

# LiFT

LINKING FAMILIES & TEENS

For youth ages 14-19 and their adult parent or caregiver



## Program Overview

LiFT is a 6-hour program that brings teens ages 14-19 and their supportive adults together to learn how to share family values, strengthen bonds, and talk about the tough stuff—things like sexual health and healthy relationships.



## Goals

- 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

## Impact

- Surveys showed that LiFT helped youth to:
- have healthier parent-child relationships
  - communicate more frequently with their supportive adults about sexuality values, thoughts, and feelings
  - feel more comfortable in conversations with their partner
  - are more likely to feel competent preventing pregnancy

## Topics

- ✓ Communication
- ✓ Sexual health
- ✓ Family Values
- ✓ Adolescent Brain Development
- ✓ Family Action Plans

LiFT is delivered using group discussions, brainstorming activities, skill practice, role-play, short lectures, pair-share, group work, and self-reflection.