

LiFT

LINKING FAMILIES & TEENS

PROGRAM DESCRIPTION

Teens living in rural communities are more likely to have had sex, are less likely to use contraceptives, and have a higher teen birthrate than teens living in suburban or urban areas.¹ We know that strong family relationships and good communication lead to healthier teens, so Planned Parenthood has launched LiFT (Linking Families & Teens) - an exciting new family connection program for high school teens and their parenting adult* living in rural communities.**

LiFT includes a 5-hour workshop, one follow-up phone call, and 12 weekly text messages for both teens and their parenting adult* where they are empowered to **share family values, build the family bond, and talk about the tough stuff – sexual health and healthy relationships.**

LiFT is available in English and Spanish, and all participants are eligible to receive financial incentives for their participation (\$110 for teens and \$80 for adults).



IMPACT

We expect LiFT will:

- Enhance family connection
- Delay initiation of sexual activity
- Reduce rates of unintended pregnancy
- Increase use of contraceptives

To measure this impact, LiFT is currently being evaluated by comparing surveys of families who are randomly assigned to participate in either LiFT or in the survey-only group.

Want to learn more? Contact Lauren Meade at lauren.meade@ppnyny.org for more information.

*Parenting adult can include biological parent, foster parent, caregiver, grandparent, aunt or uncle, or another important adult in the life of that teen. Teens must be between 13-18 years old at the date of the program.

**Rural community includes a population of 50,000 or less coupled with some isolation from a larger metropolitan area.

TESTIMONIALS

"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 Parent Participant.

"LiFT is a wonderful opportunity for young people, parents and families to build and strengthen our self-esteem, self-worth and self-efficacy. It felt amazing to strengthened my confidence as a parent and to know we weren't alone in raising our family. Our daughter feels more confident in having difficult conversations with her peers and with us and we, as parents, feel reassured we are on the "right track". ~LiFT Parent Participant

"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 Participant

"My wife and son participated and loved it - They had a great time. The fact that you could engage a 16-year-old teenage boy for six hours on a Saturday is nothing short of amazing."
~High School Principal

¹ The National Campaign to Prevent Teen and Unplanned Pregnancy. "Working with Rural Teens: Adolescent Reproductive Health in Rural America." May 2013

This is a grant funded project through funds made available from HHS Office of Adolescent Health. This grant (#TP2AH000026-01-00) includes a focus on developing and testing new and innovative approaches to prevent teen pregnancy.

is it EVER HARD TO **CONNECT** **WITH YOUR TEEN**

about their values and making healthy choices?



LiFT is a 5-hour program that brings high schoolers and their parents* together to learn how to share family values, strengthen family bonds, and talk about the tough stuff.

- Support your teen to **achieve their goals**
- Help your teen **make healthy choices**
- Encourage your teen to **open up to you**
- **Enjoy food, prizes and earn up to \$80 for participating! (Teens may earn up to \$110 for participating.)**

LiFT

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Saturday, May 19, 2018

**You can join LiFT with a high-school-aged child, grandchild, niece or nephew, or another important teen in your life.*

Questions? Want to Join? Contact:

Lauren Zimmerman-Meade | 315-782-1818 x219 | lauren.meade@ppncny.org

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Or sign-up online: www.bit.do/LiFTsignup



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 **Planned Parenthood**