

LIFT AT A GLANCE

Linking Families and Teens (LiFT) is a six-hour (with breaks) family connection program for youth ages 13-19 and their supportive adult(s). This program is intended to improve sexual health outcomes for teens in the United States by enhancing key protective factors. The specific goals of this program are:

- Increase the frequency and quality of communication about sexuality between teens and their supportive adults;
- Enhance the relationship between teens and their supportive adults;
- Increase teen confidence to prevent unwanted pregnancy;
- Increase supportive adults' comfort with their youth receiving sexual health services.
- Decrease unplanned teen pregnancy

LIFT COMPONENTS:

1. WORKSHOP: The six-hour workshop is intended to: provide families time to connect with each other and gain skills so they can have effective Tough Talks in the future; teach teens new skills related to sexual health; and create space for supportive adults to share and connect with one another.

The workshop is divided into three parts:

a. Together Times (four modules):

These are modules that youth and adults participate in together. They are opportunities for sharing, skill practice, and fun with their family member.

b. Youth (two modules): These are modules for youth only so they can have open and honest conversations with other youth. Youth modules include activities, skill-building, and practice for youth in: the importance of connection; communication skills to engage in Tough Talks; and basic information on condoms and accessing sexual healthcare.

c. Supportive Adult (two modules):

These are for adults only so they can have open and honest conversations with other supportive adults. Adult modules include activities, skill-building, and practice for adults in: the importance of connection; practices to build connection with their youth; and skills to engage in Tough Talks about sexual health.

2. TEXT MESSAGES: During the workshop, participants can opt in to receive 12 follow-up text messages. These provide reminders of the skills taught in LiFT, conversation prompts, and resources.

3. BOOSTER CALL: All supportive adults receive a booster call from a LiFT facilitator four weeks after the workshop date. The purpose of the booster call is to reinforce concepts discussed during the workshop, and provide additional support and resources as needed.

LIFT WORKSHOP

(6 hours, including breaks and meal times)

