

suffering from an eating disorder.	
<p><b>Evaluation of results:</b></p> <p>A major strength of the program is that it works directly with students and the approach to work is interactive and experiential.</p> <p>Over 2000 students have been included in the programme from 17 schools in different cities across Bulgaria. More than 300 parents were involved with the topic. Psychologists from other cities have been trained in the program methodology so they can provide the service in schools at regional level.</p> <p>One of the main indicators of success is that new schools are contacting the team and offer to work together.</p>	
<p><b>What makes it a good/best practice?</b></p> <p>"Life per kilogram" is the first and only charity project in Bulgaria that focuses on the prevention of eating disorders, working directly with students. It has been successfully developing for four years now, showing stability and expanding its activities with new initiatives that provoke reflection on the topic among the general public. The project's activities are covered in news programs, magazines, newspapers, radio programs, television, websites, etc., which contributes to its recognition and popularity among the public.</p>	
<p><b>Other information</b></p>	<p>Website: <a href="https://zhivotnakilogram.com/">https://zhivotnakilogram.com/</a></p> <p>Social Media:</p> <ul style="list-style-type: none"> <li>- <a href="#">Facebook</a></li> </ul> <p>Available in Bulgarian.</p>
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## ii. Päihdeilmiö lessons - Finland

<p><b>Organisation</b></p>	<p>Ehyt ry (Finnish Association for Substance Abuse Prevention)</p>
<p><b>Location and timing of practice</b></p>	<p>“Päihdeilmiö” lessons for secondary level students (VET schools and upper secondary schools) all around Finland.</p>
<p><b>Title</b></p>	<p>“Päihdeilmiö” lessons (Substance phenomenon lessons)</p>



<p><b>Objective:</b></p> <p>Ehyt ry organises “Päihdeilmiö” (Substance phenomenon) lessons in secondary level institutions (75-90 min) with a student group to support substance abuse education in secondary level institutions, using their own materials. Since substance abuse and addiction is usually a social phenomenon, and a major contributor to mental health issues in Finland, it is important to address this in a group and provide the students with information and constructive discussion.</p>	
<p><b>Detailed content:</b></p> <p>Lessons of 75-90 minutes organised in secondary level institutions to support substance abuse and addiction education. The lessons follow the same pattern. Interaction, reflection and new perspectives are important for substance abuse education, and the “Päihdeilmiö” lesson utilises these methods. Substance use is considered from a social, cultural and political perspective and as a major contributor to mental health problems in Finland, discussing changes in substance use in Finland from the 20<sup>th</sup> century to the current day, and creating a map of ideas and discussing substance use and its reasons and consequences.</p>	
<p><b>Evaluation of results:</b></p> <p>The project was successful because the lessons reached a lot of students - in 2017-2018 there were nearly 13,000 students participating in the “Päihdeilmiö” lessons. According to feedback, most students considered the training provided them useful information (91 %) and most also considered that they were able to share their own views during the lesson (94%). The lessons are also easily transferable as they are easy to organise.</p>	
<p><b>What makes it a good/best practice?</b></p> <p>The lessons are well designed, they have reached a lot of young people in different institutions (in total 13,000 in 2017-2018), and a lot of additional material have been created in connection with the training.</p> <p>The association also received funding from the Ministry of Social Affairs and Health in Finland for providing the lessons.</p>	
<p><b>Other information</b></p>	<p>Project website: <a href="http://www.ehyt.fi/fi/toinen-aste">http://www.ehyt.fi/fi/toinen-aste</a> Available in Finnish.</p>
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### iii. Zipy’s Friends - International

