



# Listen FIRST

Listening to children and youth  
is the first step to help them  
grow healthy and safe



## FACTS FOR PARENTS

Parents have the most influence in helping their **children grow happy** and learn to cope well in difficult life situations.

Even in very difficult circumstances, a **strong bond** between children and parents can mean **less risky behaviours**.

### LISTEN FIRST

**A strong bond between children and parents is based on listening to them and showing you care.**

*"Thanks to this programme, I learned useful and important skills to help me raise my children better. I could discuss my problems with other parents, and as we became friends we were better prepared to support each other. I now have more confidence and feel less stress. Most importantly, the training sessions helped me to become closer with my children"*

- Parent from Kyrgyzstan that participated in a UNODC programme for families.



UNODC programme for families implemented in Central Asia.





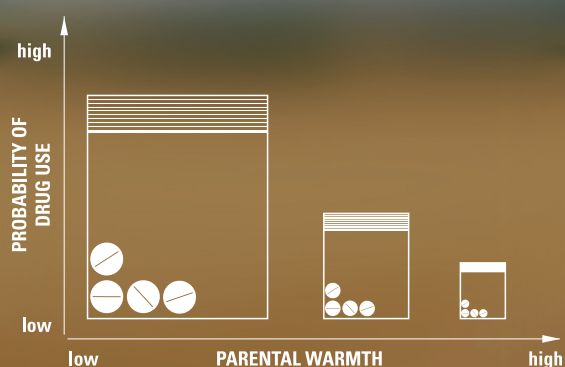
# Listen FIRST

Listening to children and youth is the first step to help them grow healthy and safe

## LISTEN FIRST

Spending even a small amount of **time** each day giving your child your complete **attention** can really help.

**Praise your child** for at least ONE thing he/she is doing right. There is one for sure, even if small.



The children of parents that have a warm parenting style and know where their children are and what they are doing, are five times less likely to use stimulants or opioids (even only once during their lives)

**Set clear rules** for behaviour, focusing on what needs to be done. When rules are broken, try and **stay calm**, making sure there are clear and reasonable consequences.

**Ask your child** what you need to know: where he/she will be, for how long, with whom and doing what.



When parents monitor their adolescents closely and have good knowledge about their whereabouts, adolescents are 20% less likely to use marijuana.





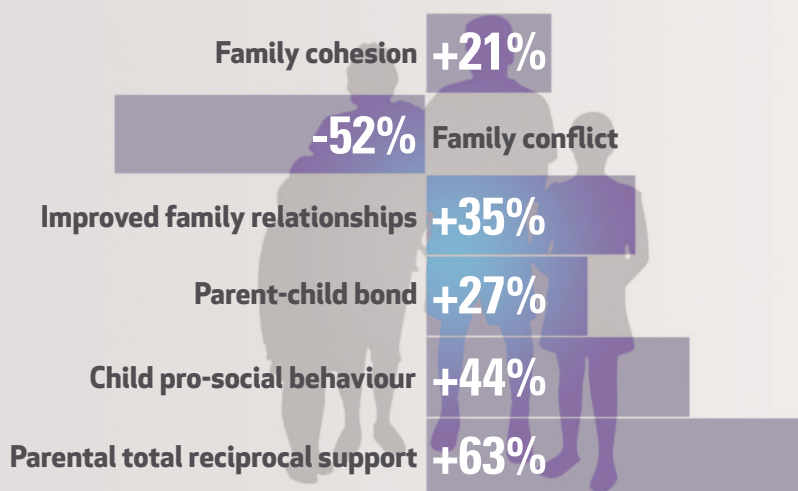
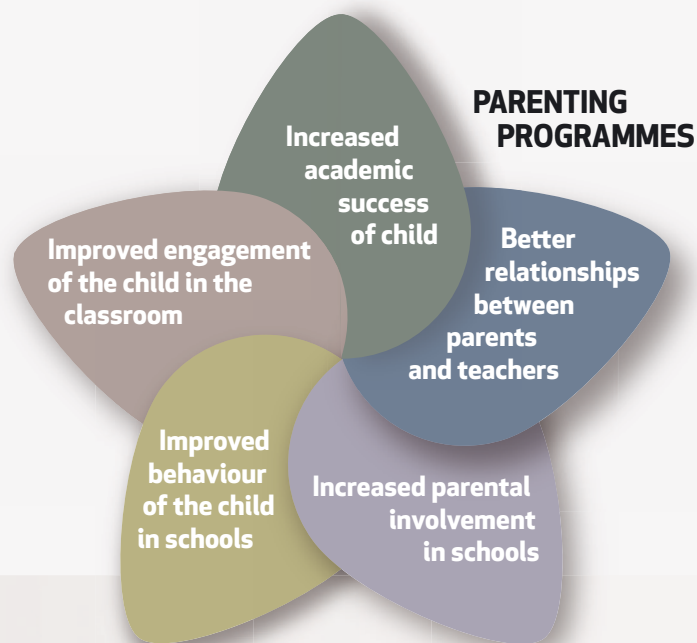


Listening to children and youth  
is the first step to help them  
grow healthy and safe

## SOUNDS DIFFICULT?

Taking part in **prevention programmes** that have been shown to be effective through scientific studies has helped thousands of families world-wide.

**Parents become better parents.  
Children behave better and do  
better in school.**



For example, UNODC implemented a programme in Central Asia supporting family skills, which halved the amount of conflicts in the participating families and improved family relationships.

*"I have two teenage kids from my first marriage, I got married again four months ago and my sons were very rebellious about it and were heavily arguing as brothers. After the 4th session they started to leave each other praise words on the mirror, this calmed the family tension and improved cohesion."*

*"I especially loved the family tree activity, now my sons put on it all their good qualities including that of their stepfather. I am very moved and thankful for the programme. Thank you for helping my family."*

- Family from Panama that participated in a UNODC programme for families.



UNODC programme for families  
implemented in Latin America.



Listening to children and youth  
is the first step to help them  
grow healthy and safe

Support evidence-based prevention programmes:



[www.unodc.org/listenfirst](http://www.unodc.org/listenfirst)

## Get informed

Ask the leaders of your municipality, community, school, health and social services to support and provide prevention programmes that have been shown to be effective through scientific studies.

### ALREADY INVOLVED

Algeria, Angola, Antigua and Barbuda, Armenia, Azerbaijan, Bolivia, Chile, China, CICAD, Colombia, Costa Rica, Cyprus, the Dominican Republic, Ecuador, Egypt, El Salvador, EMCDDA, Estonia, France, Georgia, Germany, Greece, the Islamic Republic of Iran, Israel, Italy, Kenya, Lebanon, Lithuania, Mentor International, Mexico, Myanmar, Netherlands, New Zealand, Nigeria, Norway, Oman, Peru, the Philippines, the Pompidou Group, Portugal, Qatar, the Russian Federation, Saudi Arabia, Senegal, Slovenia, Spain, Sri Lanka, Sweden, Switzerland, Tajikistan, Trinidad and Tobago, Turkey, UNODC, Uzbekistan, WHO.



Government Offices of Sweden  
Ministry of Health and Social Affairs



UNODC  
United Nations Office on Drugs and Crime



World Health  
Organization