

## PICIE ALKOHOLU W WYPOWIEDZIACH MŁODZIEŻY W WIEKU 13-15 LAT

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### **THE CONSUMPTION OF ALCOHOL IN DECLARATIONS OF YOUTHS AGED 13-15**

**ABSTRACT** – The subject of the paper is the presentation of the results of a study conducted in connection with an adaptation of alcohol prevention program. The major aim of the study was gathering information concerning the circumstances and the course of alcohol initiation of teenagers in peer groups, as well as the perception of chosen alcohol-related problems by youths. The research was conducted by the group interview method. Twenty students aged 13 to 15 from two different Warsaw schools took part in four interviews. The results showed that teenagers begin drinking alcohol in peer groups around the age of 13-14. The typical circumstances are: youth parties (in particular New Year's Eve party), social meetings in homes and outdoors, vacation outings, school field trips and cutting classes. The common feature in most of the occasions is the lack or inadequate supervision by adults. According to the interviewed teenagers the influence of the nearest social environment (parents and peers) is the main reason for beginning to drink alcohol. However, this influence is indirect; it leads to imitating behavior in order to be accepted by the peer group or to demonstrate maturity. It's rare that teenagers are coaxed by peers. More often this kind of pressure is exercised by older friends or siblings. It follows from the statements of the interviewed that when starting to drink alcohol they fear only the detection of this fact by parents. They do not consider other consequences, such as health hazards or accidents.

The results of our research confirm the importance of prevention strategies based on normative education and informing youths about individual factors which prevent from the use of alcohol, such as the knowledge of its consequences and building the ability to deal

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