



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



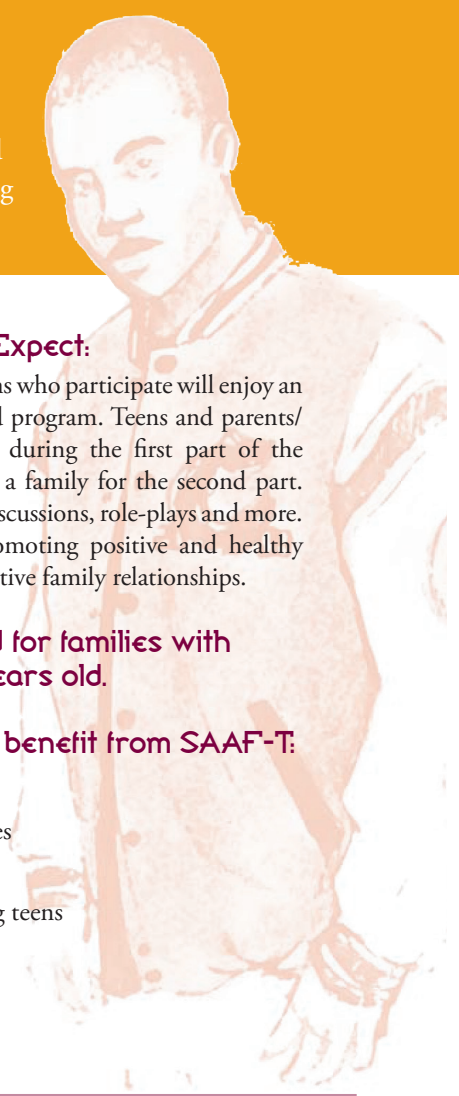
STRONG AFRICAN AMERICAN FAMILIES *Teen Program*

FOR MORE INFORMATION CONTACT:



STRONG AFRICAN AMERICAN FAMILIES-TEEN

The 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.

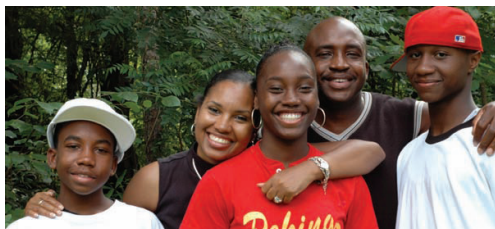


SAAF-T supports teens in their efforts to:

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