

Research shows that strong connection between parents and teens is a superpower that helps teens achieve their goals and supports healthy outcomes, including: decreased rates of unwanted pregnancy, STIs, depression, drug and alcohol use; and increased school success.¹

"It's helped my adult and I gain more confidence in one another. I feel like I got to know more about them and now I know I could trust them with anything."

LiFT Teen

Although teens say they want to connect and talk with their adults about sexuality, many adults say that they feel uncomfortable and ill-equipped to have conversations with their young person about sexual health topics.²

Linking Families and Teens (LiFT) is a family connection program which was developed to help adults harness their superpower and support families to share their values, build their family bond, and talk about the tough stuff - including sexual health and healthy relationships. LiFT includes an engaging and interactive 6-hour workshop, one follow-up phone call, and 12 weekly text messages for both teens between the ages of 13-19 and their supportive adult*. LiFT is available in English or Spanish.



"This program has taught me to be open to communicate about the 'tough stuff' with my girls. My daughter now comes to me with questions or experiences and I listen with an open mind, no judgment. I greatly appreciate how this LiFT program has helped open up the communication in my family."

LiFT Supportive Adult

For more information contact
LiFT@ppgnaik.org

**Supportive adult can include biological parent, foster parent, caregiver, grandparent, aunt or uncle, or another important adult in the life of that teen.*

¹ Lezin, N. R. (2004). Parent-Child Connectedness: Implementations for Research, Interventions, and Postiive Impacts on Adolescent Health. ETR Associates.

² Huberman, B. &. (2005). Are You an Askable Parent? Retrieved from Advocates for Youth: <https://advocatesforyouth.org/wp-content/uploads/storage//advfy/documents/askable.pdf>

IMPACT

In qualitative data collected at the booster call, at program end and 9 months later, youth and parenting adult participants say they are having more tough talks, and credit LiFT with building their confidence and skills to have conversations around sexuality and relationships; helping to increase trust between family members, and to be more open and empathetic with one another. These results are supported by quantitative data three months after LiFT workshop completed by youth and their supportive adults.**

Compared to survey-only participants, **LiFT youth:**

- communicate more frequently about sexuality values, thoughts & feelings with their supportive adult
- are more likely to feel competent preventing pregnancy.
- are significantly less likely to have ever been pregnant or caused a pregnancy



Compared to survey-only supportive adults, **LiFT supportive adults:**

- indicated a more positive relationship with their youth
- communicate more frequently about sexuality and pregnancy with their youth
- are more comfortable with and likely to support their young person seeking sexual healthcare.
- had better quality of communication with their youth about sexuality



Surveys completed by youth 12 months after program end, show that compared to survey-only participants, **LiFT youth:**

- scored higher on a measure of parent child relationship;
- communicate more frequently about sexuality values, thoughts & feelings with their supportive adult
- feel more comfortable in conversations with their partner
- are more likely to feel competent preventing pregnancy



"My mom and I always fight about me spending time with my boyfriend. After LiFT, we were able to use the skills that we learned to agree on a decision we both felt good about without fighting. It was such a nice change!"

LiFT Teen

"We talk more since we participated in LiFT. I learned that it is ok to be nervous to talk to my kids about topics around sex, and now me and my teen are more open to talking about these things. We are more open about sex and have been able to talk about preventing pregnancy and drug use."

LiFT Supportive Adult

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**These results include participants living in rural communities of 50,000 or fewer.