

“SAAF made me feel comfortable to face my fears and express myself and how to overcome peer pressure.”

—SAAF YOUTH PARTICIPANT

Strong African American Families



Strengthening Family Relationships, Parenting Skills, and Youth Competencies

All families have strength. This culturally-specific program, designed for youth aged 10-14 and their caregivers, builds on the strengths of African American families. It supports parents and youth during the transition from early adolescence to the teen years with an emphasis on helping young people avoid risky and dangerous behaviors.

This evidence-based approach has been proven to reduce behavioral issues, drug use, and delay the onset of sexual behavior for youth participants as compared to their peers.

HIGH LEVELS OF PARTICIPANT SATISFACTION AND A 100% RETENTION RATE

94%

said they would like to **continue** meeting with their group

95%

said the strategies presented were helpful and/or **relevant** to their life experiences

94%

said they felt **safe** in the program

“Finally, a program for us.”

—SAAF ADULT PARTICIPANT

PROGRAM ELEMENTS

7 Discussion Groups with Youth and Caregivers

Professionally delivered by African American facilitators from the participants' community, these weekly discussion groups provide:

- Catered sessions for caregivers and youth to discuss relevant topics with their peers
- Family sessions to practice and reinforce new skills

Program Topics Include

- Setting goals for the future
- Staying true to your values
- Expressing appreciation
- Handling peer pressure
- Dealing with unfair situations
- Supporting our young people

ADULT PARTICIPANTS REPORT

30% 20%

Improvement in **Emotional Regulation** while Parenting

Improvement in Sharing Expectations about **Sexual Activity**

Shown to Improve Empathy

The program helps youth and caregivers see things from each others point of view.

20%
IMPROVEMENT
IN ADULTS

25%
IMPROVEMENT
IN YOUTH

YOUTH PARTICIPANTS REPORT

29% 20%

Improvement in **Goal Setting** for the Future

Improvement in **Staying True to Their Values**

*“SAAF helped me **discuss situations** with my caretaker that I could not do prior.”*

—SAAF YOUTH PARTICIPANT

*“**Communication** is key. You can't prevent things but can come to a resolution.”*

—SAAF ADULT PARTICIPANT

For More Information

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