



**KILT**

KNYSNA INITIATIVE FOR  
LEARNING AND TEACHING

# Alcohol Harms Reduction Game Changer Workshop

## Primary Goal

To develop action plans that mitigate the excessive use/abuse of alcohol in our communities and hence reduce the harm caused

## Assumptions:

1. The use and abuse of alcohol in many of our communities has reached a critical level
2. The impact of this is weighing heavily on our communities on many levels:
  - Socially; family values, parenting, domestic violence....
  - Emotionally; depression, mood swings, unpredictable behaviour.....
  - Financially; low productivity, missing work .....
  - Crime
3. The impact is not only on adults, but also on children either through the actions and behaviours of their parents, or the growing alcohol consumption amongst the youth.

## Overview of the Workshop:

Step 1: What is causing the excessive usage of alcohol within our community?

(Adults and Youth)

Step 2: What resources are there in the community that can potentially mitigate these causes?

Step 3: What is the action plan going forward?

## Values and Norms:

- Respect for all ideas
- Team work
- Constructive participation
- Time management

## Step 1: Question to be Asked:

Why is there an excessive amount of alcohol being consumed in our communities  
i.e. what is causing this crisis?

- Adults e.g. liquor outlets, policing, self esteem, educational level.....?
- Youth e.g. is failing family value systems, lack of supervision, inadequate schooling, gangsterism, media, boredom, lack of opportunity?



# Community Safety Plan Presentation

## **S M A R T** work

To be workable, the elements of your projects at the levels of impacts/outcomes and objectives need to be:

**S**pecific,  
**M**easurable,  
**A**chievable,  
**R**ealistic and according to a  
**T**ime schedule.





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