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

FOR MORE INFORMATION CONTACT:

www.cfr.uga.edu  1-888-542-3068
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

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**Teen 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

**Parent/Caregiver Topics**  
Parenting Teens  
Helping Teens Move towards Adulthood  
Parents’/Caregivers’ Involvement in School  
Helping Teens with Peer Pressure and Temptations  
Helping Teens Succeed in School

**Family Topics**  
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