



FAST  Families & Schools
TOGETHER[®]

Helping Children Succeed
at School by Building
Stronger Relationships at Home



In just 8 weeks, FAST® CHANGES LIVES.

FAST (Families & 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.

About FAST[®]

Families & 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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