



FAST  Families & Schools
TOGETHER[®]

Helping Children Succeed
at School by Building
Stronger Relationships at Home



In just 8 weeks, FAST® CHANGES LIVES.

FAST (Families and Schools Together) is an internationally acclaimed parent engagement program shown to help children succeed at school by building stronger, more supportive relationships at home.

Built on evidence-based practices and rigorously tested, FAST empowers parents to become more effective family leaders, connects families to schools, and creates a community engaged in children's well-being and education. Since 1988, FAST has transformed families and improved the lives of children across cultures, languages and socio-economic classes in 20 countries around the world.



FAST® Delivers Success for Children, Families and Schools

FAST can be life-changing in school, at home and throughout communities. In ongoing evaluations and third-party research, FAST has been shown to:

- Improve academic competence and performance
- Improve behavior (social skills, attention span)
- Reduce problem behaviors (aggression, anxiety and depression in the classroom)
- Increase parental involvement in school

Teachers see changes at school:



54% report improvement in parental school involvement



40% experience improvements in children's positive behaviors



48% see a reduction in hyperactivity



48% experience less conflict at home



64% report improvements in community social relationships



67% say they have a better relationship with their child



On a scale of 1 to 10, parents rated their satisfaction with FAST a 9.4.

FAST®: BASED IN RESEARCH. DEMONSTRATED EFFECTIVE.

FAST is a prevention/early intervention program and a catalyst for positive change in the lives of children and their parents. Built on a strong platform of developmental science, FAST is designed to make a significant, long-lasting impact on child and family behaviors, so parents and kids make better decisions in school and in life. These positive outcomes are sustained and strengthened through 2 subsequent years of monthly parent-led FASTWORKS® meetings.

Please join us in our mission to help children thrive. Call us toll-free at 888-629-2481 or visit us online at www.familiesandschools.org to learn more about how FAST changes lives.



Rapid, Predictable Outcomes

The 8-week FAST® Program has delivered consistent results over 25 years of replication around the world. The program is proven to improve the lives of children across cultures, languages and socio-economic classes.



Recognized by SAMHSA, UNODC, OJJDP

FAST is included in SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP), and is recognized by the United Nations and the Office of Juvenile Justice and Delinquency Prevention.



Based on Research and Values

FAST activities utilize research and evidence-based practices proven to produce statistically significant positive outcomes.

The Values of FAST – especially the belief that all parents love their children and want the very best for them – are woven into the FAST Program.



80% Retention Rate

FAST has one of the highest retention rates of any childhood intervention program. 80% of families who attend one FAST session come back to successfully complete the 8-week program.



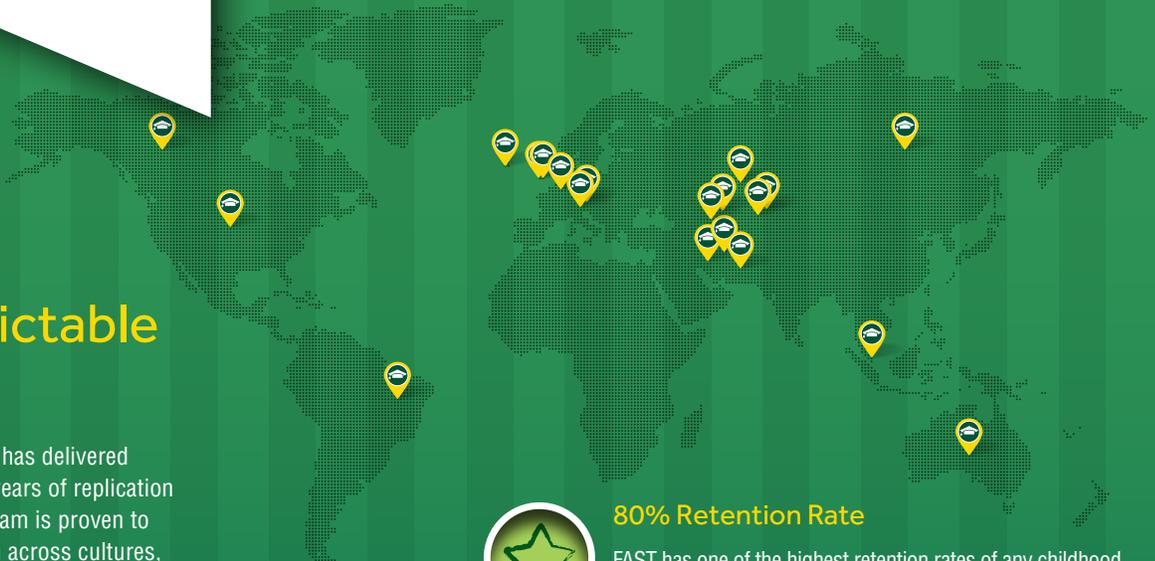
Culturally Adaptable

60% of the FAST Program can and should be adapted to fit local priorities and needs. FAST is particularly successful at impacting hard-to-reach, low-income families from diverse ethnic groups.



Scalable & Sustainable

Families and Schools Together, Inc. provides the training and guidance to launch and sustain the FAST Program in schools and communities around the world.



About FAST®

Families and Schools Together, Inc. is the non-profit organization whose mission is the development and worldwide dissemination of FAST®, the internationally acclaimed parent engagement program.

Founded in 1988 by scientific researcher and Professor of Social Work Dr. Lynn McDonald, the 8-week FAST Program helps children thrive by building stronger, more supportive relationships at home. Built on evidence-based practices and rigorously tested, FAST consistently produces statistically significant improvements in children's behavior, emotional well-being, and academic performance while building social capital among families, schools and communities.



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