





The  
Contract Concept

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Secretary-general  
of SMART



# Connections

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- If you reduce smoking, you will reduce narcotic abuse

In Norway a tobacco project succeeded in a 26% reduction.

As a bonus they got a reduction of 47% in use of narcotics!

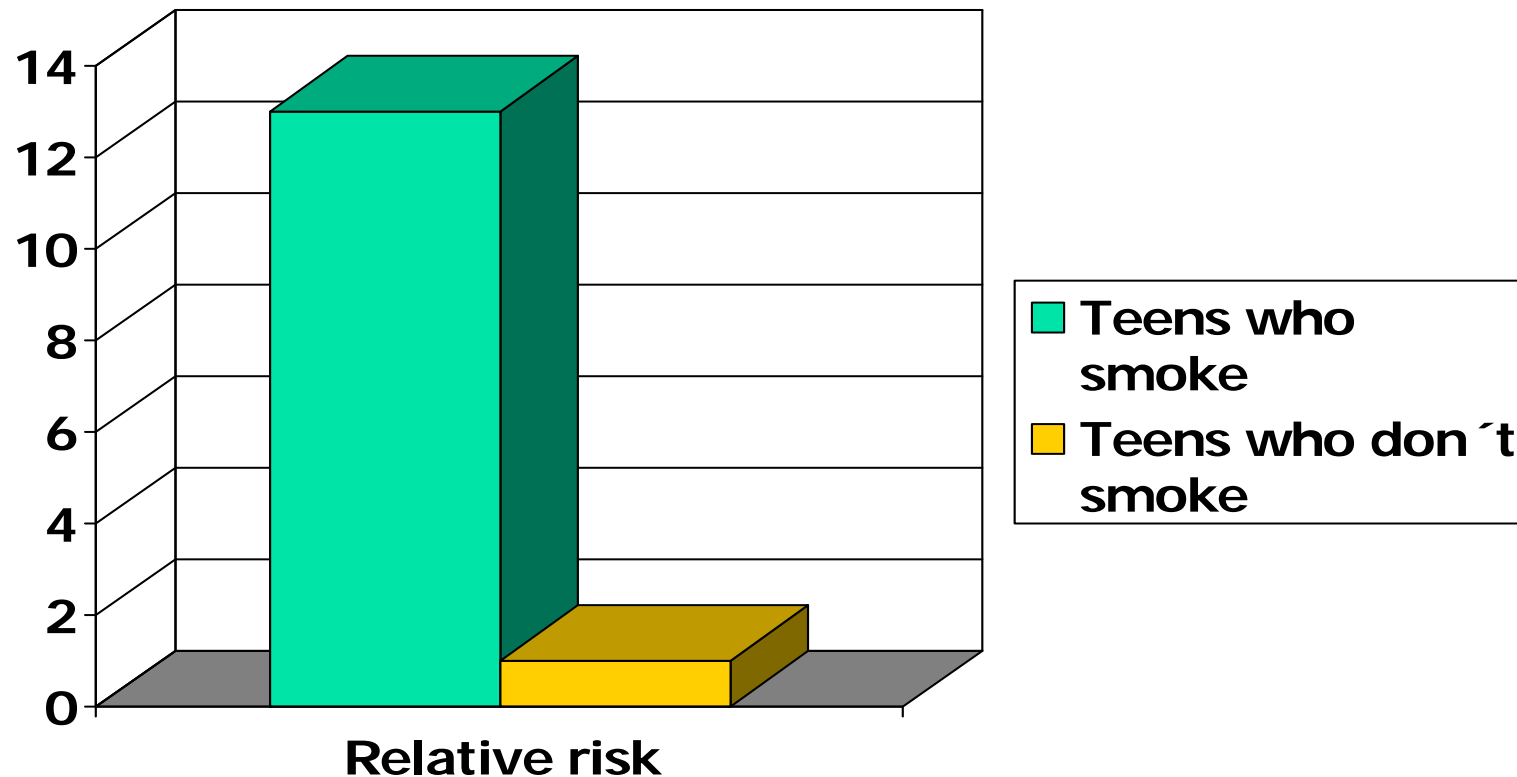


## **CASA**, The National Center on Addiction and Substance Abuse at Columbia University:

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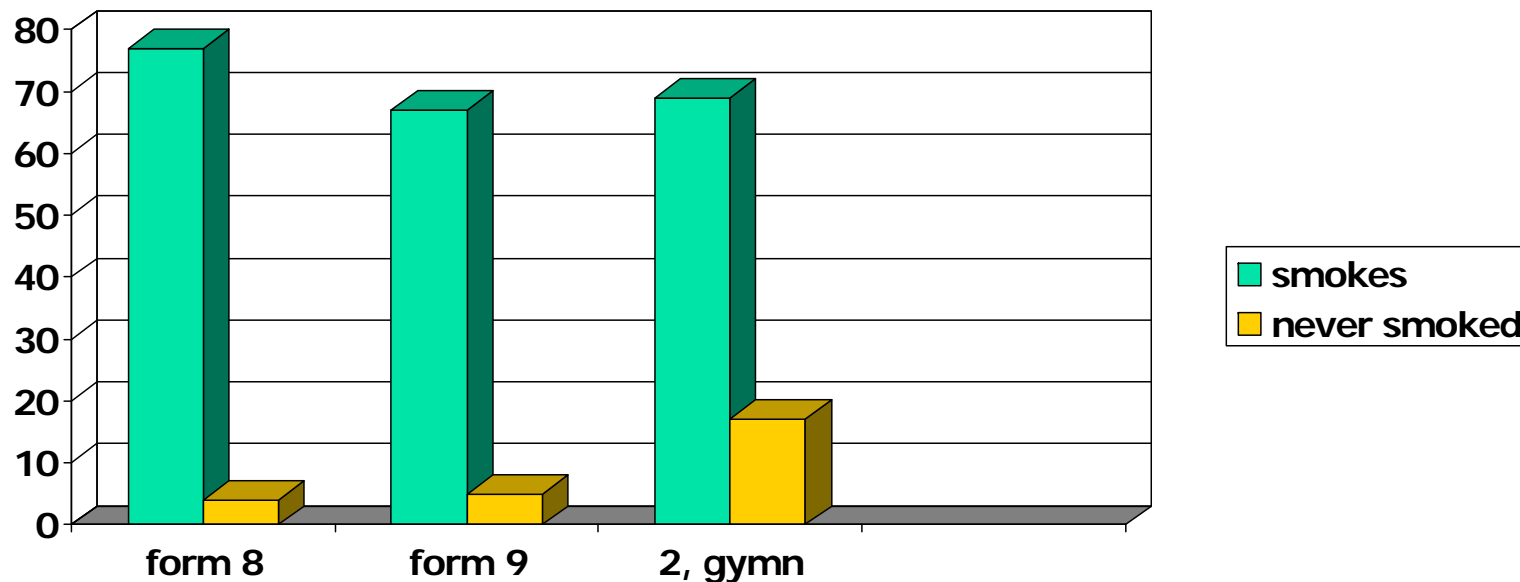
- “Teens who smoke are 13 times likelier to meet the medical criteria for abuse and dependence on an illegal drug than teens who don't smoke”

