

FAST® is both research based and value based. Every person involved in implementing FAST participates in demonstrating the values listed below that underlie FAST. These values should be apparent to everyone who witnesses program activities. As part of your training, we encourage you to discuss as a team how these values fit for your community. Finally, on a personal level, we ask that each person implementing FAST make a commitment to uphold these values throughout FAST and FASTWORKS®.

**I believe:**

PERSONAL  
OBSERVATIONS

*When I was growing up, we frequently moved from one place to another I went to many schools in many countries before I became an adult. I learned many languages and learned to be at home in different cultures. I went through the life events of growing up in many parts of the world. One lesson I learned is the arbitrariness of hate and the universality of love. Some Turks hate the Greeks, some Germans hate the Turks, and on and on. Hate says more about the ones doing the hating than about who is being hated. The more universal values, the ones held by nearly every culture, are respect for elders, respect for parents, respect for families, respect for children, and the belief that every human should be valued by each of us and by society because of each person's inherent uniqueness. These are the values that underlie FAST®.*

- 1. Parents are capable of being the primary teachers and nurturers for their own children.**
- 2. Families are central and critical to children's educational performance.**
- 3. Stress and social isolation diminish parental effectiveness; social support increases parental effectiveness.**
- 4. Trusting relationships support the ability of families to access helping resources.**
- 5. Policies and practices of organizations should always support and include parents to enhance the parent-child relationship, rather than undercut or isolate the parent from his/her child.**
- 6. Schools should be welcoming to all families.**
- 7. Alcohol and drug misuse impacts families success; prevention, intervention, and treatment of the problems of drug misuse increase families' ability to succeed.**
- 8. Collaboration across systems to address the needs of all children is a necessary and important process.**
- 9. Poverty, racism, and sexism adversely affect children in their development.**

***And most of all, I believe:***

- 10. All parents love their children, and want a better life for them.**

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PRINT NAME

\_\_\_\_\_  
TEAM POSITION

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
FAST® SITE

\_\_\_\_\_  
DATE

LYNN MCDONALD