

PROGRAM 15: BASIC CONCEPTUAL PRINCIPLES AND EXPERIENCE OF IMPLANTATION IN UKRAINE

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Abstract

The article sets out a new innovative approach to carrying out educational and preventive activity aimed at care about social and psychological health and prevention of HIV / AIDS on the basis of partnership of family, school and community; experience of implantation of the Program 15 in Ukraine is described and analyzed; the results of the first year implantation of the Program are highlighted. The Program is defined as innovative social and pedagogical technology.

KEY WORDS: Program 15, social and pedagogical activity, HIV / AIDS, sexually transmitted diseases (STDs), community, technology, violence, public health hazard, cognitive and behavioral approach.

Anotacija

Straipsnyje išdėstytas novatoriškas požiūris į vykdomą švietimo ir prevencinę veiklą, siekiant užkirsti kelią ŽIV / AIDS plitimui. Šeimos, mokyklos ir bendruomenės partnerystės galimybės įgyvendinamos Programos „15“ – Ukrainoje patirties aspektu. Straipsnyje aprašyti ir išanalizuoti pirmųjų metų programos pasiekimai. Programa traktuojama kaip novatoriška socialinė ir pedagoginė technologija.

PAGRINDINIAI ŽODŽIAI: Programa 15, socialinė ir pedagoginė veikla, ŽIV / AIDS, lytiškai plintančios ligos, bendruomenė, technologija, smurtas, rizika visuomenės sveikatai, pažintinis elgesio aspektas.

DOI: <http://dx.doi.org/10.15181/tbb.v73i1.1269>

Introduction

Social and economic instability, change of the social, psychological and moral reference points in modern Ukraine cause other problem connected with different aspects of the health of population in general and of youth in particular. The situation is complicated by HIV and spread of the sexually transmitted diseases (STDs), abuse of psychoactive substances, absence of the setting for the favourable attitude to personal health and health of the other people. These factors as well as gap between physiological and psychological maturation in the growing age do not favour formation of the responsibility for the own future and attitude toward personal health as to the value. Violence in the family relations and among teenagers also make the situation worse.

Some of the presented statistical and analytical data can be rather shocking for a regular Ukrainian. Thus, epidemical situation with HIV/infection and AIDS in Ukraine as of the end of 2014 pro cumulative quantity made: people living with HIV – 232 533, people living with AIDS – 60 688, died of AIDS – 30 017 people (Наркотики...).

To the point of view of the experts, general number of the crimes and administrative offences connected with violence in the family is more than all the other crimes taken together. In particular 35 % of the women which check into the emergency care hospital suffer from bodily injuries brought out by bullying; children of the offended mothers are more apt to suicide, 50 % of them are prone to drugs and alcohol; almost 100 % of the injured mothers bore sick children; children-victims of the violence commit suicide in 10 times more than their peers. World Health Organization state that in Ukraine there are about 300 000 of the injection drug addicts. In particular, the level of drug dependence in Ukraine magnifies to 8 % annually – a tendency that is one of the biggest in the world; 70 % of the drug addicts – young people under 25. According to the latest researches n the problem of the drug dependency is the problem faced by every tenth family in Ukraine (Нечаев).

All the above-mentioned negatively influences the upbringing and development of children, leads to the liability of children and teenagers to bad habits, offences, become a reason of instability of their future life in the result of the absence of he model of welfare in parent's families. Expansion of such dangerous public problems and challenges can be set against the usage of the achievements of the home and foreign social and pedagogical experience.

The aim of the article – is to reveal the peculiarities of the design and application of the Program 15 as of the effective model of integration of the efforts of the family, school and community for the increase of the level of life quality and prevention of the process of expansion of the socially dangerous diseases.

