



## ***Building Family Connections* Project Background**

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The focus of the *Building Family Connections* program is to increase the knowledge of community-based organization (CBO) and faith-based organization (FBO) staff regarding scientific evidence for the role of parents in decreasing HIV risk behaviors in youth. The program also aims to increase CBO/FBO staff skills to effectively train parenting adults (parents, adult family members, caregivers, teachers, youth leaders and mentors) to connect and communicate with as well as to supervise and monitor youth regarding risk behaviors. Finally, the program will encourage CBO/FBO leadership to value the importance of parental influence on youth risk behavior and incorporate this paradigm into sustainable long-term strategies.

## **Program Development**

The *Building Family Connections* program was developed in consultation with a six-person Expert Panel. The panel consisted of a curriculum writer, community and faith-based educators, behavioral change specialist, parent-child connection researcher, and a professional development expert. The panel selected the concepts for the essential content of the curriculum and the elements needed for successful program implementation in a variety of communities and settings.

During the development process, the curriculum was reviewed by the CDC Division of Adolescent School Health (DASH), Expert Panel members, and the HIV Materials Review Panel. These experts provided insightful revisions and suggested changes to improve the curriculum. The curriculum was successfully piloted with diverse audiences in Washington DC, El Paso, TX, and Houston, TX. Feedback from the participants was used to improve the content and delivery of the curriculum.



### **Expert Panel Members:**

- Tammy Borgias, BS, *Program and Training Director, Wait Training*
- Ronald Carter, PhD, *Provost and Dean of the Faculty, Coker College*
- Willa Doswell, PhD, *Associate Professor, Department of Health Promotion and Development, University of Pittsburgh School of Nursing*
- Joneen Krauth-Mackenzie, RN, BSN, *Executive Director, Wait Training*
- Michael Mata, MA, MDiv, *National Director Tools for Transformation, World Vision*
- Michael Stephenson, PhD, *Associate Professor, Department of Communications, Texas A & M University*

### **Goals of the Program:**

Build the capacity of parenting adults so they can assist youth to grow up safe, smart, and strong

- SAFE: Increase parenting adults-youth communication and connectedness
- SMART: Increase the number of parenting adults who discuss sexual health and abstinence with youth
- STRONG: Improve the health of youth by postponing the age of sexual debut

### **Goals of the Training:**

Build capacity of facilitators to educate parenting adults so they can assist youth to grow up safe, smart, and strong

- Increase knowledge of medically accurate information related to adolescent development, teen pregnancy, contraception, HIV/STI's and healthy and unhealthy relationships.
- Model appropriate teaching strategies necessary for implementation of the Building Family Connections curriculum;
- Develop a plan for implementation of the Building Family Connections curriculum in their community;
- Identify areas of support and resources needed to successfully implement Building Family Connections curriculum;
- Successfully host at least one Building Family Connections curriculum training in their community within 18months of completing the training.

### **Medical Institute's Trainer Development Vision**

To establish a community of highly skilled facilitators recognized nationally for conducting people-centered development activities based on current research and theory that promote parent-child communication about sexual health issues and abstinence in our communities.



## **BFC MODULE LEARNING OBJECTIVES**

### **Great Parenting**

- Describe characteristics of effective parents
- List an item that effective parents monitor
- List an effective parent-child communication strategy

### **Effective Communication**

- Describe 2 benefits of effective communication
- Identify 2 ways to improve communication with teens

### **Decision Making**

- Describe 3 challenges adolescents face in making healthy decisions
- Discuss one tool used to make decisions

### **Adolescent Development**

- Discuss 3 physical changes that occur during puberty
- Describe 3 aspects of adolescence that demonstrate physical, logical, emotional, social, or spiritual development

### **Teenage Pregnancy**

- Explain 3 consequences of non-marital pregnancy on teen parents
- Explain 3 consequences of non-marital pregnancy on the child
- Describe 2 ways to help your children avoid teen pregnancy

### **Contraception**

- Explain the use and effectiveness of various contraceptives for pregnancy and STIs
- Discuss 2 ways to talk to your teens about contraception

### **HIV/STIs**

- List 3 sexually transmitted infections
- Discuss ways to prevent STIs
- Describe 2 ways to discuss STIs with teens

### **Healthy/Unhealthy Relationships**

- Compare and contrast healthy and unhealthy relationships
- Explain 3 effects of child abuse
- Discuss 3 ways to keep children safe

### **Abstinence**

- Describe the benefits of sexual abstinence
- Discuss two ways to support abstinence in your family and community