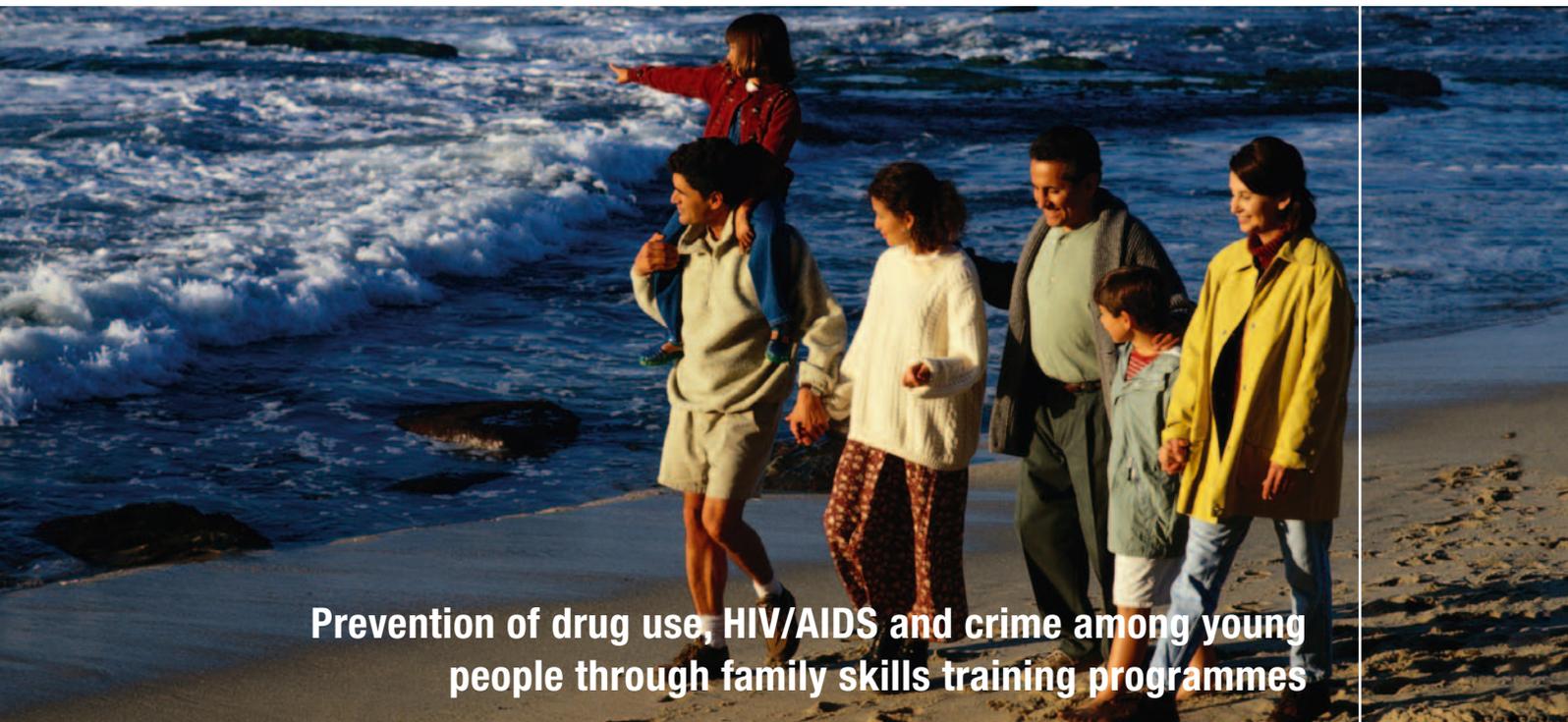




UNODC

United Nations Office on Drugs and Crime



Prevention of drug use, HIV/AIDS and crime among young people through family skills training programmes

Families First!

“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 to my children”

Parent (Bishkek, Kyrgyzstan)

Families First

Families that are happy spend a lot of time together doing different activities. They communicate openly and provide a healthy environment and a positive future for their children. The family is the strongest factor in protecting children from drug use and other risky behaviour. Supporting families to raise their children equals investing in children's lives now and in the future.

