



## IMPACT AND OUTCOMES

SMASHED is Life Education Trust's theatre-in-education programme to equip rangatahi to make safe decisions around alcohol. Performed in schools across New Zealand, SMASHED engages students in learning about peer pressure, relationships and the dangers of consuming alcohol.

An independent evaluation of SMASHED by the New Zealand Council for Education Research (NZCER) was released in 2022.

### NZCER KEY FINDINGS

#### **Supports the health curriculum**

School staff viewed SMASHED as a key support for the health curriculum, and most integrated it into classroom health learning.

#### **Highly engaging**

Staff valued the way that SMASHED was a visual performance and therefore offered students a different form of learning, that both enhanced and supported school programmes.

*We used SMASHED as reinforcement for what we are already teaching in health.*

*To see a different perspective in a non-confrontational way, not from teachers but from someone else...is actually really, really valuable.*



## NZCER KEY FINDINGS

### Aligns with school focus

School staff viewed SMASHED was well-aligned with their health education focuses and that this presentation by an external provider acted to reinforce key information, messages and social competency strategies covered at school.

*Outside presenters can be very valuable if they are presenting something that is aligned with the curriculum as well as the learning outcomes we desire for our students.*

### Provides strategies to deal with peer pressure

The workshop aspect of the performance was particularly valuable for students as they were able to suggest alternative social competency strategies and see them tested out by the actors.

*One thing I might do differently now .. use the things I learned and stand up for myself when being peer pressured.  
(student)*

## PROGRAMME REACH

2022



2019-2022





## WHY ALCOHOL EDUCATION IS IMPORTANT IN NZ

While the number of young people binge drinking in New Zealand has declined over recent years, it remains high compared to other countries.

In the Youth19 research, more than one in five students (22%), reported binge drinking in the last 4 weeks. Binge drinking increased with age, and prevalence was very high in the 17+ age group (42%).

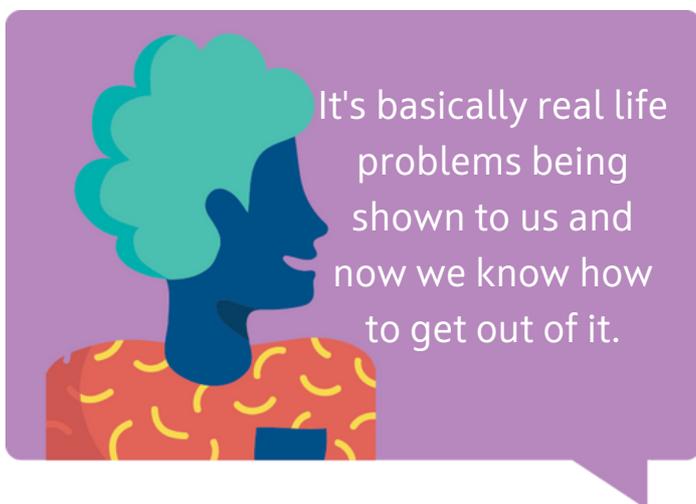
The 2019/20 New Zealand Health Survey showed around 1 in every 7 (14.7%) adolescents (15-17 years) reported consuming 6 or more standard drinks on one occasion in the last month in 2019/20.

In this survey, 57.5% of 15-17 year olds reported drinking in the last year.

After experiencing SMASHED, 92% of students said they were less likely to drink alcohol while underage.\*

*\*Life Education Trust follow-up survey, 2022*

## FEEDBACK



Great discussion with students after the show, I like the part where they changed the ending.

Superb actors

**LIFE EDUCATION TRUST** NZ

*Inspired Learning. Inspiring Lives.*