



FAST[®] Overview

High School Level

To become a successful adult, a youth needs support from at least one caring adult



FAST[®] Program Goals

- Enable youth to succeed in school due to improved behavior and better home-school relationships, leading to improved academic achievement
- Strengthen families due to improved parent-child bonds, better family communication, and empowered parents
- Strengthen communities with increased trust, participation and reciprocity
- Reduce stress and social isolation
- Enhance youth's relationships with adult(s) in family, school or community.
- Prevent the youth from experiencing school failure
- Prevent alcohol and drug abuse in the youth and family
- Reduce stress experienced by the youth and parents related to daily life situations

Assumptions

High School Students

- are under stress and are isolated from adults
- are seeking identity; trying out a range of identities
- welcome social perspective talking with adults and other teens

Assumptions

High school students need

- talk time
- time to give opinions
- time to listen to others
- chances to feel self-efficacy and be celebrated for their achievements

**“Relationships are to youth
development what location
is to real estate.”**

–James P. Comer, MD, MPH

Youth Partner with Adults

- Youth and Parent roles respected
- Youth and Parents part of the FAST[®] Team
- Support Youth and Parents to work on shared responsibility and power
- Support Parents/Mentors informal social support networks
- Youth and Parents plan ongoing FASTWORKS[®]
- Youth and Parent interview panel

FAST[®] Team:

Youth Development

- For High School
 - 50% youth representation on Team
- For Middle School
 - 33% youth representation on Team
- Youth plan recruitment strategies and program components

A FAST[®] Team Includes:

- Three Youth Partners (high school age youth)
- One Parent Partner
- One School Partner*
- One Community Partner

*The School Partner may also serve as the team's Youth Advocate or another school employee may be recruited to join the team and serve in this role.

FAST[®] - High School level Agenda

- Youth Group starts to meet prior to FAST[®] Family Sessions
- 2½ hours; one night per week
- 8 weekly family sessions
- Pairs: High school youth attends with an adult parent or a mentor
- 3 hubs of 8-10 pairs each
- Peer groups meet and plan
- Cross-generational groups meet

FAST[®] - High School level Program Components

- Stresses Youth leadership development with choices
- Team builds their own agenda
- Agenda incorporates
 - Recommended activities
 - Building block/elective activities

Recommended Activities

Family Meal and Check-In

Youth and Parent/Mentor eat catered meal together

Youth Group

Youth partners lead decision making

Parent/Mentor Group

Parents/Mentors support one another

One-to-One time

Private talk between Youth and Parent or Mentor

Family Reciprocity

Family wins prize; then brings dessert for others

Closing Circle or Ending Ritual

Youth led; builds sense of community

Building Block/Elective Activities

Cross-Generational Discussion Groups

- Discuss youth-written scenarios
- No one related in the same group

Warm Up or Ice Breaker Whole Group

- Youth partners lead activities
- Introductions and warm up games

Family Project Time

- Youth and parent work on chosen project
- Family web page, scrapbooks, portfolio, etc.

Building Block/Elective Activities

Mutual Affirmation and Gift Exchange

- Youth and Adults build bonds
- Expressiveness

Solo Writing and Reflection

- Youth and Parents quiet time
- Write in journals/meditation

Community Service Project

- Youth and Parent work on chosen project
- Emphasize cross-generational communication

Warm Up or Ice Breaker Activities

10 Minutes

- Led by the Youth Partners
- Whole group
- Introductions of group
- Warm-up or ice breaker activities planned by Youth Partners

Cross-Generational Discussion Groups

30-35 Minutes

- Scenarios planned by Youth
- 3 dyads (Youth/Adult Mentor)
- No one related in the same group
- Creativity/group problem solving

Family Project Time

30-35 minutes

- Youth group chooses a project to work on with Parents or Mentors
- Family web page, family t-shirt, family newsletter, music/drama production, career exploration

Mutual Affirmation and Gift Exchange

- Small gift selected and exchanged and/or thank you note exchange across generations
- Youth and Adults
- Build relationships and expressiveness

