



FOCUS ON YOUTH  
FOOTBALL & ALCOHOL

INTERVIEW YOUNG PEOPLE

Description of the Data Collecting Process

Deliverable D7.1

Work Package 7

## Main Partners

European Alcohol Policy Alliance



Scottish Health Action on Alcohol Problems



Ehkaisevä päihdetyö EHYT ry / EHYT Finnish Association for Substance Abuse Prevention



Polish State Agency for Prevention of Alcohol-related Problems (PARPA), Poland



Fundatia Romtens



Vereniging voor Alcohol-en andere Drugproblemen



Istituto Superiore di Sanita



International Youth Health Organization (YHO)



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For more information and the electronic version of the document, see: [www.fyfaproject.eu/](http://www.fyfaproject.eu/)

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## Introduction

Focus on Youth, Football and Alcohol is a project to gather knowledge and exchanging best practices on measures reducing underage drinking and heavy episodic drinking.

EHYT is responsible for work package 7 (Young people). Purpose of the WP7 is to carry out “a research with eight young people (four young men and four young women), aged 13-15 (total – 48 young people) in each of six Member States -Belgium, Finland, Italy, Poland, Slovenia, UK -about their exposure to alcohol marketing, their attitudes and behaviours in relation to alcohol and what they would consider to be effective practice to prevent and reduce harm”.

The study covers the following topics in relation to young people:

- *Their attitudes about and exposure to alcohol and alcohol marketing*
- *Their own use of alcohol*
- *What impact their sporting activities have on their alcohol-related attitudes and behaviour*
- *What they think other young people think about alcohol and what they do*
- *Their ideas about young people's exposure to alcohol promotion*
- *What strategies they have experienced in relation to reducing alcohol-related risks and harms for young people*
- *What strategies they believe would be most effective in relation to reducing alcohol-related risks and harms for young people*
- *Where they would get support and advice for themselves or a friend in relation to alcohol issues*

This document will relate in detail how information was collected for WP7(Deliverable D7.1).



# 1 Study Design

WP7 is based on qualitative data and non-numeric information. Qualitative studies look for meanings, concepts, definitions, characteristics and descriptions of things. This study is about describing and understanding a young person's views regarding the alcohol phenomenon in the



context of their everyday life, participation in sports as a hobby and commercialized society. This study is looking answers for questions why and how.

The method used was to conduct semi-structured interviews among young people doing sports. EHYT prepared questionnaire (Annex 1) for collecting data and to cover the given topics. Standardised, open-ended questions were used to get lengthy and descriptive answers. Flexibility with questions was allowed. In a semi-structured interview, the researcher will have prepared questions but has the freedom to ask additional follow up questions as he or she sees fit. There were no questions involved to be answered yes or no, neither "two-in-one"-questions (Do you like XX or XX?). In the end of the form participants were asked whether they agree or disagree to ten statements. Statements were included to check and summarize and to make some of the data more consistent.

According to form pre-testing the target time for the interview was 30 minutes. Interviews were conducted in the native language of the interviewees.

Interviews were conducted in group interviews with two young people (pair interviews) to create a relax atmosphere and to stimulate discussion about potentially sensitive topic.

Interviews for young people (WP7) and interviews for the adult club's stakeholders (WP6) took place at the same sports club. Criteria for selecting the sports club were created together with WP6. Criteria for selecting the sports club were:

- Low/middle competitive sports clubs
- Sports club where youth teams for boys and girls exist.
- Sports club with a first team which is attractive enough for sponsors

There are some identical questions addressed to adults in WP6 and to young people in WP7, and this means that data can be compared. Results will be presented in the final report of WP7.

Interviews were recorded for the sake of accuracy by mobile phone.

The protocol providing the description of study design and detailed guidance for a data collection was sent for FYFA partners in December 2018 by EHYT. Before dissemination among partners the methodology had been previously discussed and agreed by during FYFA management meetings. The WP7 protocol included, among other things practical instructions and tips for the interviewers.



## 2 Participants

Recruiting the participants to the interviews was done in partnership with the local football clubs. The selection of the participants is completed by the coach, team leader or other stake holder from the club.

