

# FAST

## Families and Schools Together

### Why FAST?

- ❖ Parents are the primary prevention agents for their own youth
- ❖ To succeed in life, youth need at least 15 minutes of one to one time with a caring adult
- ❖ Your child is growing towards independence: FAST will support you and your teen in negotiating this change
- ❖ Stress and Social Isolation diminish parental effectiveness; Networking with other parents offers support on issues such as.....Piercings, Curfews, Drugs and Alcohol, Dating

### Two Parts to FAST:



#### 1) Youth Group

- ❖ Once a week for 14 weeks at and during school
- ❖ Fun!
- ❖ Strengthens Friendships
- ❖ Communication Skills
- ❖ Support for Teen Issues

#### 2) Family Nights



- ❖ One night a week for 11 weeks
- ❖ Transportation
- ❖ Dinner
- ❖ Child Care
- ❖ Network With Other Parents during parent group
- ❖ Written Dialog With Your Child's Teacher
- ❖ Successful Communication on sensitive topics with your middle school youth
- ❖ Focus on Family Togetherness

### When does FAST start and who can participate?

- ❖ FAST will be recruiting students (and families) in January 09 at Angevine, Manhattan, BHMS and Nederland
- ❖ Any family can participate as long as the youth is motivated to join!
- ❖ Our team is bi-lingual

### BVSD FAST 2007 Results

- 48% increase in Parent-Youth relationship
- 23% Decrease in conflict
- 38% Decrease in conduct problems

### For more information contact:

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