# CASA: Abuse and dependence on an illegal drug



# Connections

- If you reduce smoking, you will reduce heavy (binge) drinking



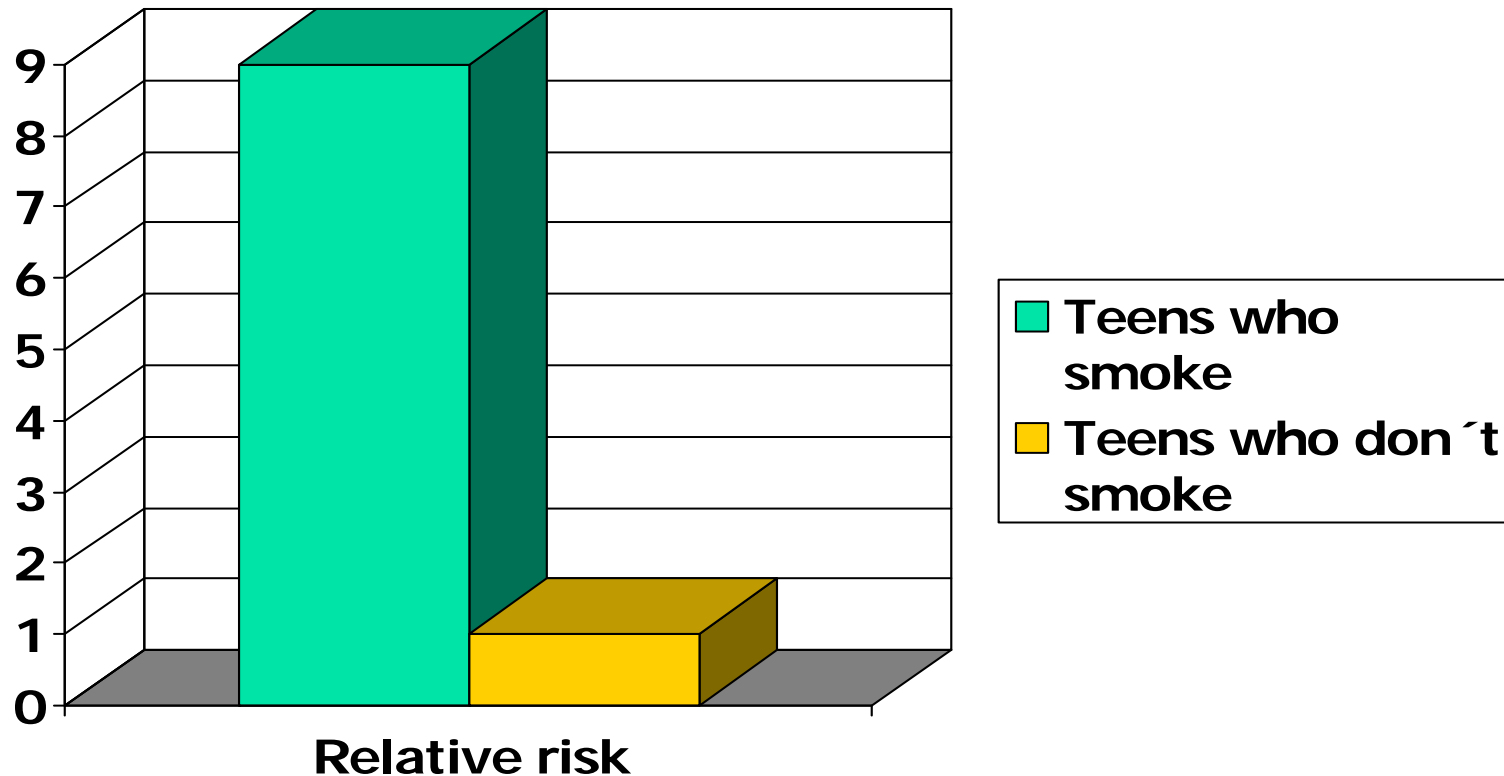


## **CASA**, The National Center on Addiction and Substance Abuse at Columbia University:

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- “Teens who smoke are nine times likelier to meet the medical criteria for past year alcohol abuse or dependence than teens who don't smoke”

# CASA: Past year alcohol abuse or dependence





# Primary prevention

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- To fight a problem
  - (tobacco/alcohol/drugs)
  - before the problem occurs
    - (tobacco/alcohol/drugs)
- That is primary prevention

# What can we do for these kids?



Now they are happy.  
Will they stay happy?