Protocol included detailed instructions for recruiting the interviewees for the study.

Age, gender and amount of the participants

- Four young men and four young women aged 13-15 in each country.

Orientation to the sports

- Young people participating football training in a regular basis.

Factors related to the study

- Participation to the interviews is voluntary. Interviewees need to be willing to participate (consent form needed). Because interviewees are underage the consent form from parents is required too.

Table 1. Number of interviewees in FYFA work package 7.

	GIRLS	BOYS	INTERVIEWEES TOTAL
Belgium	4	4	8
Finland	4	4	8
Italy	4	4	8
Poland	4	4	8
Slovenia	4	4	8
UK	4	4	8
<b>TOTAL</b>	<b>24</b>	<b>24</b>	<b>48 PERSONS</b>



## 3 Ethics

Because we are dealing with minors, and therefore it is essential to inform parents and get written permission from them. Participants and their parents must be informed about the purpose of the research process, the method and type of interviews conducted (e.g. topics/questions, recording the interviews), their role in the investigation (what is expected of interviewees) and use of the data collected. The info letters and permission forms were attached to the protocol (Appendix 2 and 3). Participation was voluntary. The young people themselves were also asked to give their written consent to the interview.

Alcohol is a sensitive topic to discuss with legal, cultural and even more moral implications to minors. In our opinion this is even more sensitive for young people who have not yet reached the legal drinking age. That is the reason for asking alcohol consumption in general (e.g.: *How common is alcohol use at your age group?*) instead of focusing on questions on a more personal level. Our key principle is that the interviews should in no way risk causing any harm the participating youth. The team ensured that during the whole process confidentiality of data was guaranteed. Data was gathered and analyzed with full anonymity and it is used for research purposes only. Data will be destroyed after finishing the project. Any identifying information is kept out of published report.

## 4 Description of Conducted Data

### 4.1 Interviews in Belgium, Finland, Poland, Slovenia and UK

- **Belgium**

The data conducted four semi-structured interviews conducted between August and September 2019 by VAAD. Interviews were conducted among junior players of RWD Molenbeek Girls (girls) and Verbroedering Beersel-Drogen\_VBV (boys). The data included four men and four females aged between 14-15 years old.





- **Finland**

The data conducted four semi-structured interviews conducted between January and August 2019 by EHYT. Interviews were conducted among junior players of Honka FC. The data included four men and four females between 13-15 years old.

- **Poland**

The data conducted four semi-structured interviews conducted between June and August 2019 by PARPA. Interviews were conducted among junior players of MUKS – Inter-School Student Sports Club Prague Warsaw (girls) and POLONIA City Sports Club Warsaw. The data included four men and four females aged between 14-15 years old.

- **Slovenia**

The data conducted four semi-structured interviews conducted between August and September 2019 by International Youth Health Organization. Interviews were conducted among juniors players of Football Club Olimpija Ljubljana (boys) and Women's Football Club Olimpija Ljubljana (girls). The data included four men and four female aged between 13-14 years old.

- **UK**

The data conducted four semi-structured interviews conducted between January and February 2019 by SHAAP. Interviews were conducted among junior players of Spartans FC. The data from UK included five men and three women aged between 15-17 (women were aged 16, 16 and 17).

The clubs and their policies are described in more detail in the WP6 report.

## 4.2 Interviews in Italy

The methodology used in Italy was aimed to integrate a quantitative approach as an added value to the qualitative approach followed by the other countries.

