



# Listen FIRST

**Now more than ever**  
Listening to children and youth  
is the first step to help them  
grow healthy and safe



# UNODC Listen First

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- Focus on **ACTIVE** listening
- Linked to science and the International Standards on Drug Use Prevention
- Fun and engaging
- Diversity
- Not a stand alone – should be incorporated into a prevention approach or system





UNODC Listen First

# Original Listen First Materials

- **Three areas of focus:**
  - **Listening**
  - **Ice Cream Rules**
  - **Sandcastle Parent Involvement**
- **Based on science - messaging to parents has a greater impact on children**
- **Longer videos with science sheets added later**
- **UNGASS**





## Science of Care

- **Videos and Science Sheets**
- **10 Areas:**
  - **Science of Affection**
  - **Science of Family Activities**
  - **Science of Active Listening**
  - **Science of Play**
  - **Science of Patience**
  - **Science of Praise**
  - **Science of Physical Activity**
  - **Science of Information**
  - **Science of Routines**
  - **Science of Staying Busy**

# AFFECTION

# Science of Skills

- **Five Videos**
- **Four Super Skills characters**
- **10 Competencies**
  - **Empathy, Compassion, Respect, Gratitude, Honesty, Integrity, Confidence, Hope, Motivation, Curiosity**
- **Link to Social and Emotional Learning**

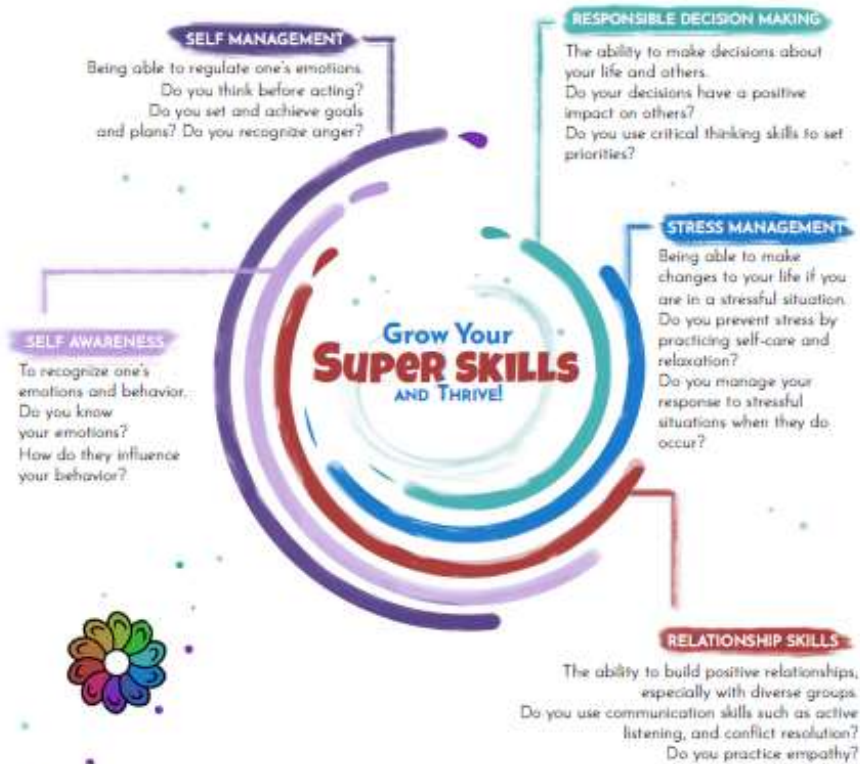


ListenFirst #SuperSkills

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and emotional learning and life skills can navigate the good days and challenges of life. They are also a part of an effective and evidence-based substance use prevention approach.



# RESPECT

## SUPER SKILLS

### WHAT IS

**Respect, thinking, and acting positively about others and ourselves (self-respect) means caring about how our actions impact others, being inclusive, and accepting others for who they are, even when they are different.**

Respect starts with confidence and is linked with empathy, compassion, integrity, and honesty.



*Respectful children manage social situations in a positive way.*

Respect (for others and oneself) is an important component of effective communication, healthy relationships, and work and life achievements.

Respect prevents bullying and other aggressive behaviors. Bullying is a predictor of academic and professional failure, aggression, violence, and substance abuse.

Respect is essential for societal development, including for educational, professional, economic, and scientific progress. Disrespect undercuts communication and collaboration and causes unhealthy environments for all.

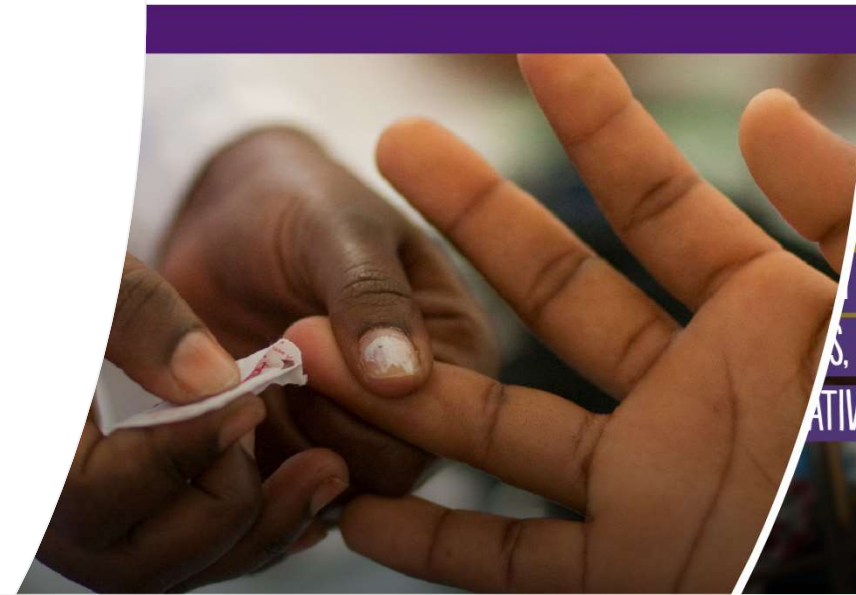
When we feel respected, our brain releases the feel-good neurochemicals oxytocin and serotonin, and disrespect

### WHY RESPECT MATTERS



# Listen First Engagement

- 3 areas
- Member States
- Key Stakeholders
  - Educators
  - Healthcare Workers
  - Policy Makers
  - Parents
  - Substance use prevention and treatment professionals
- Partners
- Newsletter





<https://youtu.be/B4Lp72G2bzE>



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