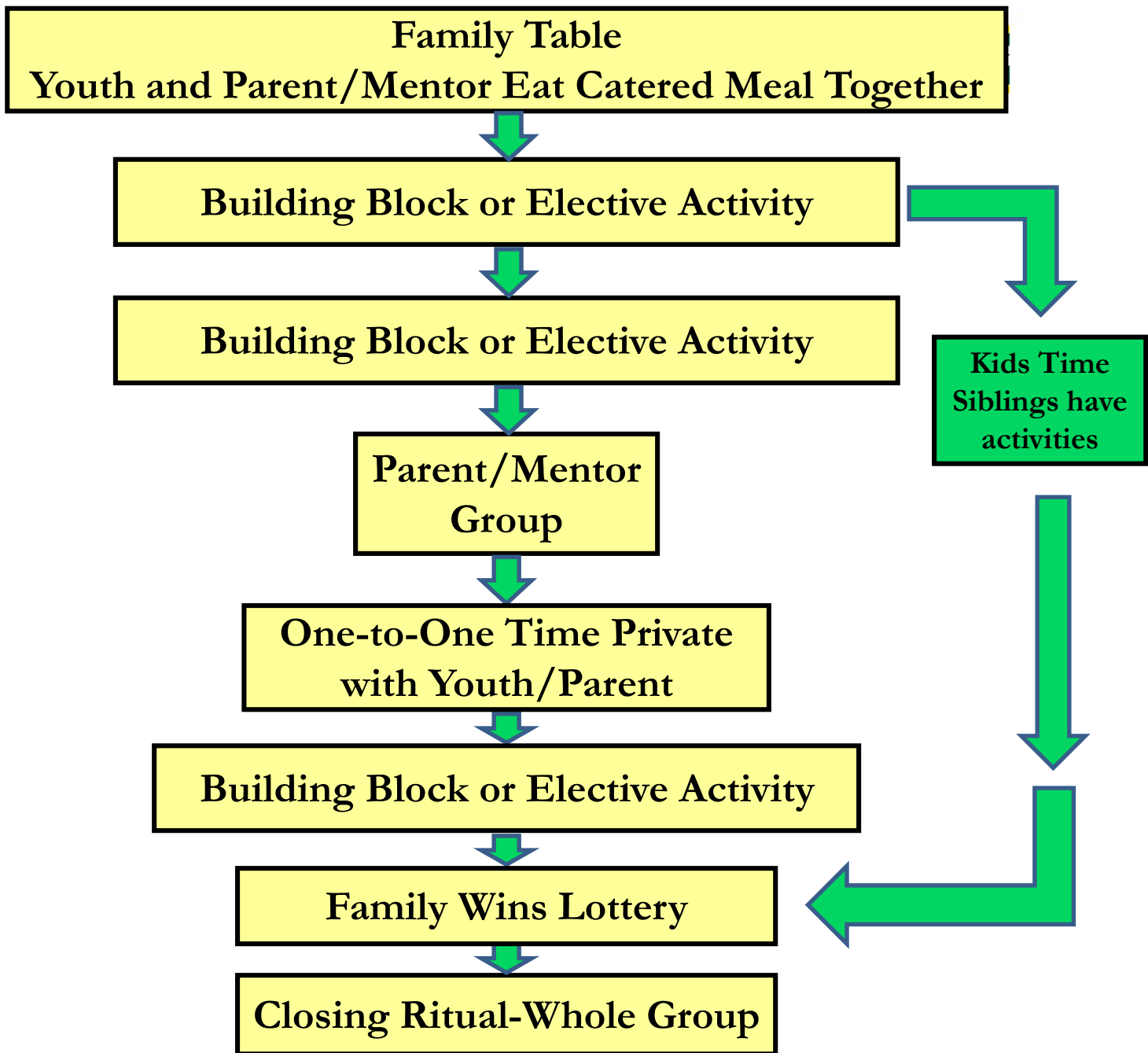
Community Service Project

- Youth and Parents work on chosen project
- Emphasize cross-generational communication

Solo Writing and Reflection

10 minutes

- Youth and Parent/Mentor separate into quiet space
- Spend time alone
- Solo writing in journal
- Reflection or quiet meditation
- Create relaxing atmosphere



FAST[®] Builds Protective Factors

- Strengthens relationships in small units including families
- Youth with other Youth support group
- Youth with adult (Parent) bonds
- Parent with other Parent/Mentor bonds
- Parent-Mentor support group
- Youth to community/school

**“It takes a village to raise a child”,
applies research to build the village.**



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