With reference to the interviews with young people and the field work in Italy, the Istituto Superiore di Sanità has taken into account the following needs:

- ✓ To use a semi-structured questionnaire to harmonize/standardize as much as possible the data;
- ✓ To have a tool (questionnaire) available and ready to be used for extending the survey to other young athletes during sport events;
- ✓ To include other sports, in addition to football, being difficult to find a sport equally represented among genders;
- ✓ To activate a formal activity to survey by mean the well established institutional stakeholders network some main dimensions in the context of alcohol and sports and



youth aimed at collecting views, knowledge, attitudes, perceptions assisted by a interview grid based on the questionnaire, in case, also to be used as a track for the interviews. A major opportunity was given by the formal, active, institutional organization of the European Sport Week (ESW) where the ISS has been actively involved in prevention activities directed to nearby 5000 students of different educational levels;

- ✓ To involve all students who requested it after the dissemination of the FYFA brochure during the ESW national events, having asked their teachers willingness to be involved as collaborating partner in the FYFA national activities ("Se la tua organizzazione è interessata ad essere coinvolta nelle attività del progetto FYFA come "Collaborating Partner" puoi contattare per informazioni l'indirizzo seguente: [alcol@iss.it](mailto:alcol@iss.it)").
- ✓ Interviews have been carried out by the Istituto Superiore di Sanità staff, not always in pairs and never recording (being not legal recording a child without parents' permission, and being too difficult within 5000 students attending the European Sport Week to know those with and without the permission).
- ✓ In any case, the interviews have been carried out taking into account to cover all topics and themes proposed by the WP7 coordinator.

The following tasks have been carried out by the ISS staff:

- ✓ The creation of a tool for a standardized data collection starting from the WP5 tool and the set of WP7 proposed questions: the WP7 questionnaire;
- ✓ The distribution of the Italian version of FYFA leaflet during the ESW national events to senior managers and their students (See the Italian version of the leaflet at: <https://www.fyfaproject.eu/media/1V8M4R3C2Z/docs/leafletfyfainalit.pdf>);
- ✓ Data collection;
- ✓ Data analysis and production of the final report summarizing WP7 key findings.

Regarding the description of the FYFA questionnaire, as mentioned before, the core version of the Italian WP7 FYFA questionnaire built on the WP7 set of questions and on the WP5 questionnaire. The questionnaire is composed of a total of 17 questions and 7 sub-questions (including multiple choice questions, Likert scale and some open questions).

In order to introduce the FYFA project and to disseminate the results already available from the FYFA project - Italy (as starting point at national level and as a continuum of national FYFA activities), the leaflet translated into Italian under the frame of the FYFA WP2 activities has been used (published in the FYFA website, as well as the Italian summaries of the WP5 main findings).

As described for the Italian activities of FYFA WP6, the leaflet has been distributed when the students arrived at the training station of the Istituto Superiore di Sanità dedicated to prevention activities on alcohol of the ESW national events.



Young athletes were interviewed during the ESW at the Olympic stadium in Rome last September (2019). Particularly, the event involved the ISS, as the main public health institute in Italy, with planned prevention activities which involved nearly 5000 students of different ages. Between these, a sample of 25 students, up to 18 years old, compiled the questionnaire on a voluntary basis, and the results are reported in the Deliverable D7.2. The anonymity of the students, being minors, has been guaranteed; the interviews were only possible for the classes where the teachers of the schools obtained permission to interview the students by all parents.

The methodology used in Italy was aimed to integrate a quantitative approach as an added value to the qualitative approach followed by the other countries. Istituto Superiore di Sanità (ISS) prepared an assessment tool, a questionnaire in the form of an interview's grid to obtain data based on the same question used by means of the qualitative approach, perhaps fulfilling consolidated ISS quality standards already used in several EU projects on alcohol. A structured interview form was used with questions with yes/no or multiple-choice format. The Italian grid for interview covers all the topics and themes asked in WP7 protocol. Italian data was collected on a wider scale among 5000 students attending "The European Week of Sports 2019" event in Rome in September 2019 instead of choosing a single sport club in order to collect a much more consistent variety of information. All the 5000 participants at the European week were provided FYFA-brochures and 25 among those who requested, were randomly selected to take part to the interview. Permission from parents was required. Most of the interviews were carried out individually, sometime in pairs. The final Italian sample consists of 25 students (13 males, 12 females) up to 18 years old.

## 4.2 Total Data Collected

Table 2. Number of interviewees achieved in FYFA work package 7.