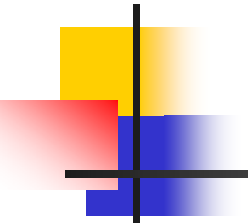
# What is so smart

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about



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- 
- Smart kids
  - Smart choices
  - Smart method
  - So this NGO is called SMART





# One method is not enough!

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- The Contract Concept is a supplementary method, an addition to everything else that you do for the youngsters in your community
- Our concept does not solve all the problems



# The Contract Concept

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- Individual contracts  
between youngsters and a  
Smart Club
- Positive reinforcements
- Encourage good behaviour
- Activities, other benefits



# The Contract Concept

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- Parents are involved
- Family talk
- Time to think
- Free choice
- Conscious choice



# Reading the contract carefully





# Membership card, Tyreso – Sweden (for form 7-9)





# Activities; Girls' Night

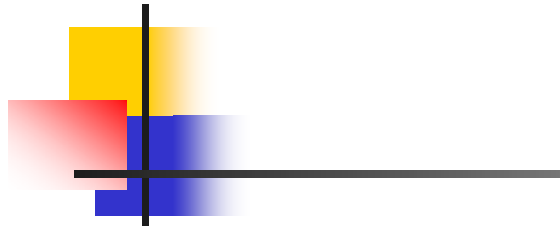


# Floorball tournament





Have fun  
together



# Self defence



# International summer camps



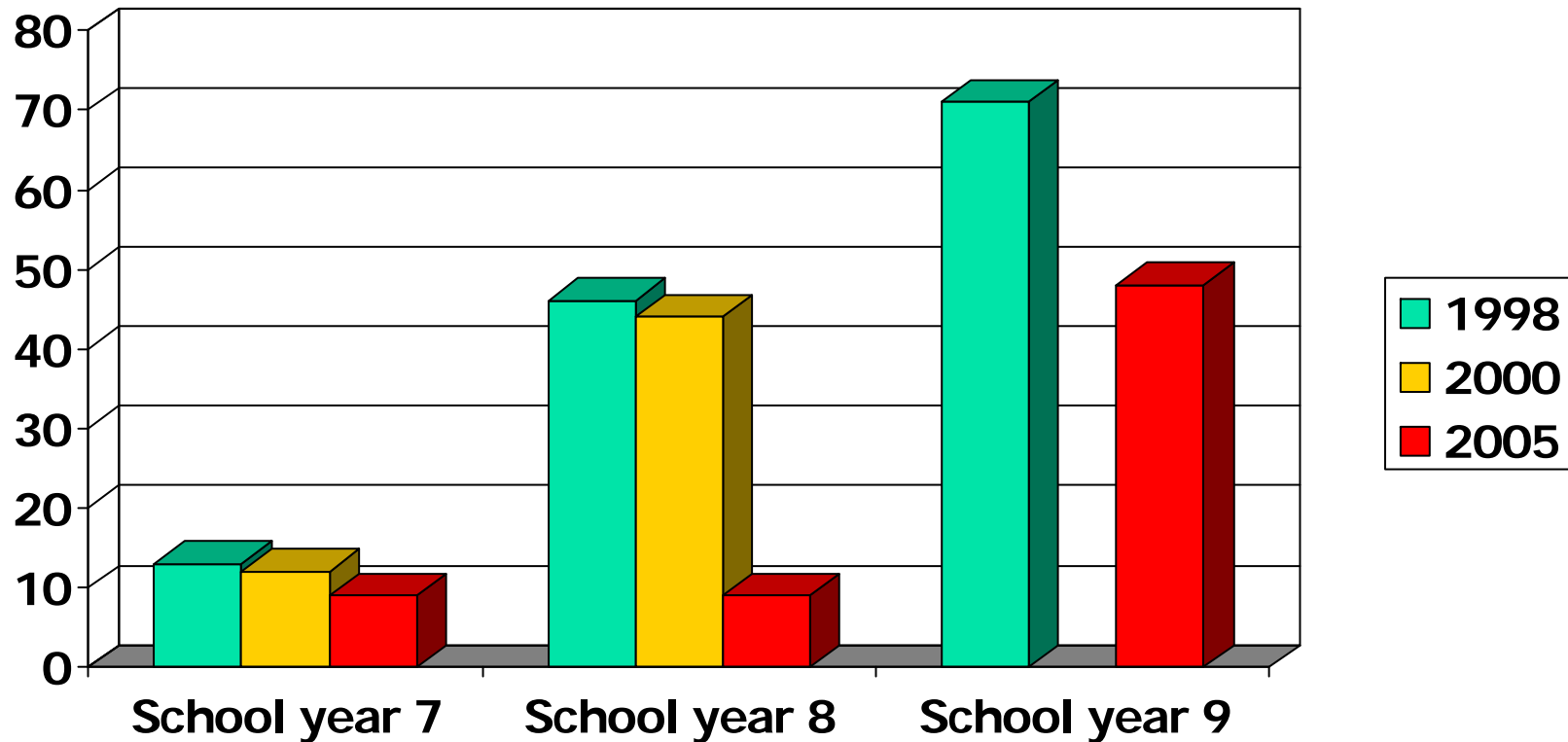


# Good results!

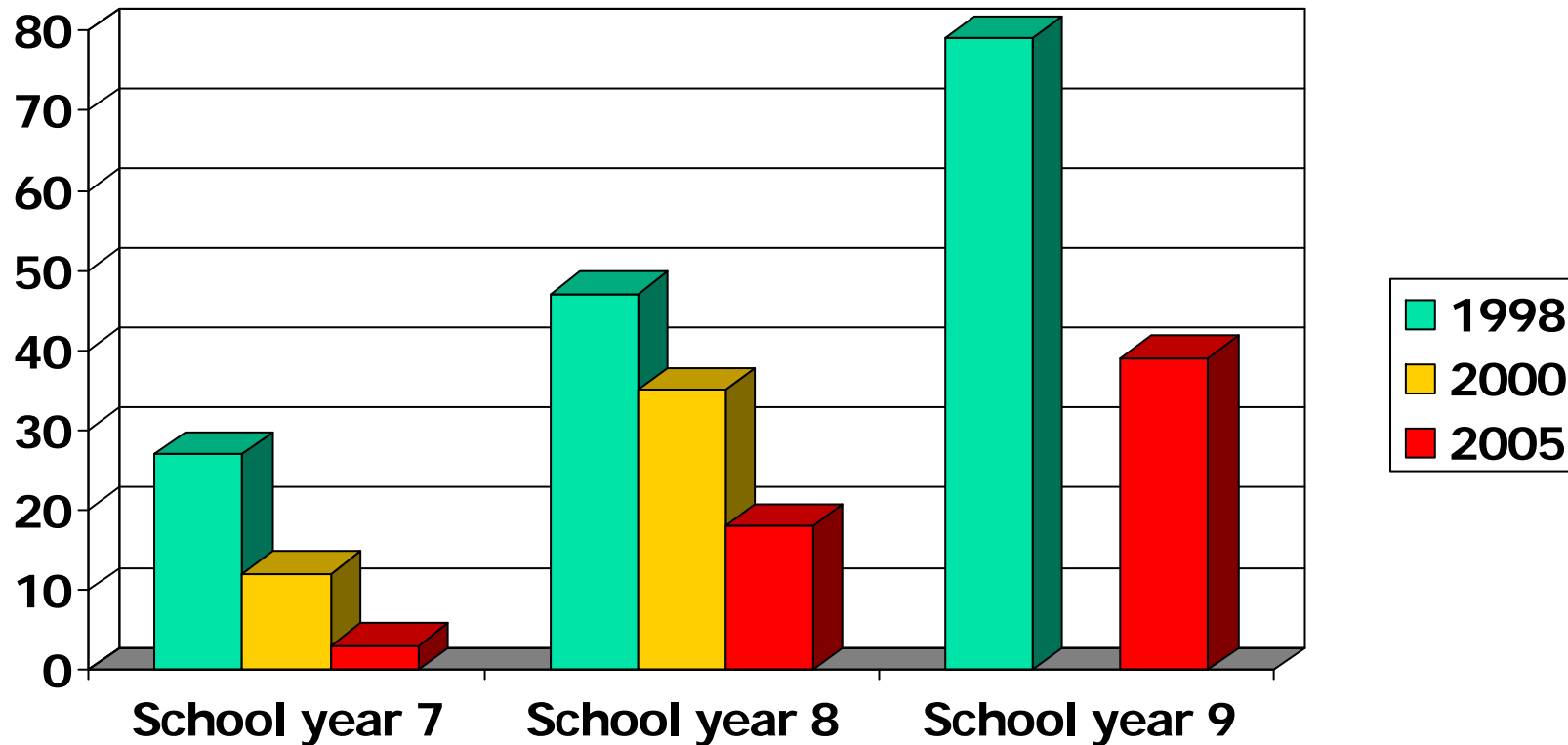
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- We have cut down smoking and drinking among young people
- In many places smoking is halved
- In some places intoxicating drinking is halved

