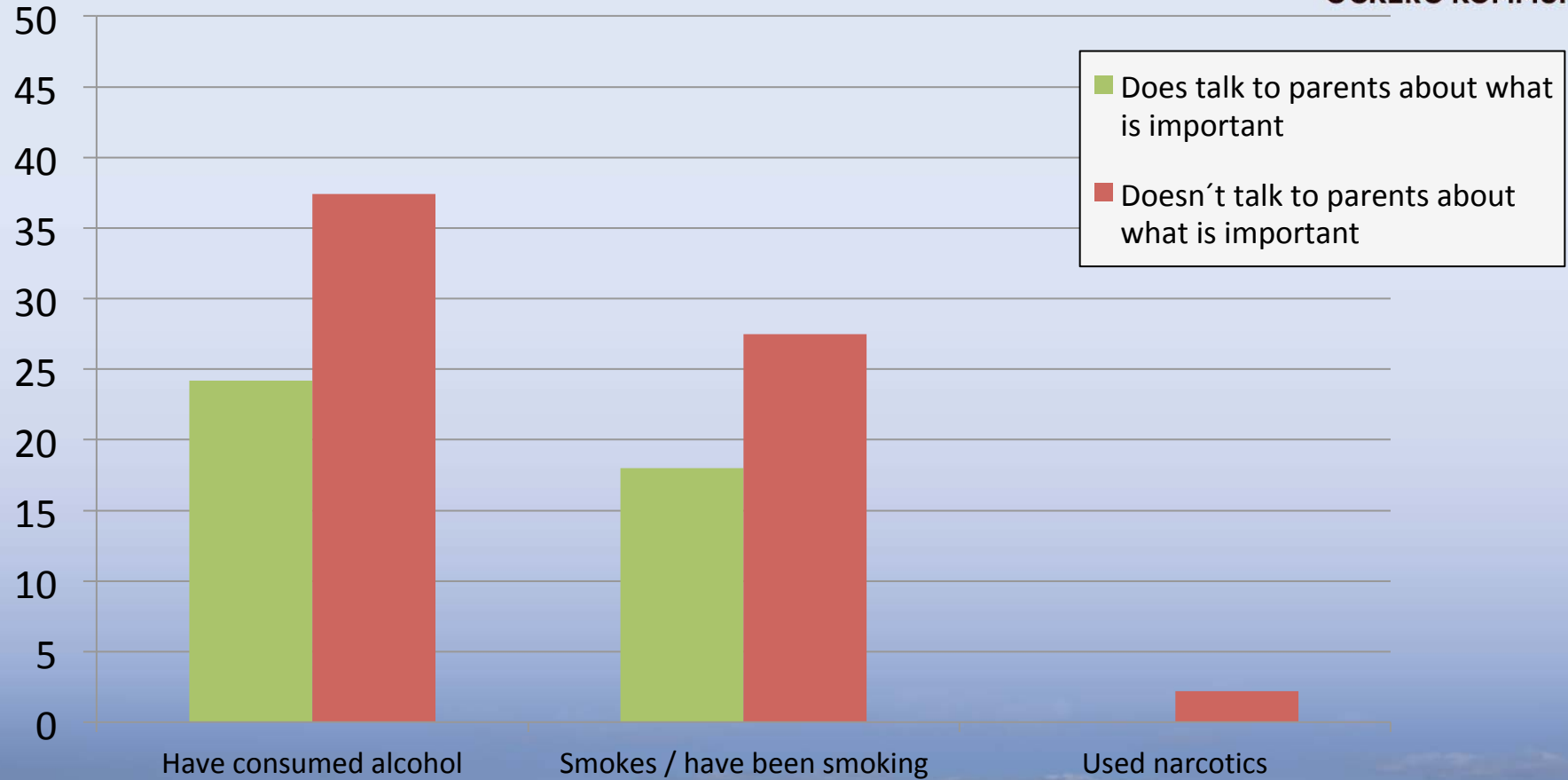
Alcohol and other drugs

Grade 7-9



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Procent