Presentation of the basic content of the research and an interpretation of the results obtained

In 1995 a number countries took up an idea a program “Stepping Stones” supported by ACTIONAID and developed by Alice Welbourn. Original version of this program grounded on the ten-year work undertaken by the author in different countries with the aim of prevention of the spread of HIV infection (basically sexually transmitted HIV). From 2005 till 2012 the program “Stepping Stones” received practical approval in some CIS countries. So, from 2009 – the adapted version of the program called Program 15 was approbated in Novosibirsk and five

other regions of the Russian Federation, Belorussia and Kazakhstan. In 2014–2016 the project was approved in two regions of Ukraine – Volyn region (Lutsk) and Cherkasy region (cities Cherkasy and Kaniv). The program of adaptation and development on the territory of the former Soviet Union countries is carried out by the International Organization “Brot für die Welt” (Germany), and the immediate executers are PO “Humanitarian project” (Novosibirsk) and All-Ukrainian charitable Organization “Ukrainian Fund “Wealth of Children” (Kyiv).

It is worth noticing that there are already the results of the first year of the program implementation in two pilot regions (2014–2015), and they can be assessed as positive as to the change of attitude of the target groups to the abovementioned negative social issues and change of the their own behaviour. The program received accolades from the participants and management of the educational establishments, they also pointed to the activation of the cooperation of youth and teenagers with adults aimed at the solution of the topical issues of health preservation and mending of communication between generations.

But first we would like to concentrate our attention of the aspects highlighting the program’s effectiveness, – basic peculiarities, methodology and conceptual basis of the program.

The Program 15 – is an effective modern technology of the group work with teenagers and their parents aimed at the creation of the safe conditions favouring the level of life quality and prevention of the spread of the socially dangerous diseases (HIV-infection, sexually transmitted diseases, as well as drug and alcohol use) in the community (Програма 15..., с. 12). The program is basing on the scientific approaches and principles which proved their effectiveness in the formation of the positive life skills of the personality in different countries of the world. The formation of the groups of the participants basing on their sex and age characteristics allows carrying out of the preventive activity even in those communities where religious and other cultural traditions do not allow any common discussions of the health topics.

Our fifteen-year experience of implementation of the awareness-building and prevention program on the local and regional level allows us to state that without support of the social community made up of family, friends and acquaintances, pedagogues and community in general to realize it effectively is almost impossible. The results rating will mostly depend on the involvement of the relevant adults in the prevention activity. That is why in the process of implementation of the Program 15 close attention is paid to the building of the partnership between family and school especially when it goes about prevention of drug addiction, HIV / AIDS and STDs.

As a rule, carrying out prevention programs school pedagogues and psychologists, representatives of the non-government organizations did not do much to intensify efforts aimed at the work with adults in the sphere of health prevention and formation and the implementation of the Program 15 – is an effective way of solution of this problem.

The Program 15 is fifteen three-hour topical meetings organized simultaneously in four groups (boys, girls, women and men). Adult participants of the Program are relevant inner circle (parents, teachers) of the teenagers participating in the Program. The content of each meeting is devoted to discussion of the particular topic and together they are logically connected. In particular, a set of sessions / trainings includes such topics: “First general meeting”, “Effective communication”, “Stereotypes and superstitions”, “Health traditions”, “Love and responsibility”, “Health of fathers and mother, present and future”, “Drugs – how to avoid them”, “Talk-show “Alcohol – what reality is?”, “HIV – protect yourself”, “Violence prevention”, “Change yourself without self cheating”, “Talk-show “What wealth is”, “Planning of the future”, “The house where we live”, “Final general meeting “Public initiatives” (Програма 15..., с. 35).

