

IMPACT SUMMARY

Building Protective Environments and Risk Assessment in Colombia



Phase I: Primary Prevention and Family Stabilization

DRUG-FREE YOUTH, PARENTS WITH RULES



Drug-Free Youth, Parents with Rules, is an evidence-based prevention program that strengthens psychological resilience, emotional regulation, and the development of adaptive personality skills in children and adolescents through structured training of parents, caregivers, and educators (Phase I and Phase II). The program integrates principles from developmental psychology, attachment theory, and the cognitive-behavioral model, and was implemented at the request of governmental entities in Colombia.



IDENTIFYING CRITICAL GAP



In 2021, the Foundation identified a critical gap in family communication and a low perception of risk regarding marijuana use in the region.

The objective of this phase was to establish a protective "baseline" by empowering adults to stop being passive observers and become the first line of prevention and containment within the household.

POPULATION AND SCOPE

Quantitative Metrics

300

Family Units

Direct beneficiaries including parents, caregivers and minors

3

Educational Institutions

Integrated into a preventive monitoring network

40

Teachers Trained

In the Early Warning Identification Protocol for classroom settings

1.300

Trained People

Of in-person technical training delivered

THEMATIC PILLARS AND PROGRAM DEVELOPMENTS

Neurobiology of Substance Use for Parents

Families were educated on adolescent brain development and how early exposure to psychoactive substances causes irreversible damage to the prefrontal cortex.

Substance Myth Debunking

Teachers and parents worked together to dismantle myths such as "marijuana is natural and harmless," aligning prevention messaging between home and school environments.

Parenting Styles and Risk Factors

Individual family assessments were conducted to identify permissive parenting or rigid authoritarian styles—both recognized precursors to substance use as a coping mechanism.

ACHIEVEMENTS AND IMPACT

Phase I Outcomes

Increased Risk Perception

85% of participating minors acknowledged that recreational substance use negatively affects their long-term life goals.

Activation of the Educational Network

Teachers reported improved crisis management skills, distinguishing behavioral issues from early indicators of substance use.

Attendance Rate

90%, a significant achievement in a rural context where parental participation is traditionally low.



□ IMPACT LEVEL

Solid, measurable, and institutionally defensible primary prevention impact.