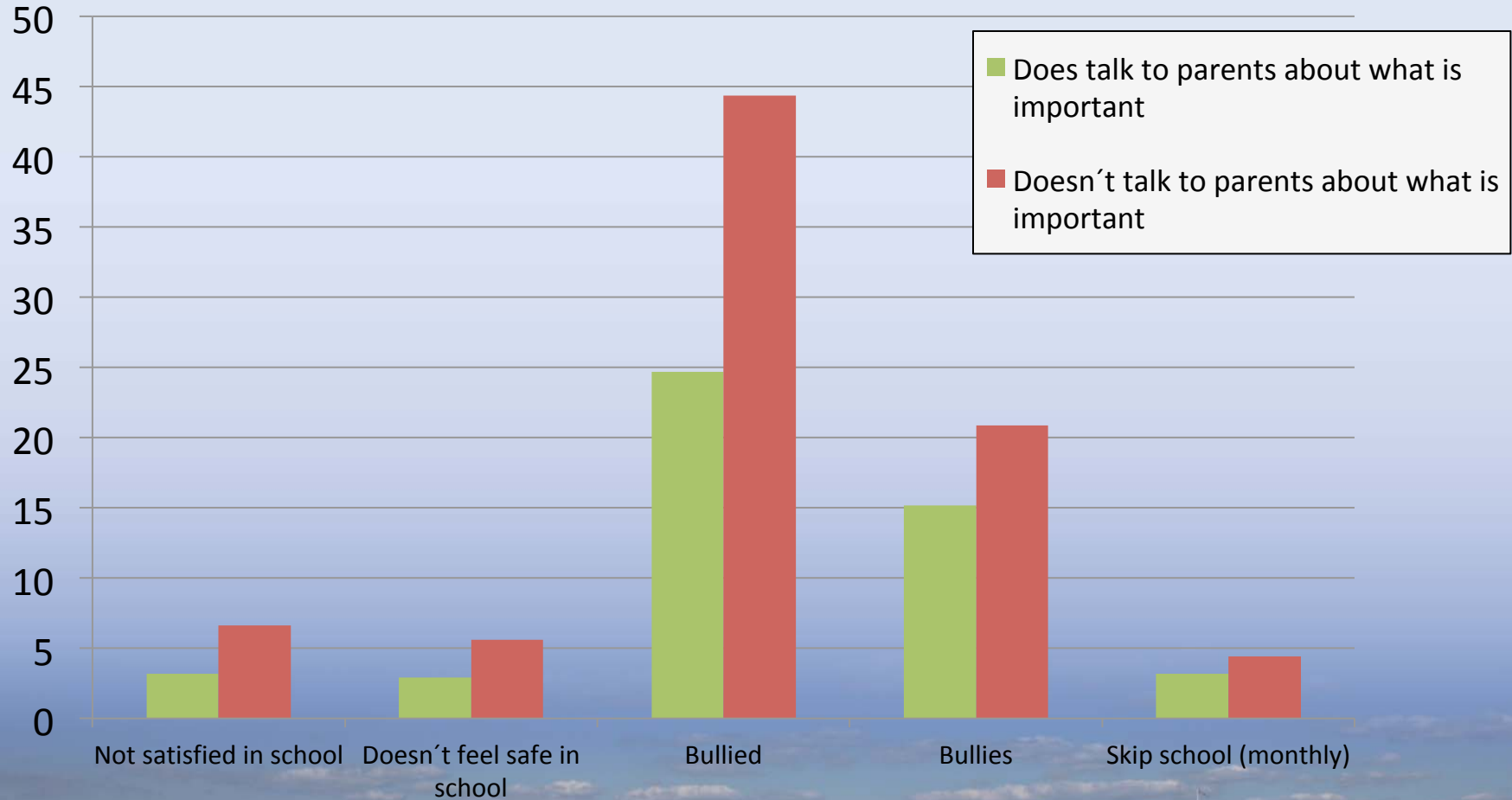
School satisfaction and bullying

Grade 7-9



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Procent



How are you doing?

