Of these, at least 1 out of 10 will suffer immediate or long-term consequences to their physical or mental health.

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

FACTS FOR POLICY MAKERS

Childhood is a period of significant development and great opportunity.

As children advance through adolescence, they grow, explore, and have the chance to realize their individual unique potential.

This also makes them vulnerable to unhealthy behaviours, including using drugs, alcohol and tobacco.

Most children and adolescents will never use drugs, and those who do are often affected by vulnerabilities beyond their control.

- Poverty and exposure to violence.
- Not benefiting from warm and supporting parenting.
- Engaging with peers themselves at risk.

The earlier children start to experiment with drugs, the more likely they are to develop drug dependence later in life.
Resilient children and supportive environments result in:

Positive families, schools and communities.

LISTEN FIRST

Children and youth need you to listen to them with warmth and care.

Provide children and youth with skills and opportunities.

Support science-based prevention to make them happy and resilient.

Offering parenting skills programs to families and teaching social skills at school to elementary school children, can prevent $\frac{2}{3}$ of the cases of non-medical use of prescription drugs at age 21.

Control group  Program group

6.5%  2.5%
Listening to children and youth is the first step to help them grow healthy and safe.

**Less drug use and risky behaviours**

Some evidence-based programmes provide teachers with interactive tools to promote positive behaviour whilst they teach their normal programme. This not only improves the behaviour of the children in class and helps them learn better. It has been shown to have a significant impact up to the age of 21.

When reaching adulthood, **boys** that had shown signs of aggressive behaviour in the first year of primary school will suffer from drug dependency disorders. Among those participating in this prevention program, **83%** will suffer from drug dependency disorders, while **29%** will suffer from drug dependency disorders in the control group.

**0%** will smoke in the control group, while **40%** will smoke among those participating in this prevention program during first school year.

**34%** will show violent or criminal behavior in the control group, while **50%** will show violent or criminal behavior among those participating in this prevention program during first school year.

**20%** in the control group will graduate from high school, while **75%** among those taking part in this program will graduate from high school.

**AND**

Saving social and health care costs. Saving up to 30 times the amount of funds invested in prevention.
Support evidence-based prevention programmes:

www.unodc.org/listenfirst

“Listen FIRST”
is open to all interested Member States, civil society, academic and international organizations.

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.