What is Padres Informados/Jóvenes Preparados?

Smoking and substance use remain unacceptably high for Latino youth. Padres Informados/Jóvenes Preparados aims to prevent substance use among young Latino youth by supporting their parents in developing important parenting skills, and strengthening parent-youth relationships.

Goal:

Prevent tobacco and other substance use intention in Latino youth (10-14 years old)

Community Based Participatory Research

In CBPR researchers and community members collaborate to develop and carry-out the research study. The Padres Informados partners worked together to develop 8 parent and 4 youth sessions. The sessions are based both on the needs and priorities of Latino parents and on topics that research has shown to be important in lowering teen substance use.

Discipline
Conflict Resolution
Monitoring
Staying Connected
Parenting Styles
Adolescent Development
Cultural Navigation
Communication

Our Support:

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“I understood the importance of having a good connection with my children, but specially with my daughter who needed most from me.”
-N.H participant

“There should be more of these types of programs everywhere for more parents in need.”
-APT participant

“...the biggest challenge for me was to understand my own son, to be flexible and to understand his physical and emotional changes. I want to thank the program for all they have done for me.”
-N.H participant

Padres Informados/Jóvenes Preparados Partners

Aquí Para Ti
Centro Campesino Centro, Inc.
Neighborhood House
South St. Paul School District
UM Biostatistical Design and Analysis Center
UM Extension
UM Program in Health Disparities Research
West Side Community Health Services