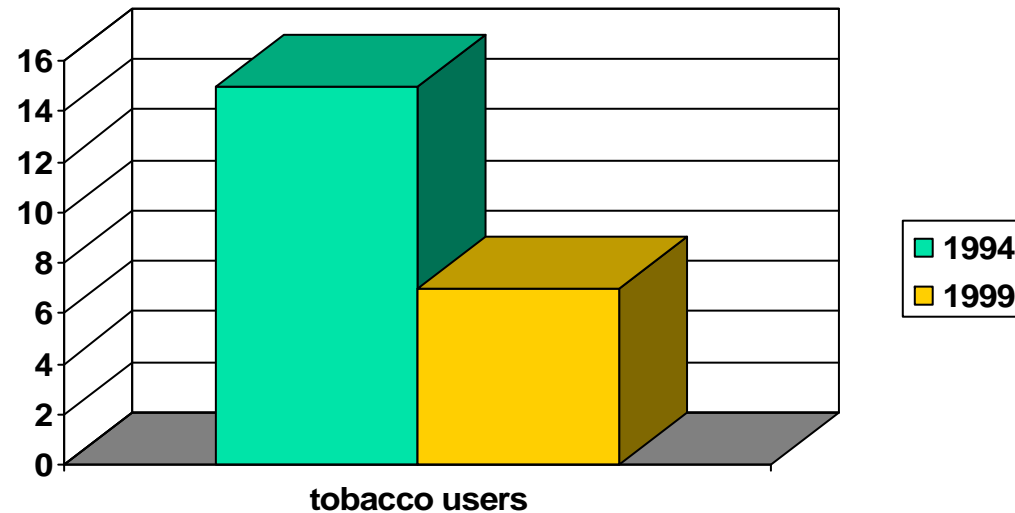
# Hammaro, Sweden: Ever felt drunk (boys answering 'Yes')