	GIRLS	BOYS	INTERVIEWEES TOTAL
Belgium	4	4	8
Finland	4	4	8
Italy	12	13	25
Poland	4	4	8
Slovenia	4	4	8



UK	3	5	8
<b>TOTAL</b>	<b>24</b>	<b>24</b>	<b>65 PERSONS</b>

## 5 Further Processing of the Data

### **Belgium, Finland, Poland, Slovenia and UK**

VAD, EHYT, International Youth Health Organization, PARPA and SHAAP transcribed the interviews and translated the texts into English. The data was sent to EHYT for analysis and reporting. EHYT received the last materials in November 2019. WP7 is mainly based on qualitative data and non-numeric information. Analysis was done by coding the data, identifying themes, patterns and relationships and finally summarizing the data. Both content analysis and thematic analysis were used. Some wordings and even numbers, derived from reducing the views expressed in the interviews into “statements”, were used to describe how commonly certain views were in the data. The transcribed material from five countries came to a total of 222889 characters, that is 111 sheets of written text (standard used 2000 characters per page). EHYT published report of key findings in January 2020.

### **Italy**

ISS produced the report of Italian findings in November 2019. The results are presented as frequency tables and graphs. The material collected through a structured form did not include any transcriptions or translations for EHYT to use. It was agreed during FYFA management group that the final WP7 report would present the Italian results separately from the other countries.

## 6 Discussion

According to the interviewers, the data collection was completed as planned. The interviews with young people were successful and giving.



Data collecting process took more time than expected. Challenges were faced especially with recruiting the sports clubs. There were many contacts and even visits but few feedbacks from sports clubs. They found it particularly difficult that the data was collected among minors and consent forms were needed from parents. In some countries it was difficult to find girl teams and schedule problems existed too.

In Belgium, Finland, Slovenia and Poland the data was collected in a very similar way according to the protocol. There were some differences in the gathered data in the UK when comparing with others though three of the interviewees were older (16, 17, 17 years old) than others. Anyhow, the data from five countries were analysed together. Age variables are considered when interpreting the results.

As mentioned before, the data was collected differently in Italy than elsewhere. ISS decided to prepare a questionnaire tool (Appendix 3) to harmonize the Italian data and to fill the quality standards of their own organization. In Italy the approach was concerned to discover facts about the topics and collect data through measuring things. Elsewhere the starting point was rather to understand young people's behaviour from the interviewee's own perspective by theme interviews. The conditions for collecting the analysis were also different in Italy than in other countries. In Italy the age variable was not standardized. According to the report, the interviewees were up to 18 years old. It is assumed that the interviewees were older than elsewhere (notice UK too). Due to the above factors, results are not comparable between Italy and other countries and cannot be included in the same data.

## Appendix 1: Questionnaire used in Belgium, Finland, Poland, Slovenia and UK

### ALCOHOL USE BY YOUNG PEOPLE

- In your opinion, how common is drinking alcohol among your age group?
- How do young people react to their peers' drinking in your peer group?
- Do young people participate in sports drink more or less than other young people? Why is this?
- What about you? Has sporting activities got any impact on your alcohol-related attitudes or behaviour? Describe.
- Do you think alcohol consumption of young people (who have not yet reached the legal drinking age) is a significant problem?
- What do you think would be an appropriate age to try alcohol? What do you think would be an appropriate legal drinking age?

### ALCOHOL MARKETING

- Alcohol advertisements are seen quite a lot in media, web, shops and so on. What do you think of them?



- Does marketing have any influence on young people's alcohol use (positive or negative)? Describe.
- Have you seen alcohol marketing in connection to the sports? At your sport club or elsewhere? What kind of thoughts you have about this?

### **SPORT EVENTS**

- Beer is sold in many sport events. What do you think of that?
- In your opinion does selling beer influence the atmosphere or the behaviour of the spectators? Describe.

### **EXPERIENCES AS FOOTBALL JUNIOR PLAYER**

- Have you ever been confronted with alcohol-related behaviour at your club? Describe your experiences.
- Do you think the consumption of alcohol beverages at your club is problematic? Why? By whom (young people, adults)? Could you tell us more?

