



1. Project title

YOU HAVE ONE LIFE – DON'T WASTE THE OPPORTUNITY!

2. Main theme

Social pathologies (addiction to psychoactive substances, including new drugs / "boosters" /, drug offences and other crimes committed to obtain funds for drugs, criminal-law consequences of violations of law).

3. Project purpose and outcome (in two sentences)

Reducing the number of cases of young people becoming addicted, especially drug users, as leading as a consequence to breaking the law and criminalization, increasing the level of knowledge about threats and increasing the effectiveness of actions to avoid and prevent breaking the law by minors and reducing the level of risk of demoralization

4. Project submitter (Member State), project leader(s) and project partner(s)

- City Police Headquarters in Łódź, Social Prevention Team of the Prevention Department, ul. Sienkiewicza 28/30, 90-114 Łódź, tel. 42 665 18 18 (Poland) - project submitter

project leader:

- Municipal Police Headquarters in Łódź ul. Sienkiewicza 28/30

project partners:

- Penitentiary Institution in Łowicz, 3 Wiejska Street,
- L. Schiller' s Polish National Film, Television and Theatre School in Łódź, ul. Targowa 61/63,
- Psychological and Pedagogical Counselling Centre for Youth in Łódź Al. Fr. Card. S Wyszyński 6,
- Marek Edelman's Dialogue Centre in Łódź ul. Wojska Polskiego 83,
- Social Academy of Sciences in Łódź.

1. Links to the project's website or online reports/publications (preferably in English)

Information about the project is available on the website of the Municipal Police Headquarters in Łódź (<http://www.lodzka.policja.gov.pl/ld/informacje/30735,Lodzki-program-profilaktyczny-quotMasz-jedno-zycie-nie-zmarnuj-zamiyquot-rozpoc.html>); (<http://www.lodz.policja.gov.pl/eld/komunikaty-1/aktualnosci/30550,Masz-jedno-zycie-nie-zmarnuj-szansy.html>) and on the websites of the partners (<https://www.kuratorium.lodz.pl/masz-jedno-zycie-nie-zmarnuj-szansy-program-profilaktyczny-lodzkiej-policji/>); ppdm.edu.lodz.pl/uncategorized/lodzki-program-profilaktyczny-masz-jedno-zycie-nie-zmarnuj-szansy-rozpoczety, <https://lodz.san.edu.pl/spoleczna-akademia-nauk-partnerem-in-innovative-prevention-program-have-one-life-not-miss-your-chance>

5. Short summary of the project (**max. 100 words**)

The program "You have one life - don't waste the opportunity!" coordinated by the City Police Headquarters in Łódź is an integrated prevention program based on social impact strategy. The program aims to minimize the situation of violation of law by secondary school students. This goal is achieved by improving students' knowledge of social norms, threats related to demoralization, as well as increasing the awareness of recipients regarding the harmfulness of health and social problems related to the use of psychoactive and psychotropic agents. The advantage is that it can be extended with further preventive content.

6. Project description

Name: "You have one life - don't waste the opportunity!"

Type of program: educational and informative, initiating further integrated preventive measures, including those based on creative prevention and the concept of resilience in a diagnosed need

Addressee/recipient/ program: young people studying in the first grades of all types of secondary schools (high schools, technical colleges and industry schools)

The main objective of the program: to reduce the number of young people becoming addicted, including drugs, leading in consequence to breaking the law and reducing the level of risk of demoralization through integral measures to prevent risky behaviours, especially addictions, increasing the level of knowledge about threats and their avoidance through inducing emotions that are the drivers of change and comprehensive intervention to compensate for education deficiencies at the cognitive and emotional levels through the integrated activity of entities conducting educational and preventive activities as part of a joint program for a significant increase in the effectiveness of universal prevention and stimulation of various activities supporting the internalization of socially desirable values.

The indirect objectives of the program are: the improvement of universal security

with the consequent reduction of the level of danger of the inhabitants of Łódź, reduction of the sphere of social pathologies and addictions, reduction of the level of social aggression and personal potential.

Main thematic area: Social pathologies (addiction to psychoactive substances, including new drugs / 'boosters!'), drug offences and other offences committed to obtaining funds for drugs, criminal-law consequences of violations of law).

Program implementation period: from October 18, 2018, to June 21, 2019.

Author and entity responsible for coordination: City Police Headquarters in Łódź.

Partner entities: School Board of Education in Łódź, National Film, Television and Theatre School Leon Schiller in Łódź, Penitentiary Institution in Łowicz, Dialogue Centre Marek Edelman in Łódź, Psychological and Pedagogical Counselling Centre for Youth in Łódź, Social Academy of Sciences in Łódź.

Stages of program implementation:

Inauguration of the program: A preventive forum for school heads of all levels, educational institutions, school educators, probation officers, policemen, city guards, employees of aid institutions, cultural educators, volunteers of non-governmental organizations, parents and legal guardians of minors devoted to the issue of increasing the effectiveness of preventive activities (in those using the concepts of universal integral prevention, creative prevention and peer prevention).

The main core of the program: one and a half-hour workshops for young people studying in secondary schools in Łódź with a presentation of a documentary film realized in the Penitentiary Institution in Łowicz and psychological activating exercises conducted by specialists from the Psychological and Pedagogical Counselling Centre for Youth in Łódź (tutors assigned by the Counselling Centre for specific schools; information acquired during the workshops can be helpful in diagnosing preventive needs (indicating and selective prevention) and in organizing further interventions to consolidate the desired social attitudes and internalize values.

