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## **Gender specific drug prevention - investment for life**

WOCAD in cooperation with EURAD is arranging a two day education in Gura Humorului, Romania, 4-6 June 2010, to train trainers in gender specific drug prevention, developed by WOCAD during two decades. Over 30 professionals from seven different countries have signed up for this education.

WOCAD's commitment within the European Action on Drugs/EAD framework is to open up WOCAD's national network for girl group leaders in Sweden [www.bellanet.se](http://www.bellanet.se) for those interested in gender specific drug prevention in the EU. This new international network will raise awareness about drug-related issues and aim at preventing the use of illegal drugs among teenage girls in all EU-countries.

WOCAD's action in cooperation with EURAD and local key persons focuses on introducing and educating in effective methods of starting drug preventive girl groups. The aim is to prevent the use of addictive drugs, enhance the self-esteem of the girls, helping them resist violence, improving their health and assisting them in achieving a purposeful future.

The training of trainers for girl groups will be held in English by professional trainers with many years of experience with the Bella method ("Bella Rubble and Roses 2-for girl groups" by WOCAD/ K.Byréus, 2001, 2006).

The European Commission has stated that: "For effective prevention, the setting should be gender specific (...) WOCAD's commitment to the European Action on Drugs seems to meet this criteria."

The training of trainers for girl groups contains the following methods:

- Values clarifications affecting attitudes, self-confidence and group development
- Forum play – a kind of role-play in which one can practice breaking negative patterns of actions and finding new solutions to different conflict situations
- Team games and relaxation practices for group development and stress management.
- Conversations and reflections
- The participants will be invited to join WOCAD's BellaNet International for follow-up and support

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*WOCAD/Women's Organisations Committee on Alcohol and Drug Issues was founded in 1943 and is a politically independent and non-denominational umbrella organisation.*