Grade 7-9



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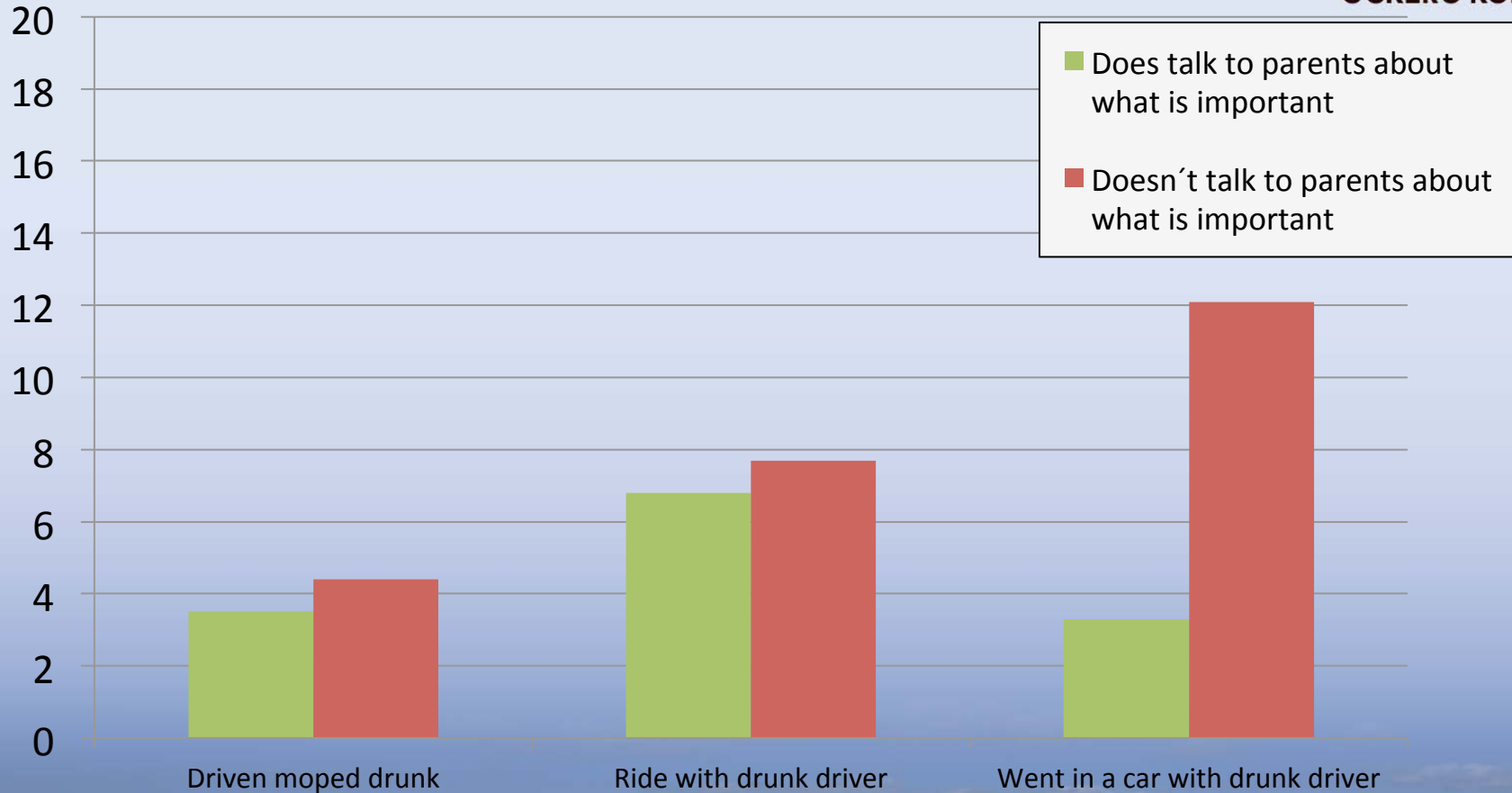
Drink and drive