We want to point out that in the process of adaptation of the program in Cherkasy and Volyn regions we have revealed bottlenecks concerning the content and topics of the meetings, and it was proved by the reviews of the trainers and participants of the sessions. That is why during the working meeting in the course of the analysis of the structure and fullness of the program some of its topics were changed and combined, new topics were also introduced, such as “Health as value. Health traditions”, “Human and personal dignity”. Proposed topics allow pleading to personal recognition of their own personality having the right to honorable attitude and respect and consequently right to change one’s own behaviour in accordance with the life values. Values have an immediate effect on the health saving behaviour and serve as a crucial factor for the formation of the personal life projects, that is why the following topics will be considered and learned on the much deeper level and will be connected with the recognition of the own and social values. Thus, the logic of the building of the Program will not be broken as the topic proposed provide recognition of the own risk connected with these negative issues, socially dangerous diseases, for example, and this will favour quick change of the behaviour to socially positive and responsible.

Therefore, qualitative and effective prevention of the socially dangerous diseases connected with behaviour requires consideration of the wide range of topics related to different spheres of the person’s activity: interpersonal, sex-role, inter-family, labour, overcoming of the social stereotypes, account for and correction of the individual behavioral peculiarities.

Trainings of the personal growth which are often used by the specialists of the school social and psychological services and representatives of non-government organizations differ from the Program 15 by their awareness-building and prevention aim. The aim of the Program is to reduce risk of danger for young people to appear in situations dangerous for health and life and to prevent their falling ill with sexually transmitted diseases – HIV-infection, STDs, drug and alcohol use. The majority of the prevention programs carried out in Ukraine differ from the Program 15 by the wide coverage and discussion of the personally meaningful psychological topics and essential positive influence on the relations between children and their parents.

Program 15 is basing on such model of behaviour that thanks to its consequential development from the topic to topic and focus on the deep personal work, allows fifteen-year-olds and their inner circle acquire such life meaningful skills as: self-confidence, interpersonal cooperation, behaviour in difficult life situations including conflict situations, team work skills including group decision making and many other.

The Program allows to cover practically all the segments of the prevention activity (primary, secondary, specific and non-specific prevention on the personal, family and social levels); the Program provides participation of both teenagers and their inner circle (relatives, pedagogues, neighbours), that is representatives of one community who consciously or subconsciously influence life of each other and of the community as a whole forming its traditions, values, customs and way of life.

Thanking to its length the Program 15 gives opportunity to see the results of the group and personal changes, to nail down positive changes and chart future prospects and the atmosphere of confidence, support and help of the group and of the leaders make the process of the personal changes maximally comfortable and safe.

Methodology of the Program 15 is based on the cognitive and behavioral approach, on the model of the change of behaviour, basic principles of the organization of the preventive education in the sphere of drug use, HIV / AIDS in the educational environment and gender – age selection and work of the groups.

Thus, the cognitive and behavioral approach (CBA) is aimed at the change of the thinking and behaviour, as well at the formation of the opportunity of independent solution of one or another problem. It is basing on two fundamental ideas about a person: a person who is thinking and active and about a person who is reflex and able to change her / himself and his / her life. This means that it is possible to help a person: to assess oneself, inner circle, life situations and their possible consequences more adequately; to recognize and assess your thoughts and attitude of other towards you and life situations; to get rid of the “mistakes of logic”, that

is breaks of cause and effect relationship, to cope with stress; to choose more effective forms of behaviour.

The main work within CBA is activation of the efforts of a person and of a specialist, usage of the logical means, behavioral techniques for solution of the problems. The basic formula of the cognitive and behavioral approach is that it is thinking of a person (the way of self-recognition and of the recognition of the world and other people) defines a person's behaviour, emotions and problems (Федоров, 2002, с. 48–49).

The model of the *change of behaviour Fisher & Fisher* – if one of the theories explaining what a person's behaviour depends on, what behaviour a person chooses in particular situations, how and why a person can change this behaviour. Every meeting within the framework of the Program includes the following components: motivating (understanding why we behave this or that way); informative (information about the consequences of the actions); acquisition of skills (how we can change things we want to change; what, when and how to do things to help other people). Every person possesses a particular set of the behavioral practices. These practices in everyday life form a model that is typical for a person's behaviour. This model depends on not only on how good a person can behave but also on what a person strives to achieve by his/her acts. That is behaviour of a person contains motivation. Motivation is encouragement causing and defining directivity of the behaviour. Success of the realization of the motives depends on the emotions a person experiences. Motivation of a particular activity depends on the information a person possesses (Майерс, 2005).

