



## How Does SAAF-T Work?

### Positive Results for Families:

- ▣ Stronger communication within the family
- ▣ Parental academic involvement
- ▣ Effective problem-solving

### Positive Results for Teens:

- ▣ Fewer depression symptoms
- ▣ Decreased conduct problems
- ▣ Decreased substance use problems
- ▣ Reduced unprotected sexual intercourse
- ▣ Increased condom efficacy



# STRONG AFRICAN AMERICAN FAMILIES

Teen Program



FOR MORE INFORMATION CONTACT:

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# STRONG AFRICAN AMERICAN FAMILIES-TEEN

**T**he teenage years are among the most exciting times in a young person's life. During these years teens become more independent and begin to make more decisions for themselves. These decisions can affect their health and safety, as well as their success as young adults. The SAAF-T Program is a five-session, family centered program designed to promote teens' positive decision making and enhance the well-being of African American families.

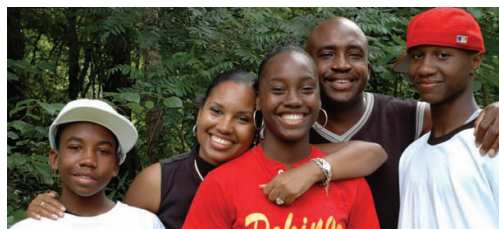


## SAAF-T supports teens in their efforts to:

- ▣ Make good decisions about their future  
*(e.g., educational options after high school, employment, financial management)*
- ▣ Make responsible decisions about sex, drugs and other risky behaviors

## SAAF-T strengthens parents'/caregivers' ability to:

- ▣ Maintain effective communication with their teens
- ▣ Help their teens think about and plan for continuing education and careers
- ▣ Support their teen's academic success



## What Families Can Expect:

Parents/Caregivers and teens who participate will enjoy an interactive, family centered program. Teens and parents/caregivers meet separately during the first part of the program, then together as a family for the second part. Activities include games, discussions, role-plays and more. All activities focus on promoting positive and healthy teen development and positive family relationships.

## SAAF-T is designed for families with teens aged 14-16 years old.

## All family types can benefit from SAAF-T:

- ▣ Two-parent families
- ▣ Single-parent families
- ▣ Foster families
- ▣ Grandparents raising teens
- ▣ Multi-racial families
- ▣ Blended families

Teen Topics	Parent/Caregiver Topics	Family Topics
Likes, Choices, and Goals	Parenting Teens	Building Strong African American Families
Money, Jobs, and the Future	Helping Teens Move towards Adulthood	Getting Along away from Home and at Home
Job Choices, Pay, and Education	Parents'/Caregivers' Involvement in School	Getting Ahead in the World
Choices and Consequences about Sex	Helping Teens with Peer Pressure and Temptations	Helping Teens Succeed in School
My Goals for the Future and Barriers to Goals	Helping Teens Succeed in School	Appreciating Each Other and Reaching Goals