

# FAMILY UNITED

**Universal Family Skills Programme**  
for Prevention of Negative Social Outcomes  
in Low- and Middle-Income Countries



**United Nations**  
Office on Drugs and Crime



## Background

Family skills programmes support caregivers to be better parents and strengthen positive age-specific and age-appropriate family functioning and interactions. They promote a warm child-rearing style where parents set rules for acceptable behaviours, closely monitor free time and friendship patterns and become good role models while helping their children to acquire skills to make informed decisions. Owing to these changes, these programmes are effective in preventing a wide range of social and health problems, including preventing substance use, violence against children and youth violence, and crime. Family skills programmes have proven to be gender-sensitive (affecting boys and girls equally) interventions that provide positive effects on the mental wellbeing of parents and reduce parental and occupational stress. Additionally, they support the development of children resulting in fewer behavioral and emotional problems. Inspired by this body of knowledge **UNODC Drug Prevention and Health Branch, Prevention Treatment and Rehabilitation Section** has been actively promoting and piloting such evidence-based programmes globally since 2010 in over 30 low- and middle-income countries.

The **UNODC** global experience in piloting family skills from 2010-2017 generated the need for a universal family skills programme designed for the needs of low- and middle-income countries. Most available evidence-based programmes are designed in more economically advantaged countries.

**UNODC** has also developed a family skills programme called 'Strong Families', which is a selective family skills programme developed for families living in challenged and humanitarian settings (including the internally displaced, refugees, those in conflict and post conflict situations and in very rural settings).

## Structure and Design of the Programme

Overall the **Family UNited Programme** consists of **4 sessions (1 per week)** addressing the essential core needs of parenting skills. Each session not exceeding two hours.

Later on, additional supplementary materials (or specific sessions) can be built in as add-ons specific to needs emerging at the country level.

	Caregiver Session	Child Session	Family Session
Week 1	Understanding praising and encouraging children	Building positive qualities	Our family's positive qualities
Week 2	Changing challenging behaviour	Handling stress	Learning about each other
Week 3	Responding to un-desirable behaviour	Skills to resist peer pressure I	Understanding peer pressure and family connections I
Week 4	Communicating and taking care of yourself	Skills to resist peer pressure II	Understanding peer pressure and family connections II

## Aims and Targets of Family UNited

- **Address the needs of families living in low-and middle-income countries.** Despite variabilities, focusing on commonalities makes it feasible to design a programme that addresses the challenges of raising a child within a specific age group.
- **Tailored for families with children aged 8-15 years old:** Basic parenting needs are the same, irrespective of additional country specific needs.
- **Targeting children and their respective caregivers** through dedicated child, caregiver and joint family sessions.
- **Brief in number of sessions and duration for families:** The minimum number of sessions are needed in order to accomplish the targets as described in the evidence-based literature.
- **Brief in the requirements for facilitator training:** Training of lay facilitators in the country can be accomplished within a three day training initially through international trainers.
- **Delivered by facilitators with minimal experience** requiring minimal cost for implementation, without the need for expensive or not readily available materials.
- **Be easily implemented and integrated within existing structures** providing services to avoid investment in non-existent structures.
- **Free of cost for implementing countries:** Through the collaboration with UNODC no royalty or copyright fees need to be paid.

## Family UNited

This open source programme for low- and middle-income countries was developed and will be piloted in several countries thanks to the generous support of the **Government of Japan** and the people of **Japan**.



# How does it work?

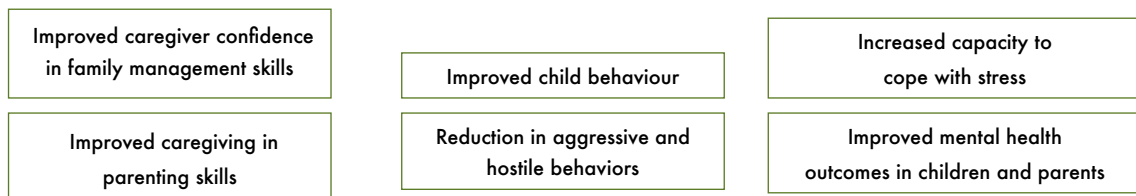
## PROGRAMME COMPONENTS



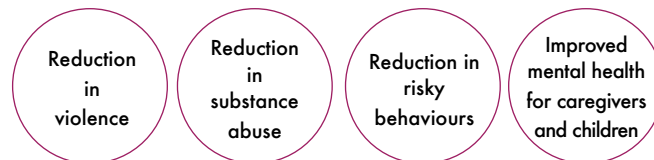
## PROGRAMME PROCESS TO ADDRESS UNDERLYING CAUSES



## SHORT TERM PARTICIPANT AND FAMILY IMPACT



## LONG TERM IMPACT



## Sustainable Development Goals

With **Family UNited**, **UNODC** provides support to Member States to reach their Targets under the various Sustainable Development Goals (SDGs).



Ensure healthy lives and promote well-being for all at all ages  
SDG 3.5



Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all  
SDG 4.1, SDG 4.5, SDG 4.7



Achieve gender equality and empower all women and girls  
SDG 5.2



Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels  
SDG 16.1, SDG 16.2



### Contact Us

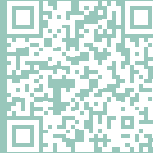
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#familyunited #strongfamilies #drugprevention #drug-treatment

#listenfirst #youthinitiative

#SDG3 #SDG4 #SDG5 #SDG16



UNODC PTRS

### Other Available

#### UNODC Family Skills Resources

**Strong Families Programme**

[bit.ly/2Gpubfa](https://bit.ly/2Gpubfa)



From the People of Japan