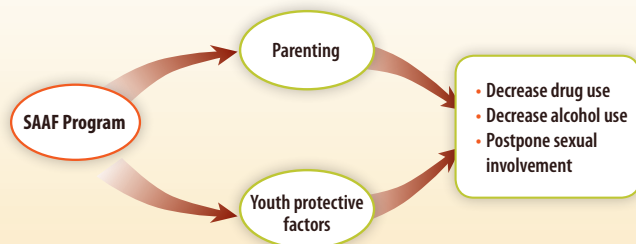


## How does SAAF work?



## Positive Results for Parents/Caregivers:

- Increased monitoring of youth while providing consistent support
- Stronger racial 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

**TRAINING FOR SAAF:** Contact us to get additional information about training opportunities. We look forward to working with your agency.



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# STRONG AFRICAN AMERICAN FAMILIES

## Program



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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.

## SAAF Program Summary:

A 7-week program for youth and parents/caregivers designed to:

- Strengthen parents'/caregivers' ability to:
  - Find a balance between firm parenting and showing love
  - Support youth goals and promote independence
- Help youth to:
  - Develop healthy goals for the future
  - Understand their positive qualities
  - Resist temptation and peer pressure related to risky behaviors
- Build family strengths for supporting youth goals
- Enhance family's racial pride
- Strengthen family communication and support

## Special Features:

- Culturally sensitive program
- Addresses developmentally appropriate goals for parents/caregivers and youth
- Program approach based on 12 years of research with African American families
- Scientifically evaluated and shown to be effective
- Integrates videos reflecting positive African American peer and family interactions
- Highly interactive to engage participants
- Easy-to-use teaching materials

## Host Agencies May Include:

- Schools
- Churches
- Family agencies
- Any community group working with youth and families

## 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  |
|---|---|--|
| <ol style="list-style-type: none"><li>1) Supporting Our Youth</li><li>2) Making &amp; Enforcing Rules</li><li>3) Everyday Parenting</li><li>4) Helping Youth Succeed in School</li><li>5) Protecting Against Dangerous Behavior</li><li>6) Encouraging Racial Pride</li><li>7) Staying Connected with Our Youth</li></ol> | <ol style="list-style-type: none"><li>1) Goals for the Future</li><li>2) Who Am I?</li><li>3) Dealing with Temptation for Early Sex</li><li>4) Staying True to My Values</li><li>5) Handling Peer Pressure &amp; Understanding Caregivers</li><li>6) Dealing with Unfair Situations</li><li>7) What Is A Good Friend?</li></ol> | <ol style="list-style-type: none"><li>1) Family Support for Youth Goals</li><li>2) Sharing Youth &amp; Family Values</li><li>3) Supporting Youth Development &amp; Concerns</li><li>4) Understanding Each Other</li><li>5) Caregivers &amp; Young People Working Together</li><li>6) Encouraging Racial Pride</li><li>7) Expressing Appreciation</li></ol> |