

TUMAINI PROJECT DRC

STRATEGIC GUIDANCE DOCUMENT

Executive Summary of the White Paper, Version 1.0

“Understand today. Choose freely tomorrow.”

I. A vision to protect Congolese youth

The Democratic Republic of the Congo now has an exceptional opportunity: to protect a generation before addiction becomes an inevitability.

Psychoactive substance use is now a major challenge for many countries. The Democratic Republic of the Congo is no exception. Through the National Programme to Combat Drug Addiction (PNLCT), the national authorities have already undertaken substantial research, coordination and prevention strategy development.

The **TUMAINI Project** seeks to strengthen this work through a complementary approach focused on **preventive education**.

Its aim is not simply to inform young people.

It is to enable them to understand.

Because young people who understand are freer to choose.

Drawing on more than thirty years of international experience in addiction prevention, the TUMAINI Project offers the Democratic Republic of the Congo a teaching method, educational resources and a training programme designed to strengthen the work already undertaken by national institutions over the long term.

Our ambition

To give every young Congolese person the knowledge needed to make free, responsible and informed choices about drugs.

II. Why a new approach?

Many circumstances lead some young people to experiment with drugs:

- Curiosity;
- Peer pressure;
- Poverty;
- Trauma;
- Misinformation;
- A search for belonging.
- ...

These factors exist.

But they do not explain why two young people facing similar circumstances sometimes make entirely different decisions.

The TUMAINI Project rests on a simple conviction:

Circumstances create temptation. Understanding determines the decision.

When young people truly understand:

→ What a drug is,

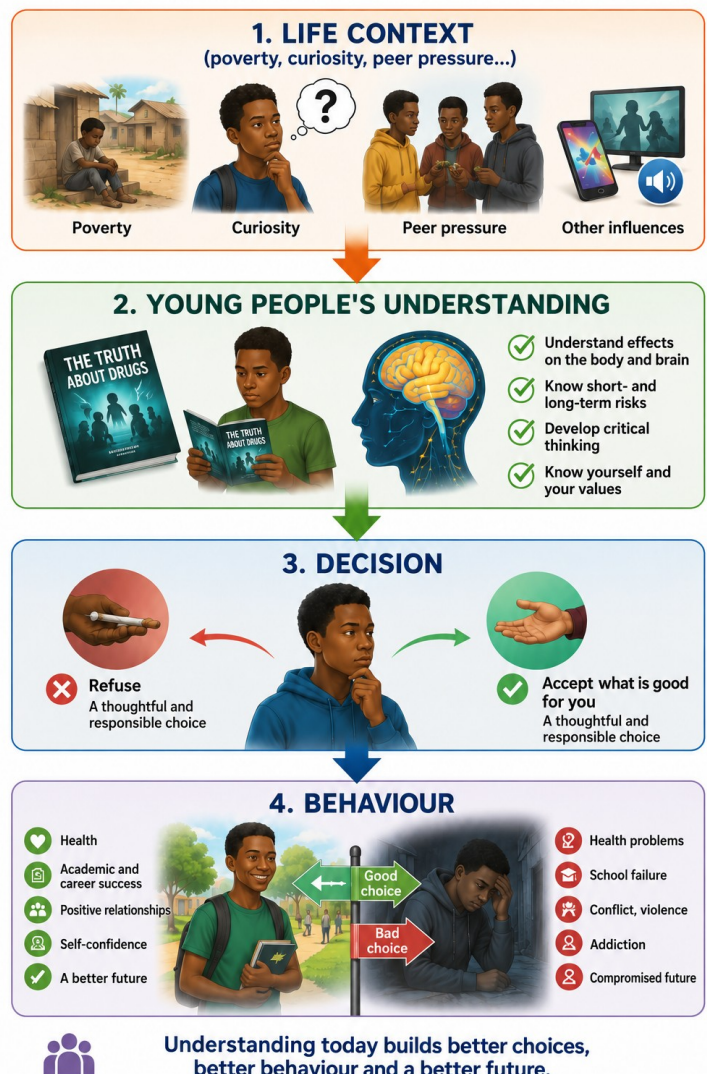
→ How it acts on the brain,

→ What its consequences may be,

They develop a personal certainty that becomes a protective factor.

