

The Parent Empowerment Project

OVERVIEW

The Parent Empowerment Project offered parenting education to teen fathers of Mexican descent in the juvenile justice system. The program intended to increase participants' understanding what it means to be a good father and son, reduce conflict between participants and their children's mothers, and increase participants' involvement with their children. During the course of the program participants were required to write letters to their fathers, themselves, and their children.

See [*OPRE Report 2011-20 Catalog of Research: Programs for Low-Income Fathers \(June 2011\)*](#) for more information.

Focus

Responsible Fatherhood

PROGRAM DESCRIPTION

Target Population

Teen fathers of Mexican descent who had been placed on probation for offenses such as burglary, possession and use of illegal substances, or assault with a deadly weapon

Service Delivery Unit

Individuals

Curriculum

Program topics Family-of-origin issues; Personal responsibility; meaning of being a father; Prevention of abuse and neglect; Child development and child care; Fundamental parenting and discipline skills

Dosage

Six two-hour sessions

Setting

Community-based Organizations

Location

Phoenix, Arizona

Adapted and/or Created for Hispanic Population

Created for Hispanic population

Demographics of Population Served

100% Hispanic

PROGRAM EVALUATION

Evaluated Population

15-17 year-old Latino teen fathers of Mexican descent

Study Design

- Descriptive Study
- Documented the experiences of program participants

Outcomes

Trust; Potential; and Empathy

Results

- *Trust*
 - Interviews suggested that participants developed trust for and felt supported by other group members and group leaders
- *Potential*
 - Interviews suggested that participants valued the group's potential to redirect their lives and the opportunity to process their emotions and write about their struggles in a safe environment
- *Empathy*
 - Interviews suggested that participants learned that other teens had similar experiences being a father and wanting to be a good parent

Results for Hispanic Subgroups

None reported

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