# Hammaro, Sweden: Ever felt drunk (girls answering 'Yes')



# Evaluation now published in Journal of Adolescent Health (USA)

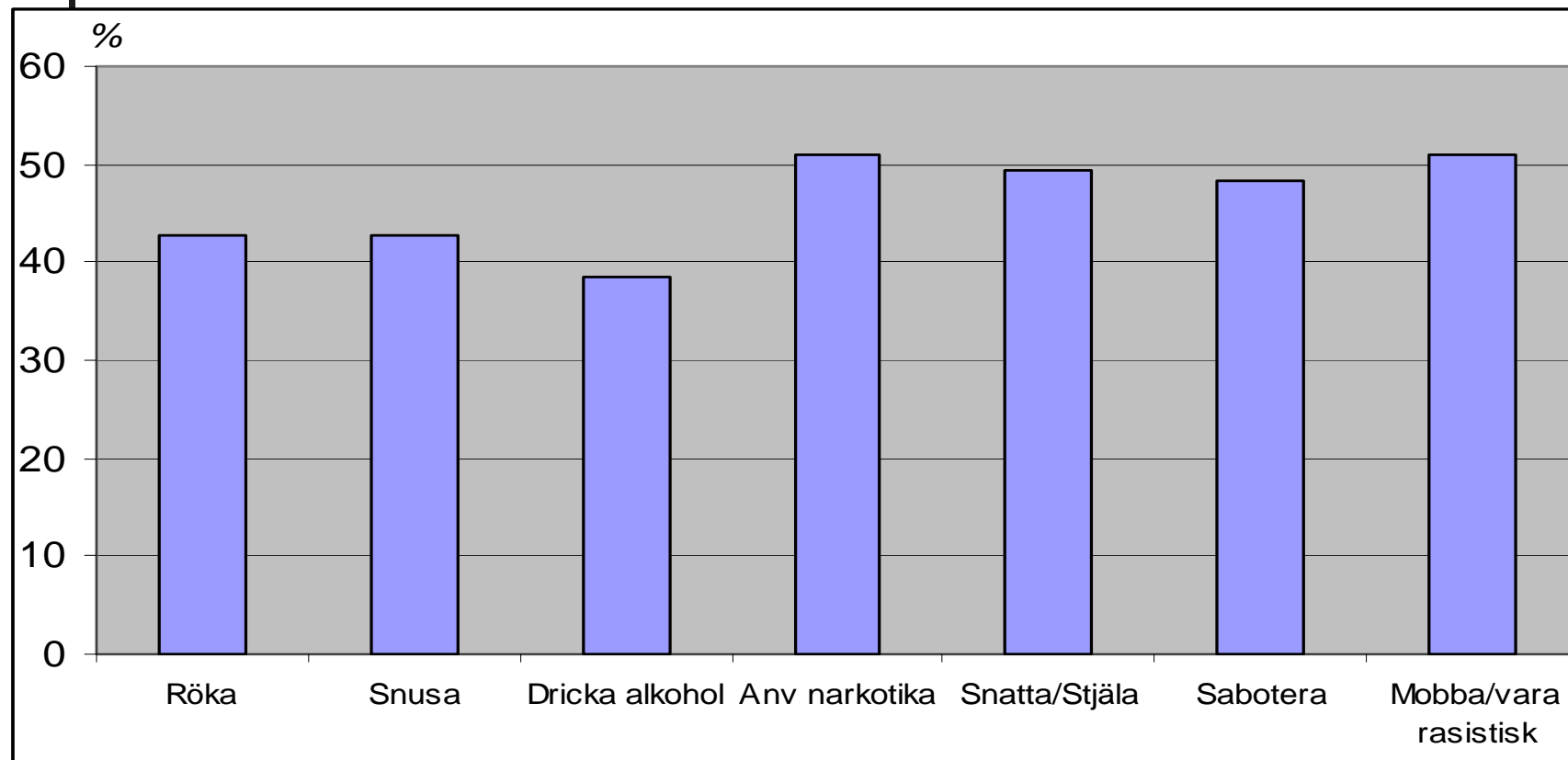


**Smoking halved in the whole of Västerbotten region  
(Tobacco Free Duo – a special Contract Concept)**

# Evaluation of The Contract Concept

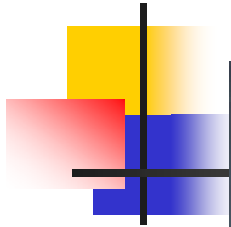
The Scientific Team within the Public Health institution at Örebro University led by professor Charli Eriksson have evaluated The Contract Concept in the region of Västernorrland. The significance of the contract itself as a means of support for the youngsters to say 'no' is evident from their self-report.

## Has the contract helped you to say no to ...?



Percentage who have answered 'Yes'

# Volunteers and staff in Vilnius





# The Contract Concept

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- This drug prevention method is used in Sweden, Norway, Finland, Russia, Latvia, Lithuania and Belarus.
- So far...
- In Denmark a cancer organisation is planning to start their own interpretation of Tobacco Free Duo.



## If you are interested...

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- There is no licence cost at all.
- This is for the youngsters and their families. And for the society.
- We're just happy to help.
- We will support you with ideas, advice, evaluations, experiences.



# Contact me!

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