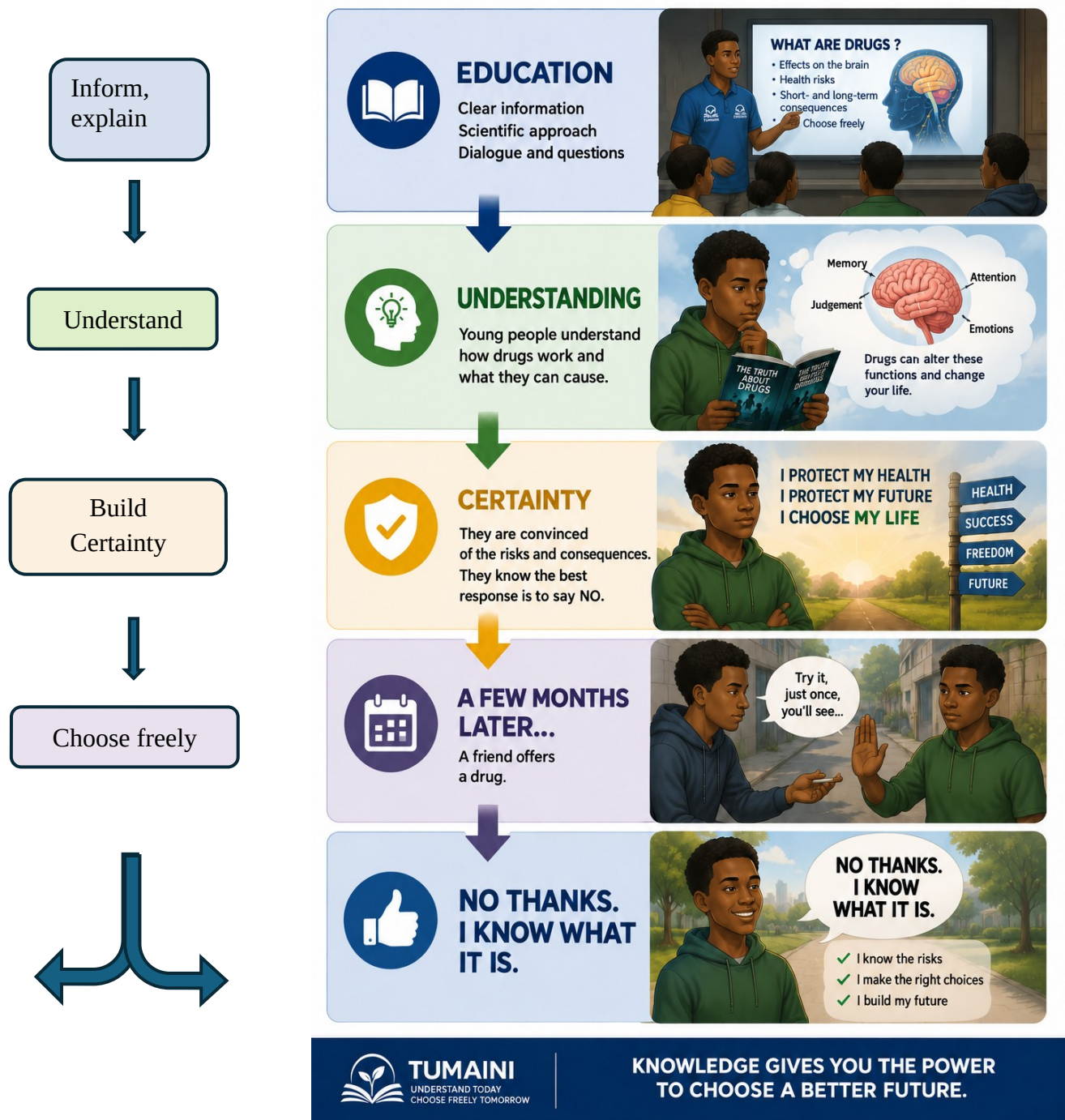
Key message

The best prevention strengthens understanding before a young person is first offered a drug.



III. The TUMAINI model

The TUMAINI Project uses a simple teaching method.
It gradually transforms information into a freely made decision.



This approach trusts young people's intelligence.
It does not ask them to believe.
It gives them the means to understand.

Key message

A free decision takes shape before a young person encounters drugs.