Every dollar invested in a family skills training programme saves \$10 for families and communities!!!

“After completing the programme, my son now calls me regularly to let me know where he is. He does his homework without being pressured, and we actually talk to each other!”

Parent (Panama)



Happy and Healthy Children

Working together with families:

- Delays initiation of substance use
- Increases children's school attachment and academic achievement
- Reduces affiliation with anti-social peers and increases peer pressure resistance skills
- Improves problem solving skills
- Prevents and reduces early aggressive behaviour and delinquency
- Prevents or reduces risky sexual behaviour and HIV/AIDS in children

Families get together and discuss parenting and child-rearing issues. As parents expand their social networks, communities become safer as social isolation decreases.

These programmes have been successfully implemented in poor and marginalized communities worldwide!

“The programme helps us to build trusting relationships with our children and with other parents. Times are hard, but we now know how to keep our family strong and healthy. The sessions showed us just how creative we can be as a family.”

Parent (Shymkent, Kazakhstan)



Family Skills Training

Family skills training programmes offer sessions once a week for eight weeks for small groups of 10 to 12 families. During each session parents and children first participate in their own activities where they can discuss and learn skills specific to them. Then parents and children get together in joint activities to practise the newly acquired skills.

Sessions are not lectures! They are interactive and fun, full of games and discussions. Parents learn family management skills such as setting standards for behaviour, monitoring and supervising skills and consistent discipline. Everyone learns to listen and communicate better with each other, which has a positive effect on family dynamics and cohesion.

At the end of each session families have dinner together, and a graduation celebration is organized once the families complete the programme.

“I think that this programme should be expanded and implemented in all schools”

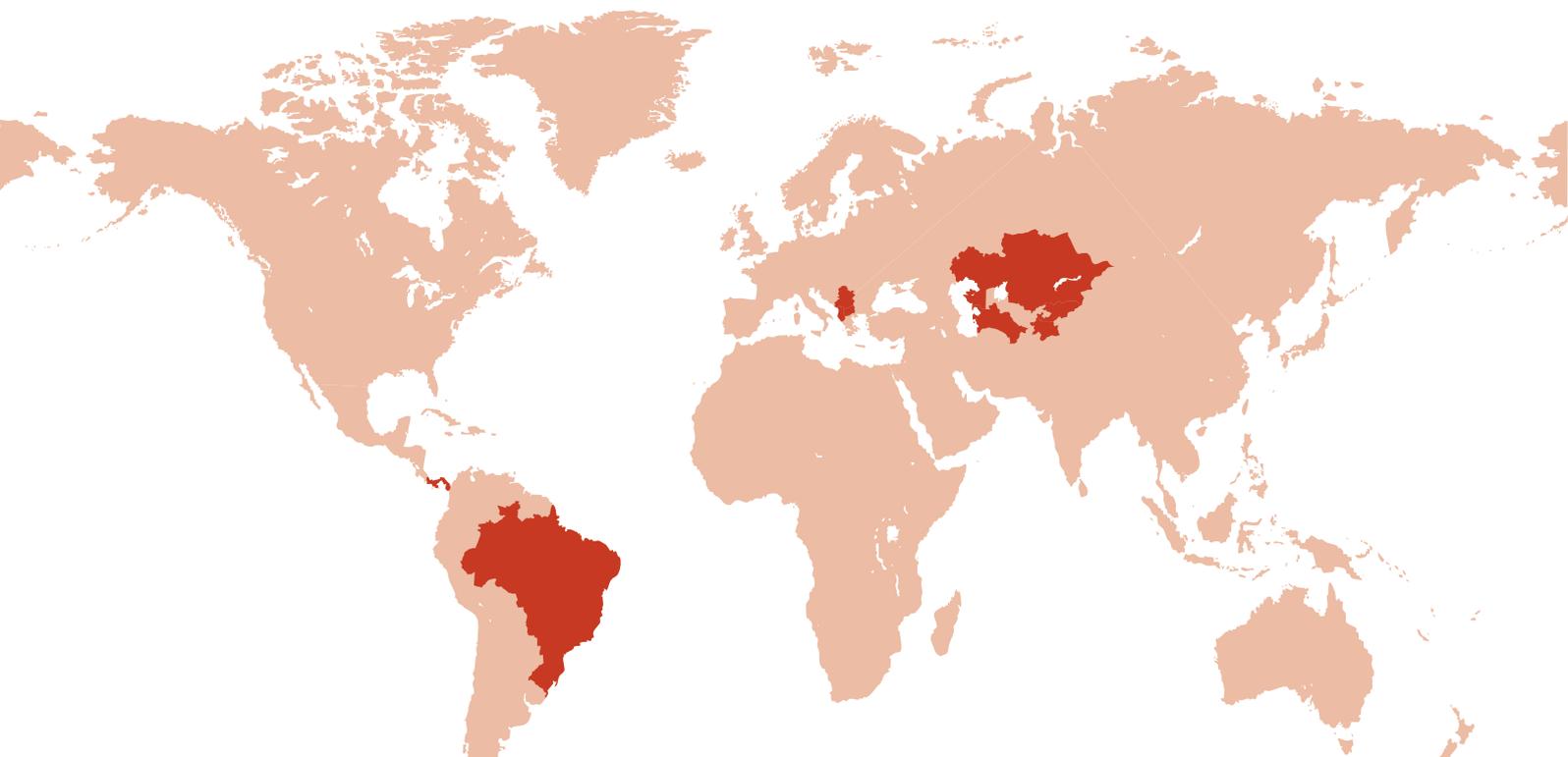
Parent (Bishkek, Kyrgyzstan)