One more important aspect is that the Program 15 also accounts for the principles of the organization of the preventive education, mentioned in a number of the normative and conceptual documents of Ukraine: democratization of the educational process, natural and cultural correspondence; strategic continuity and succession; social adequacy; cognitive activity and independence of a person; social partnership; technification etc. (Оржеховська и др., 2013, с. 45).

Ideal version of the realization of the Program is when facilitators manage to organize 4 groups of participants. The members of the child groups shall not be older than 15 years. Adult groups the age difference is not very much important as all these people should have one common feature – they need to be people “bringing up teenagers”. The Program can be carried out in sport and health camps, vocational colleges, comprehensive schools and higher educational institutions, work and student hostels and at the plants and factories. In such cases realization of the Program does not contradict the methodology but one thing should be remembered: the fact that two other groups will be missing in these communities, the

Program will not have essential influence on the “rules of life” and the effect of the Program will be much reduced (Программа 15..., 2010).

The Program provides participation of two generations, that is why many exercises with groups of different ages will last differently – children need to be given new information and their skills need to be formed and the adults need to change the stereotypes of behaviour that have been forming for years. In our experience three hours is an optimal time to eliminate these differences but three hours is of course not enough to change accumulated for years habits but this time is enough to create basis for changes.

It is worth noticing that it is not only motivation of the participants during the meetings that is important but also preliminary work aimed at the involvement of the participants to the Program. Encouragement to the participation in the Program 15, to our mind, can have common and different features for every group.

Namely, the teenagers have an opportunity:

- to know oneself better, to analyze attitude to many aspects of life, to learn to change one’s behaviour when one wishes to do this;
- to learn how to build confidential relations with relatives, friends and beloved people;
- to learn how to be vitally dynamic and to achieve one’s purposes effectively;
- to spend time meaningfully, to communicate, “to show off and to look at the others”;
- to acquire skills of the responsible behaviour and to share this knowledge with others.

For parents this Program is an opportunity:

- to discuss issues they are interested in, in particular issues connected with bringing up children, building of family relations, in comfortable and supportive environment; they also have an opportunity to learn about the experience of other parents;
- to learn to understand their children better;
- to improve skills of communication;
- to learn to orientate in different topics better. The topic might include reproductive health, prevention of HIV / AIDS, violence etc.;
- to make new acquaintance, to know other families and to acquire new knowledge, to abstract oneself from external factors and to find answers to the questions bothering their families.

The specialists have an opportunity:

- to master new technique of work with family and to improve professionalism;

- to obtain or improve experience of effective and regular work with families;
- to take prophylactic measures basing on the positive approach without any slogans and moralizing;
- to give professional help and support to 15–25 families during 15 meetings (45 hours).

In accordance with the methodology of the Program the meetings are organized differently. Most of them (namely 11 of them) are organized in the form of trainings. Part of the general meetings for all the participants of the Program are held in the form of the talk-show, and the other part of the meetings are held in the form of the general meeting

Talk-show is a technology of group work that is organized as a structured discussion with “prologue” in the form of the motivating and informative introduction into the topic and “epilogue” which is usually made up of voting and thoughts of the experts. The aim of the talk-show is to attract attention to the topic / problem, to find out the range of the thoughts, to search for the possible ways of the problem solution. All the participants, trainers and experts of all the groups are invited to the meeting simultaneously. Participation of the invited specialists is desirable as during the discussion an independent opinion of a person that has not participated in the Program is important (Програма І5..., 2010, p. 119).

