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# Wychowanie na co Dzień

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## CURRENT PEDAGOGICAL PROBLEMS

Małgorzata Chmielewska, Mariusz Jędrzejko

### **Marijuana (THC) – mechanisms of psychosomatic action. Health and educational contexts**

**Abstract:** The article is a synthesis of the latest knowledge about the psychosomatic effect of marijuana on health. The authors – based on their own research – present a relationship between smoking marijuana and a decrease in students' (first and second level) educational results and its impact on drivers, including the eldest students.

**Key words:** drugs, education, prevention, teenagers

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Mariusz Jędrzejko, Kaja Kasprzak

### **Marijuana (THC) – multidimensional threats. Challenges for prevention**

**Abstract:** The article presents the history of the worldwide spread of marijuana as a medical agent, but also as a psychoactive substance. Marijuana is the most commonly used drug in Poland. Its use in the 12 months preceding the survey is declared by approximately 20% of students in the last year of upper secondary schools (research 2018). The authors draw attention to factors affecting marijuana's popularity among adolescents and analyze the level of teenagers' knowledge about the harmfulness of marijuana. They indicate the negative social effects of using marijuana and propose to improve the forms of prevention dedicated to the youth.

**Key words:** drugs, youth, health, prevention

## HEALTH EDUCATION

Klaudia Wos

### **Fetal Alcohol Spectrum Disorder (FASD) – good preventive practices on the example of Toruń**

**Abstract:** Fetal Alcohol Spectrum Disorder (FASD) term covers many disorders of varying severity associated with prenatal exposure of the fetus alcohol. In global terms it is indicated that about 10% of women consume alcohol during pregnancy. This issue is therefore a very serious social problem. The aim of the article is to present the latest research results on women's awareness of FASD, systematize knowledge about these disorders and to analyze preventive actions in Toruń as an example of solutions implemented at the local level.

**Key words:** Fetal Alcohol Spectrum Disorder, prevention, public awareness, local authorities

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**Joanna Roch**

### **Prevention from a perspective of Solution Focused Approach**

**Abstract:** This article describes how the Solution Focused Approach can be used in a prevention area. It highlights the teenagers' needs, their values and visions of preferred future as the ways of a development work with young people. „Difficult” upbringing situations are described as a potential opportunity for positive reinforcements of desired behaviours. Exceptions idea is presented as a beneficial way of thinking in creating positive atmosphere, which is favourable in education and development process. The article emphasises authenticity, respect and acceptance in building relations with young people.

**Key words:** prevention, health, development, young people, addiction, Solution Focused Approach

## **THEORY AND PRACTICE OF SOCIAL WORK**

**Tomasz Rózański**

### **Selected areas and prevention of marginalization and social exclusion of older people**

**Abstract:** The starting point for the considerations undertaken in the article was to define the terms *marginalization* and *social exclusion*. Next, author describes the terms: marginalization and social exclusion of older people. Then, the issue of social inclusion of seniors was raised and attention was drawn to major actions aimed at preventing the phenomenon of marginalization and social exclusion of older people.

**Key words:** marginalization, elderly man, prevention, social exclusion

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**Katarzyna Wasilewska-Ostrowska, Zbigniew Grzesiak**

### **Activities of the MONAR Association to help people in the homelessness crisis – Toruń example**

**Abstract:** The purpose of the article is to show the functioning of the MONAR Association, which was founded in Poland in the early 80s of the last century. It offers help for addicts, lonely, elderly, helpless, sick and homeless people. The organization takes on a wide variety of tasks. One of them is the Movement Out of Homelessness MARKOT. The text focuses on the creator of MONAR – Marek Kotański and his concepts of help. It also presents an example of an institution that helps homeless people – MARKOT shelter for the homeless in Toruń.

**Key words:** homelessness, homeless person, help, MONAR Association, Marek Kotański

## EDUCATIONAL PRACTICE

**Daria Rajda-Marek**

### **Project of preventive workshops using ALKOgogle**

**Abstract:** The purpose of the article is to present a methodical proposal for universal (pre-emptive) prevention workshops. The proposed classes are dedicated to both the students of the oldest primary school classes and secondary school students. The implementers of the classes can be Youth Prevention Leaders operating in their schools. The main purpose of the proposed classes is to familiarize participants with basic information about the impact of alcohol on health and people's safety and becoming aware of the differences in physical abilities and related dangers that occur after drinking alcohol. During the workshops ALKOgogle is used to allow participating students to see how a person under the influence of alcohol sees and behaves. Participation in this type of workshop develops peer counseling skills and shapes assertiveness among young people.

**Key words:** behavioral disorders, alcohol, prevention, ALKOgogle

## EDUCATION AND SOCIALIZATION METHODS

**Jan A. Malinowski**

### **Verbal methods in social prevention – from the experiences of the Toruń campaign**

**Abstract:** The article indicates that verbal methods such as e.g. lecture or a talk can be usefully used in social prevention aimed at youth. However, the prerequisite for success, are: an interesting topic, a lively narration, and activating the audience by asking questions that initiate the discussion. This conviction was formulated on the basis of an analysis of the course of three lectures, which took place in 2016-2019 as part of the "October – month free from addiction" campaign organized by the city of Toruń. They were delivered by three public persons: a judge known from the TV program (Anna M. Wesołowska), an actor who gave testimony to the fight against alcohol addiction by diversifying his performance with a recital (Lech Dyblik), and a psychologist working with young people (Dr. Marcin Szulc). The analyzed material was collected as a result of participant observation by students and the author of the article.

**Key words:** social prevention, alcohol, drugs, violence, lecture, lecture, verbal methods

## OLD & NEW READINGS

**Iwona Murawska**

### **For the sake of better teaching**

**(Review:** Anna Szulc, *Nowa szkoła. Zmianę edukacji warto zacząć przy tablicy*, Wydawnictwo Natuli 2019, ISBN 978-83-66057-04-3)