A preventive competition for students covered by the program for a short etude or a film spot on subjects corresponding to the issues raised during the program workshops.

8. Project objectives

The main objective of the program: reducing the number of cases of breaking the law by minors and reducing the level of threats of demoralization and falling into addiction through integral measures to prevent risky behaviours, especially addictions, increasing the level of knowledge about threats and their avoidance by arousing emotions that are the drivers of change and comprehensive compensatory intervention education deficiencies at the cognitive and emotional level through the integrated activity of entities conducting educational and preventive activities under a joint program for a significant increase in the effectiveness of universal prevention and stimulation to various activities supporting the internalization of socially desirable values.

The indirect objectives of the program are: improvement of universal security with the consequent reduction of the level of danger of the inhabitants of Łódź, reduction of the sphere of social pathologies and addictions, reduction of the level of social aggression and personal potential.

9. Project outcome

--

10. Start and end project, timescales and key milestone dates

18.10.2018 - the inauguration of the program - inaugural conference/publication of the program and organizational assumptions of the project /;

8.11.2018 - commencement of program workshops for young people (until 30/05/2019 every Thursday between 9:30 - 11:00 and 11:30 - 13:00 there were preventive classes with the participation of young people);

June - August 2019 - summary and evaluation of the program

October 17, 2019 - a preventive conference with the results achieved during the first edition of the program and the announcement of its continuation in the 2019/2020 school year (proposed changes within the evaluation and the schedule of meetings)

11. Funding (total budget and type of funding (e.g. ISEC, EUCPN Fund,))

The project was financed under own budgets: City Police Headquarters in Łódź (coordination of activities and conducting workshops), Psychological and Pedagogical Counselling Centre for Youth in Łódź (conducting exercises during workshops, coordination of follow-up preventive and assistance activities), National Film, Television and Theatre School them. Leon Schiller in Łódź and the Penitentiary Institution in Łowicz (expenditure on the implementation of a preventive film with the participation of prisoners), Dialogue Centre Marek Edelman in Łódź - providing a projection room and rooms necessary to conduct a preventive forum and preventive workshops. Social Academy of Sciences - purchase and printing of necessary information and educational materials.

The cost of project implementation was borne by partner entities involved in its organization and implementation as regards their budgets.

12. Evaluation

An internal evaluation of the project results and its effectiveness was carried out. rated:

I. The degree of implementation of the program assumptions (the number of workshops conducted and students covered), finding the result satisfactory (51 meetings with students of 197 first grades of all types of schools were planned; due to organizational problems on the side of the schools invited to participate,

the project participants did not take advantage of the project from out of 47 facilities to which the invitation was directed; the workshop was attended by 2845 students of Łódź schools);

II. Degree of achieving the assumed preventive goals in n / a areas:

1 / a reduction of 5% concerning the diagnosis period of the number of punishable offences in the group of minors between 15 and 17 years old in the categories: fight or battery, damage to health, robbery crimes, theft and damage to someone else's, drug offences. By the method of secondary analysis of data from police information systems for the 2017/2018 school year and the corresponding period of 2018/2019, it was found that there was a significant decrease in the number of criminal acts in the age group cited in each of the designated legal categories (dynamics in terms of fights or beating 15%, injuries 21%, robbery crimes 23%, theft 30%, damage to other people's things 7.3%, drug offenses 50%);

2 / reduction by 2% in relation to the diagnosis period of the number of demoralization threat cases in the following categories: alcohol consumption and drug use in the group of minors between 15 and 18 years of age - the measure was achieved (dynamics of actions in the category of alcohol consumption 36%, drug use 28%) .

3 / raising by more than 20% the level of knowledge of workshop participants conducted as part of the program on contemporary threats and the consequences of violations of law. For diagnostic purposes, a measuring tool was developed in the form of an anonymous research questionnaire (pre-test / final / and final / post-test). Workshop participants completed 2845 initial surveys (survey I) and 2837 surveys after conducting preventive program activities (survey II). The average increase in knowledge from six survey test questions was 17.6%. The result intended by the organizers of the program was not achieved due to the high level of knowledge of the respondents (exceeding 80% of the correct answers to questions number 1 and number 5 in the pre-test excluded the possibility of achieving the assumed result). In the remaining questions, the satisfaction threshold was exceeded. The increase of knowledge at the achieved average level seems to be highly satisfying, especially taking into account the short-term and short duration of the educational relationship (the duration of the workshop in no case exceeded an hour and a half).

4 / increasing the effectiveness of preventive actions to compensate for education deficiencies at the cognitive and emotional levels by expanding cooperation for integrated preventive activity. A satisfaction threshold of at least 30 entities has been assumed. Taking into account the closer cooperation with more than forty post-primary schools, the assumed measure has been achieved. In addition, in the implementation of the project, cooperation was established with other entities (psychological and pedagogical clinics, treatment centres, cultural facilities), which contributed to joint preventive initiatives (including the preventive campaign

"Don't hate me and do not exclude!") and increase the quality and effectiveness preventive measures.

13. Contact details project

City Police Headquarters in Łódź, Social Prevention Team of the Prevention Department, ul. Sienkiewicza 28/30, 90-114 Łódź, tel. +48 42 665 18 18; prewencja@lodz.ld.policja.gov.pl