IV. Why understanding protects

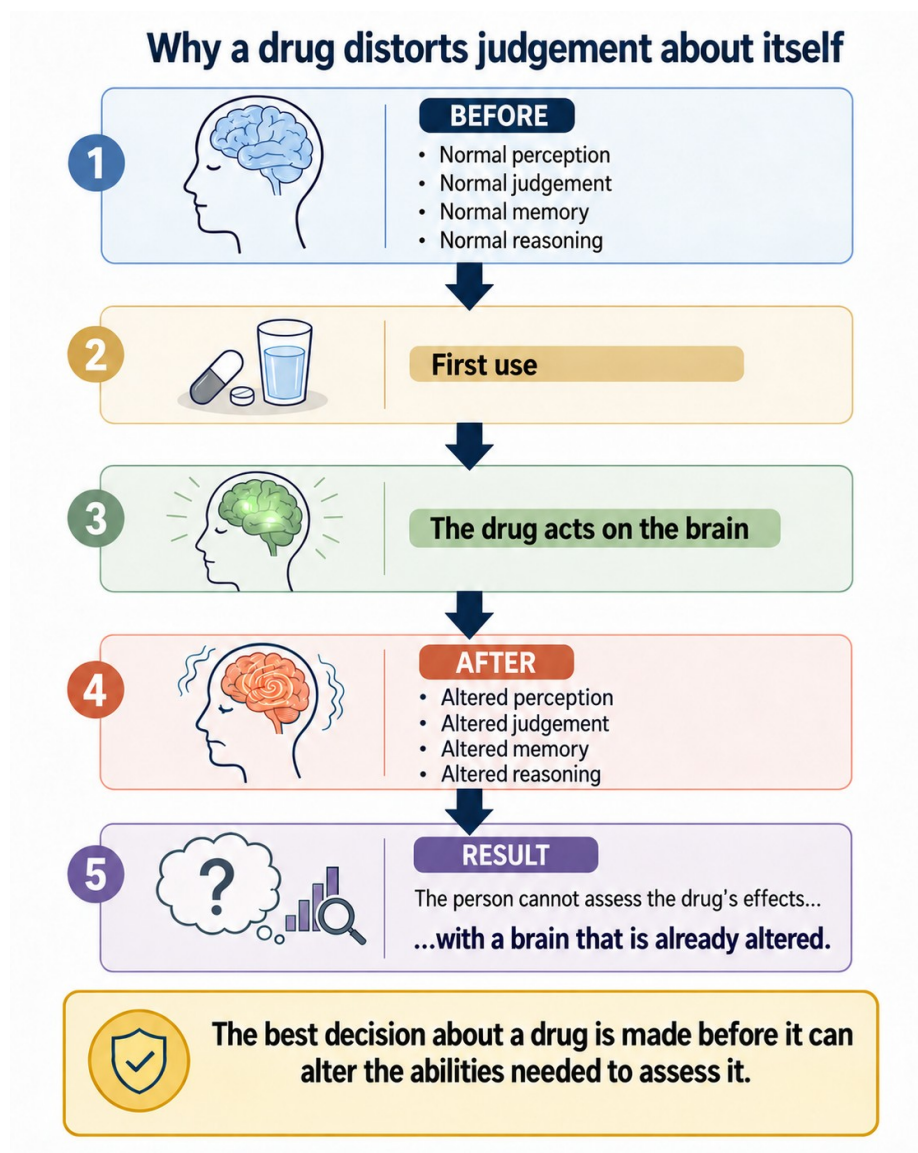
One feature of psychoactive substances is that they alter the very functions needed to assess their effects.

Perception. => Judgement. => Memory. => Reasoning.

The TUMAINI Project highlights a fundamental paradox:

People who use a drug often assess it with a brain whose abilities are already partly altered.

That is why the best decision is made before the first use.



Key message

Knowledge helps avoid an experience whose consequences may alter judgement itself.