Worldwide

UNODC is implementing a global project to disseminate family skills training programmes in different regions of the world.

GLOK01: Prevention of drug use, HIV/AIDS and crime among young people through family skills training programmes in low- and middle-income countries.



The designations employed and the presentation of material in this publication do not imply the expression of any opinion whatsoever on the part of the Secretariat of the United Nations concerning the legal status of any country, territory, city or area, or of its authorities, or concerning the delimitation of its frontiers or boundaries.



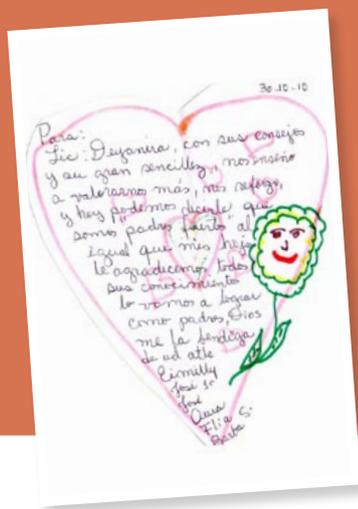


UNODC

United Nations Office on Drugs and Crime

Vienna International Centre, PO Box 500, 1400 Vienna, Austria
Tel: (+43-1) 26060-0, Fax: (+43-1) 26060-5866, www.unodc.org

UNODC has produced a Guide to implementing family skills training programmes for drug abuse prevention and a Compilation of Evidence-Based Family Skills Training Programmes, both of which are available on the UNODC website.



**“For Ms. Deyanira,
With your advice and down-to-earth qualities you taught us to value ourselves.
You empowered us, and today we want to tell you that we are “strong parents”.
We and our children would like to thank you for your knowledge.
We are going to make it as parents.
God bless you.
Yours truly,
Eimilly, José, Sr. José, Aura
The Barba Family”**

(Panama)

Contact details:

Prevention, Treatment and Rehabilitation Section
United Nations Office on Drugs and Crime (UNODC)
Address: P.O. Box 500, 1400 Vienna, Austria
Fax: (+43-1) 26060 5928
Email: youthmail@unodc.org
www.unodc.org/unodc/en/prevention/index.html