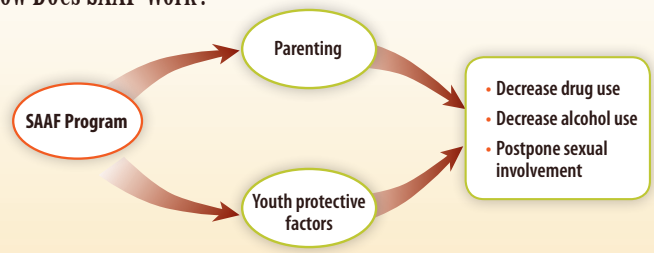
How Does SAAF Work?



Positive Results for Families:

- Enhanced support of youth development and goals
- Increased cultural pride
- Increased communication about sex
- Clearer expectations for alcohol and drug use

Positive Results for Youth:

- Increased awareness of and focus on future goals
- Increased skills for resisting peer pressure
- Increased negative attitudes about drug use and sexual involvement
- Increased acceptance of parental influence
- Postponement of sexual involvement

FOR MORE INFORMATION CONTACT:

SAAF
CENTER FOR FAMILY RESEARCH
THE UNIVERSITY OF GEORGIA

STRONG AFRICAN AMERICAN FAMILIES

Program

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THE UNIVERSITY OF GEORGIA
www.cfr.uga.edu

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SAAF Mission Statement:

To advance the well-being of African American families by strengthening family relationships, parenting processes and youth competencies.

Introduction:

All of us are concerned about the health and safety of our children, especially as they approach their teenage years. These are the years in which they become more independent and begin to make decisions for themselves. These decisions can affect their health, safety, and success as young adults. The SAAF Program is a seven-session, family-centered program designed to enhance the well-being of African American families by:

Strengthening parents'/caregivers' ability to:

- Find a balance between firm parenting and showing love
- Support youth goals and promote independence
- Promote racial pride

Helping youth to:

- Develop healthy goals for the future
- Resist temptation and peer pressure related to risky behaviors
- Understand their positive qualities
- Learn to manage difficult/unfair situations in a healthy way

Supporting families in:

- Enhancing communication and support to family members
- Identifying and using community resources that support positive youth development

What Families Can Expect:

Caregivers and youth who participate will enjoy a fun, family-centered program! Youth and caregivers meet separately during the first part of the program, then together as a family for the second component. Activities include games, discussions, arts and crafts and more. All activities focus on promoting positive youth development and positive family relationships.

Participants May Include:

- Families with youth ages 10–14 years
- Single-parent homes
- Two-parent homes
- Foster families
- Families with grandparents as caregivers
- Multiracial families
- Blended families

Caregiver Topics	Youth Topics	Family Topics
1) Supporting Our Youth	1) Goals for the Future	1) Family Support for Youth Goals
2) Making & Enforcing Rules	2) Who Am I?	2) Sharing Youth & Family Values
3) Everyday Parenting	3) Dealing with Temptation for Early Sex	3) Supporting Youth Development & Concerns
4) Helping Youth Succeed in School	4) Staying True to My Values	4) Understanding Each Other
5) Protecting Against Dangerous Behavior	5) Handling Peer Pressure & Understanding Caregivers	5) Caregivers & Young People Working Together
6) Encouraging Racial Pride	6) Dealing with Unfair Situations	6) Encouraging Racial Pride
7) Staying Connected with Our Youth	7) What Is A Good Friend?	7) Expressing Appreciation