Grade 7-9



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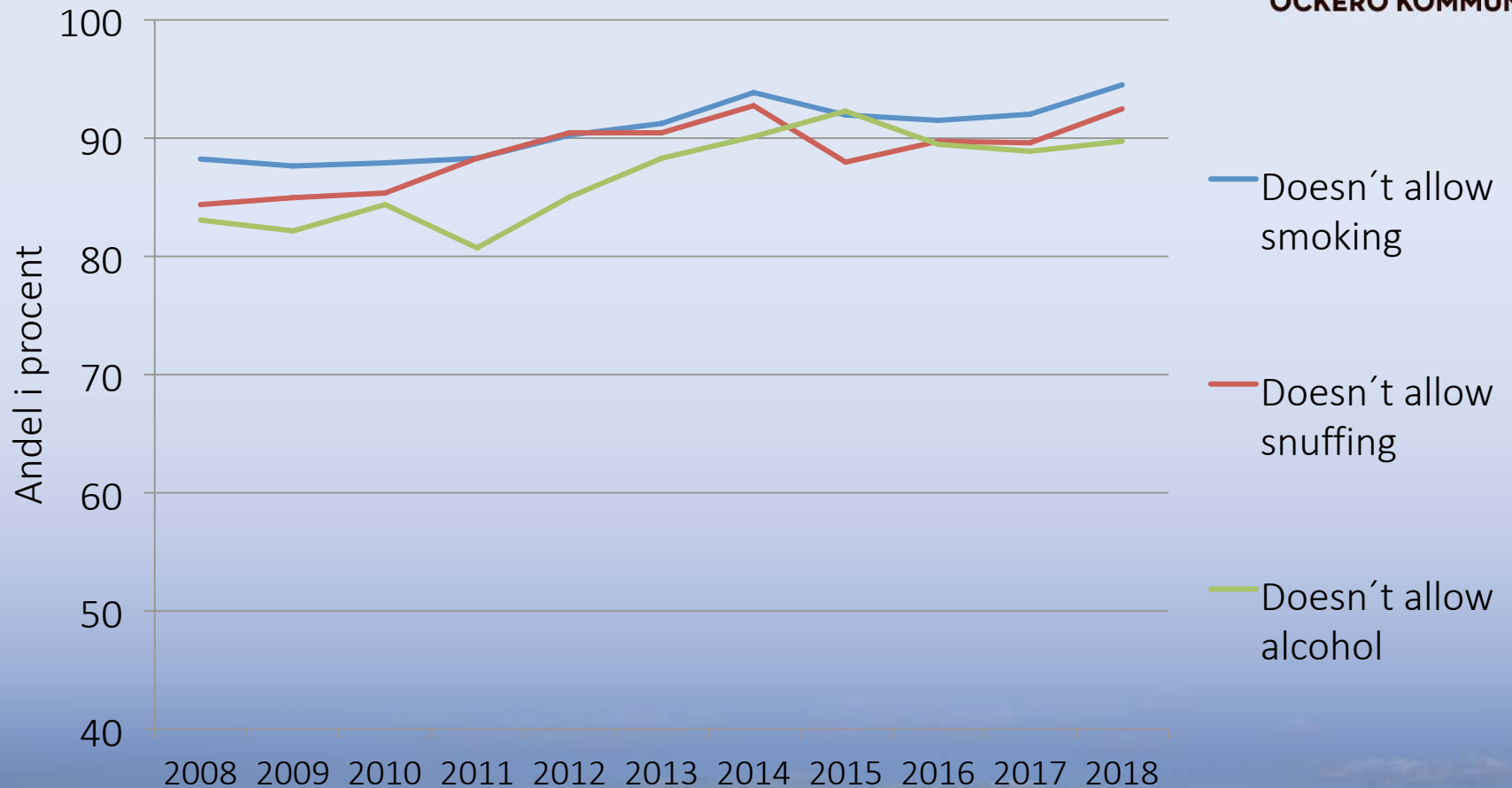


Parental allowance

Proportion which states that both or one parent does not allow
Grade 7-9



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Evaluation of The Ockero method

- Four year study to measure the effectiveness of the prevention method
- Quasi experimental study in south of Sweden - 4 intervention municipalities and 4 control municipalities
- After one year – positive effect in intervention municipalities





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The Ockero Method

(Öckerömetoden)

Thanks for your attention! More questions?

Welcome to contact us:

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