### **TACLING ALCOHOL-RELATED BEHAVIOUR**

- Where do you get information and support in alcohol issues?
- Have you ever been a part of any preventive action to reduce alcohol harms? Describe your experiences. How did it affect you?
- Has there ever been any actions at your sport club to minimize the risk of the alcohol behaviour? Describe. How was that? Have you ever discussed alcohol issues with the coaches?
- Would you like to get more information or support in alcohol issues? What it could be?

### **STATEMENTS**

1. Most people of my age drink alcohol every now and then
2. Most people of my age have binged on drinking (more than three drinks at the time) at least once a month
3. Boys drink more than girls.
4. Young people participating in sports drink less alcohol than others at the same age group
5. It is appropriate that my coach discusses alcohol issues with the team.
6. I see alcohol marketing around me every day
7. Alcohol advertisements influence me and make me want to drink.
8. Alcohol marketing should be forbidden in sports (covering media, events, products, etc.)
9. It is weird if someone of my age has not yet tried alcohol
10. Sports are an important factor for me not drinking

### **ANYTHING ELSE**



Is there something else you would like to say? Questions, remarks?

## Appendix 2: Letter to Parents. Information and Permission for Interviews

*TEMPLATION TO MODIFY FOR NATIONAL PURPOSES!*

[address institution]

[logo FYFA]

### **Letter to the parents about their children participation to the FYFA project (information and consent form)**

Dear Football Parent,

underage drinking is a worrying problem all over Europe. FYFA (Focus on Youth, Football and Alcohol) is an EU project to identify and disseminate good practices for prevention and health promotion in cooperation with sport clubs.

As a part of an EU project XX/XX ry is carrying out the research to find out opinions and ideas of young people themselves. Interviews for the study will take place in Belgium, Finland, Italy, Poland, Slovenia and UK. Interviews in XX are accomplished among XXa juniors. It is great pleasure and honor to have XX as a national partner in the project.

Four girls and four boys aged 14 years will be interviewed in XX. Paired interviews will take place at the same time with weekly rehearsals. The estimated duration for the interview is 30-45 minutes per pair. Questions to be asked are listed in the end of the letter. Participation to the project is entirely voluntary. There will be cinema tickets available as thanks for participation.

The results of the interview will be processed with full anonymity. In order to ensure correct information transfer, the interview will be recorded by means of an audio-recorder. Data to be collected is used for research purposes only and it will be destroyed after finishing the project. Any identifying information is kept out of published report.

Consent of the parents is crucial part of the process when dealing with the minors. Attached to the letter you find the consent form. Please sign it and bring it back to the contact person of XX by \_\_.\_\_.2019.

***Thank you so much for your valuable cooperation!***

If you have any questions or remarks, please don't hesitate to contact the researcher in charge ([email](#))

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Representative of FYFA-partner

Representative of sports club

Name of the young person participating to the FYFA research:

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#### CONSENT FORM FROM THE PARENT

- I have read this form and agree to its terms.
- My daughter/my son can participate in the interview.

Date

Name of signatory and signature

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#### CONSENT FORM FROM THE INTERVIEWEE

- I have read this form and agree to its terms.

Date

Name of signatory and signature

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#### What is FYFA-project?

FYFA (*Focus on Youth Football and Alcohol*) (2017-2020) is a project to reduce underage drinking and heavy episodic drinking among young people. Project will generate good practices and develop guidelines for youth sport clubs regarding alcohol across EU. FYFA gets funding from 3<sup>rd</sup> EU Health program and its implemented by eight Member states.

For further information: [www.eurocare.org](http://www.eurocare.org) [www.ehyt.fi](http://www.ehyt.fi) #fyfalcohol

## Appendix 3: Questionnaire used in Italy

### L'opinione dei giovani sul consumo di bevande alcoliche, i giovani e lo sport

Gentile studente,

l'**Istituto Superiore di Sanità** (ISS), attraverso l'Osservatorio Nazionale Alcol si fa promotore del **progetto Europeo 'FYFA - Focus on Youth Football & Alcohol'**





([www.FYFAproject.eu](http://www.FYFAproject.eu)), della Commissione Europea, focalizzato sul **gioco del calcio** ma, per l'Italia, anche su altre discipline sportive quali la **pallavolo** e l'**atletica leggera**.