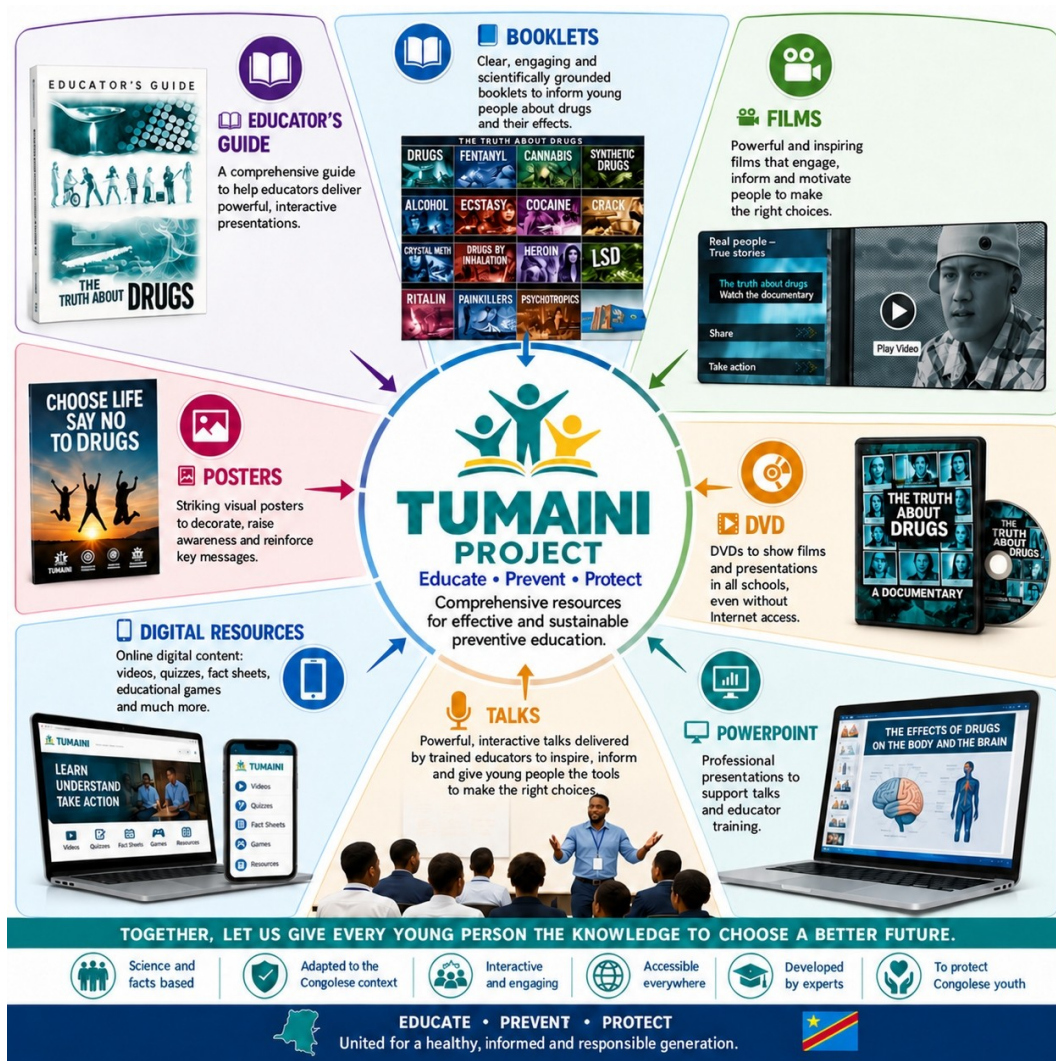
V. Resources available immediately

The TUMAINI Project offers the Democratic Republic of the Congo an educational library developed over more than thirty years of international experience.

It includes:

- A collection of educational booklets;
- An educator's guide;
- Documentary films;
- DVDs;
- PowerPoint presentations;
- Posters;
- Interactive talks;
- Digital resources.

These materials can be adapted to Congolese realities and supplemented with new resources focusing in particular on Bombé, tramadol, ketamine and vaping.