General meetings are an important and integral part of the Program. Three factors of normalization and change of the quality of the relations between children and parents are combined in the Program: exercise of the personally vital topics at the trainings, opportunity to discuss what was going on in the group on the way home, common activity in the course of the (common) meetings.

In our opinion, participation in the Program І5 is interesting and useful experience for all the participants of the process: specialists, parents, teenagers and trainers.

Thus, the desired outcome of the Program І5 for the community is in the following:

- creation of the continual system of the preventive education in the educational institution and community;
- improvement of the level of awareness of the means of prevention of the socially meaningful diseases and negative events in the society;
- provision of the corresponding conditions for appearance and development of the social initiatives in the community;
- improvement of quality of the life of people and improvement of the microclimate in the community.

The desired outcome of the Program 15 for parents:

- familiarization with educational experience of the other families, an opportunity to find out the answers to urgent issues of family education;
- receipt of the accurate information on the issues of the reproductive health, prevention of drug use, HIV, AIDS, prevention of violence in the family;
- building of effective communication between generations;
- development of the social competence of the parents on the issues of prevention of the negative socialization in the family.

The desired outcome of the Program 15 for teenagers:

- in the aspect of their attitude to their inner circle – tolerate attitude to surrounding people, confident relations with their relatives and inner circle, politeness in communication;
- in the aspect of their attitude to their peers – active participation in the common activity, skills of team work, skills of interpersonal cooperation and overcoming of the conflict situations;
- in the aspect of their behaviour at school – responsible attitude to education, skills of partnership relations between pedagogues and pupils;
- in the aspect of their attitude to themselves – skills of decision taking and target detection, responsible attitude to health, adequate assessment of the behaviour, self-confidence.

Finally it is worth noticing that realization of the Program 15 points to the effectiveness of this innovative social and pedagogical technique.

Concerning the assessment of the effectiveness of the Program 15 we recommend:

- polling of all the participants before and after the Program. “Before” polling is better to be held after the first general meeting; usually it take 10–15 minutes;
- polling “after” can be held after all the meetings and it might appear to be rather difficult to collect all the participants for polling;
- assessment of the realization of the “Public initiatives” proposed to the participants in practice – whether the intentions were desirably realized by the participants;
- study of the long-term effects (3–6 months after the end of the Program);
- further support of the participants.

In accordance with the assessment data we can draw such general tendencies observed after the first year of the Program realization:

- The topics showing the most positive dynamics:
 - contraception;
 - STDs and HIV;
 - violence.
- Differences in the opinions of boys and girls are preserved mostly:
 - gender stereotypes;
 - application of contraception means.
- Adults show more progress than children:
 - Less gender differences;
 - more correct answer on average.
- Some incorrect idea are kept widespread (about third of the participants and even more):
 - spread of the community-acquired HIV;
 - alcohol use.
- Insufficient focus of children and adults on the professional help in risk situations.

Among indirect results of the Program we can highlight the following:

- improvement of the children's self-confidence;
- improvement of the relations between children and their parents;
- increase of the intensiveness of communication of children and parents;
- reduce of the quantity of taboos on the part of the parents in relation to the children;
- reduce (in the result of actualization) of the number of the life prospects;
- improvement of the relations in the school community.

Conclusions

Thus, the novelty and urgency of the Program 15 consist in:

1. Actualization of the family relations (teenagers participate together with their parents and it favour improvement of family relations).
2. Application of the gender-age approach results in more effective and comfortable communication.
3. Long-lasting and systematic prophylactic influence – regular meetings during 2–3 months favour personal and group changes.

4. Combination of the prophylactic tasks and trainings of personal growth and it is more effective than independent use of the mentioned units.
5. Experience of solution of the personal and community problems allowing participants formulate social activism.
6. Creation of the common conceptual and informational field of adults and children resulting in positive effect for the formation of the culture and system of values of the community.

Received 2015 12 12

Approved for publishing 2016 03 07

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