In questa fase ci rivolgiamo ai **giovani** per una **raccolta di informazioni e opinioni** mediante l'utilizzo di un **questionario anonimo** sull'**impatto del consumo di bevande alcoliche nei giovani**.

**I giovani a cui ci riferiamo hanno un'età compresa tra i 13 ei i 15 anni, di entrambi i sessi e praticano attività sportive.**

Se desideri partecipare, esprimi il tuo parere personale rispondendo alle domande del questionario.

Età:

Sesso:  Maschio  Femmina

**Partecipazione ad attività sportive:**

- Dilettantistico  Agonistico  Occasionale con gli  
 Non pratico sport, ma desidero comunque partecipare all'attività

**Disciplina praticata:**

- Calcio  Pallavolo  Atletica leggera  
 Altro: specificare.....

Esprimi **il tuo parere personale** rispondendo alle domande del questionario

**1. Il consumo di alcol è diffuso tra i giovani della tua età?**

- 1=per niente    2=poco    3=abbastanza    4=molto    5=moltissimo

**2. I giovani che praticano sport bevono di più dei loro coetanei?**

- Si                    No                    Non so

Se Sì, sai motivarlo?.....

**3. Tu personalmente consumi bevande alcoliche?**

- Si, regolarmente    Si, occasionalmente    No



**3.1 Se Sì, il consumo di bevande alcoliche ritieni possa influenzare la tua attività sportiva?**

- per niente                  poco                  abbastanza                  molto                  moltissimo
- 

Eventuali ulteriori informazioni:

**4. Il consumo di alcol tra i giovani minorenni è secondo te un problema?**

- per niente                  poco                  abbastanza                  molto                  moltissimo
- 

**5. Conosci qual'è l'età legale per poter consumare alcol?**

- 16 anni      18 anni      21 anni      non so      altro,  
specificare.....
- 

**6. Quale dovrebbe essere l'età legale per poter consumare alcol?**

- 16 anni      18 anni      21 anni      non so      altro,  
specificare.....
- 

**7. La pubblicità delle bevande alcoliche ha influenza sul consumo di alcol nei giovani?**

- 1=per niente      2=poco      3=abbastanza      4=molto      5=moltissimo
- 

Eventuali ulteriori informazioni:

**8. Ti è capitato di vedere pubblicità di bevande alcoliche in ambito sportivo?**

- 1=Sì                  2=No
- 

**8.1. Se Sì, in quale contesto?**





5. Non so

### 12.3. Dove?

	Minori	Adulti
1. Mensa /Bar del Club	<input type="checkbox"/>	<input type="checkbox"/>
2. Spogliatoi	<input type="checkbox"/>	<input type="checkbox"/>
3. Palestra	<input type="checkbox"/>	<input type="checkbox"/>
4. Altro (specificare.....)	<input type="checkbox"/>	<input type="checkbox"/>

### 12.4. In quali occasioni?

	Minori	Adulti
1. Prima di un allenamento	<input type="checkbox"/>	<input type="checkbox"/>
2. Durante l'allenamento	<input type="checkbox"/>	<input type="checkbox"/>
3. Dopo un allenamento	<input type="checkbox"/>	<input type="checkbox"/>
4. Altro (specificare.....)	<input type="checkbox"/>	<input type="checkbox"/>

### 13. Qualcuno ti ha mai parlato dei rischi legati al consumo di bevande alcoliche?

Si  No

Se Si:

#### 13.1. Chi te ne ha parlato?

Insegnanti  Allenatori  Genitori/parenti  Amici  Altro.....

### 14. Hai mai preso parte a un progetto di prevenzione per ridurre i danni legati al consumo di alcol?

Si  No

### 15. Sei a conoscenza di attività nel tuo Club / associazione sportiva per minimizzare il rischio legato al bere?

Si  No

Se Si, puoi descriverlo?



