

Project Overview

Creating a family life with your mate by your side brings many blessings. However, even the healthiest families face challenges from time to time. One of the greatest challenges that families face is parenting adolescents. Researchers at the University of Georgia are interested in finding the best ways for African American couples to keep their relationships strong and to reach the goals they have set for themselves and their children.

Let's Consider.....

a game of basketball, and think of the family as a team and the parents as the co-captains.

As the family's team captain, husbands and fathers have a great deal of responsibility. Some captains respond to the pressure of family life by hogging the ball or taking everything on themselves. Others may choose to ride the bench by withdrawing from family relationships. However, with the help of ProSAAF you can learn how to make assists, empower your co-captain or other teammates, and provide them with a strong foundation.

ProSAAF will show you ways to increase your effectiveness as team captain with your family. Team members look to captains not only as models of skills, but they also copy the interpersonal skills of the co-captains based on the way that the co-captains treat one another. Just as the co-captains' relationship affects team cohesion, a positive marital relationship is a fundamental element of a healthy family. ProSAAF therefore aims to both enhance parents' relationships with one another and improve their effectiveness as parents.

Captains have an important responsibility to prepare their teammates for success in the present and the future. As team leaders, captains must be sure to set an example and leave a legacy for those that will follow in their footsteps. ProSAAF can help your team live up to its potential.

How Will You Benefit?

- Learn how to support each other in ways that will make your relationship better
- Find out how to handle or prevent problems in your relationships
- Discover new techniques for effectively parenting adolescents
- Discuss issues that are important to you as African Americans

Who May Participate?

An African American adult at least 21 years of age who:

- Has a mate (of any age or race) who is also willing to participate
- Lives with a mate and an adolescent child 10- to 16-years of age
- Parents the adolescent child with the mate
- Has a 10- to 16-year old adolescent child (i.e., teen lives with and is parented by the adult and mate) that is willing to answer questions about their experiences
- Is willing to spend six weeks in an in-home educational program

What Can You Expect?

- You and your mate will receive a call from a research team member to enroll you in the program and schedule your first interview.
- You and your mate will participate in four two-hour interviews in your home during a two-year period.
- The interviews will focus on relationship skills, attitudes, and parenting practices.
- After the first interview, you will be asked to participate in one of two educational programs that focus on marriage and parenting enrichment.
- Each couple will receive \$100 for each of the four in-home interviews.
- Adolescents will be paid \$10 for each of four interviews.



To enroll in Promoting Strong Families, contact:

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For other general information about

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