Key message

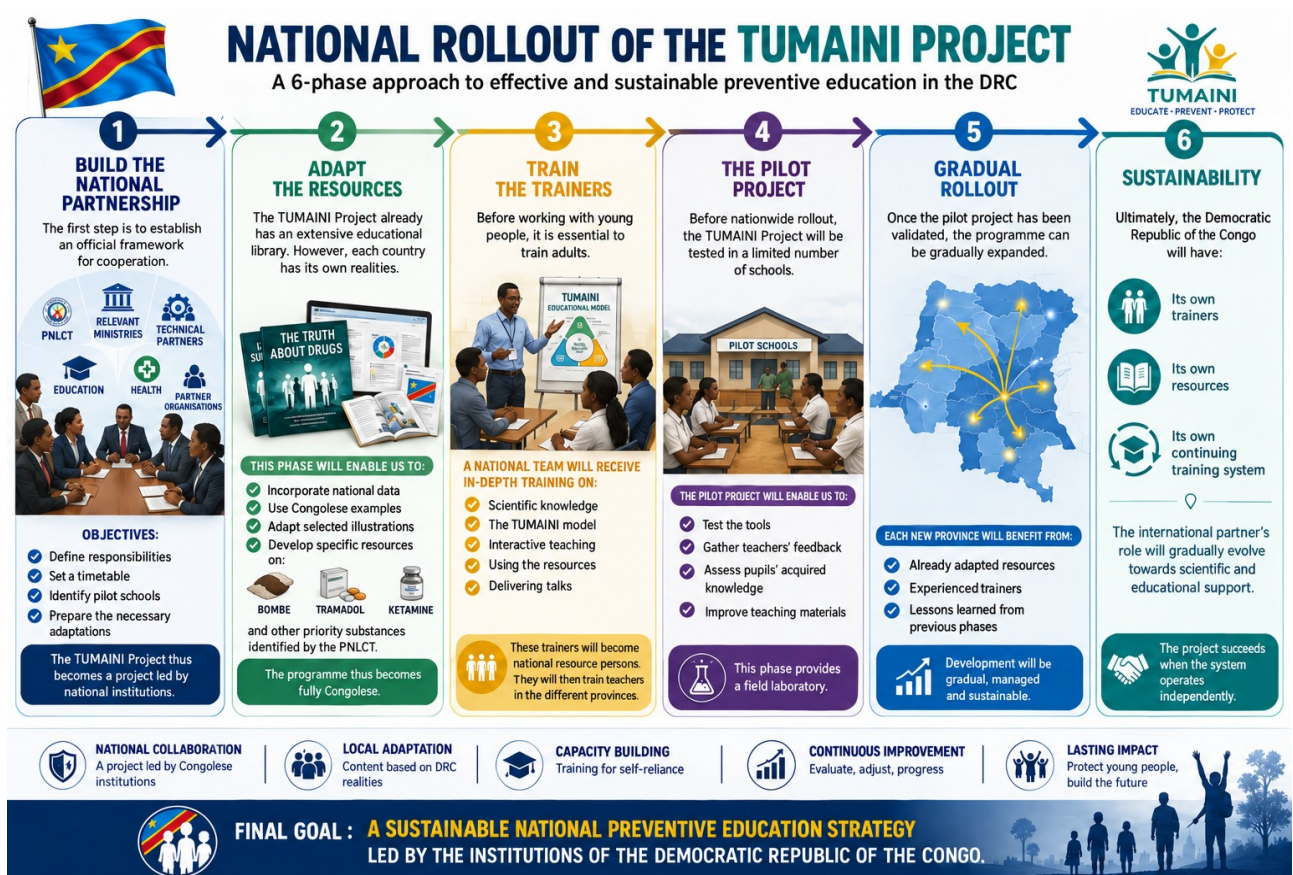
An effective national strategy relies on well-trained educators and high-quality educational tools.

VI. A gradual national strategy

The TUMAINI Project proposes implementation in six phases:

1. Build the national partnership.
2. Adapt the resources.
3. Train the trainers.
4. Run a pilot project.
5. Roll out gradually.
6. Make the programme sustainable.

This approach ensures managed development, adapted to national realities and based on gradually strengthening local skills.



Key message

The success of a national programme depends on its gradual adoption and ownership by the country's institutions.

VII. What we propose

The TUMAINI Project seeks to support the work already undertaken by the PNLCT by offering:

- ✓ Educational resources adapted to Congolese realities;
- ✓ New materials on the priority substances identified by the PNLCT;
- ✓ Training for national trainers;
- ✓ A pilot project in selected schools;
- ✓ A system to assess the knowledge acquired;
- ✓ Scientific and educational support throughout the rollout.

The aim is to build a sustainable national strategy led by Congolese institutions.

Our commitment:

We work **with** institutions.

Never **in their place**.

Together, build a better-protected generation

The TUMAINI Project is based on a simple idea:

Young people can make responsible choices when they have the knowledge needed to understand the consequences of those choices.

The most effective prevention does not simply ask young people to say “no”.

It enables them to understand why they themselves choose to say “no”.

Our ambition is to build, together with the **National Programme to Combat Drug Addiction** and all national partners, a sustainable strategy that will strengthen the capacities of educators, families and institutions.

Because protecting young people today means building

The **Democratic Republic of the Congo** of tomorrow.

Our shared ambition

That every young Congolese person can say, when offered a drug:

**“NO THANKS.
I KNOW WHAT IT IS.”**