

How Families and Schools Together (FAST) Addresses Risk & Protective Factors?

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Risk Factors for Juvenile Offending

Risk Factors	How FAST Addresses Challenges?
Poor Parental Socialisation Practices	<ul style="list-style-type: none">▪ Activities are routine, clearly defined, parent directed, and teach basis of conflict resolution and social skills building.▪ Collaborative team is supportive of parents, offer assistance when asked and serve as behavioural role models.▪ Parents' group provides a safe environment to explore and learn parenting skills.
Poor Parental Supervision of Child	<ul style="list-style-type: none">▪ Collaborative team encourages, supports and expects parents to supervise their own children; 7-12 other adults are available to assist parents before problems get out of control▪ Activities are structured to promote parental success▪ Activities teach positive communication, effective listening and basis of conflict resolution▪ Parents' group is a safe environment to explore and learn parenting skills with peers.
Poor Discipline Skills	<ul style="list-style-type: none">▪ Collaborative team provides ongoing support and re-enforcement to parents for positive skills▪ Collaborative team provides opportunity and structure for parent to develop and use problem solving skills▪ Positive discipline is role modeled by team▪ Parent group is a safe environment to process parenting with peers and receive feedback.
Poor Parent/Child Relationships	<ul style="list-style-type: none">▪ Each parent is taught and positively coached in Special Play (one-to-one child directed quality time)▪ Parents do Special Play 15 minutes a day with the targeted child▪ Family fun activities, family meal and winning together as a family build parent/child relationships.
Excessive Family Conflict/Marital Discord	<ul style="list-style-type: none">▪ Sessions are designed to minimise conflict; families can experience each other positively▪ Non-judgmental and supportive collaborative team encourages help-seeking behaviour▪ Collaborative team is a conduit for referral and advocacy for all family members.

Family Stress & Chaos

- Structured and routine activities set an example for chaotic families
- Activities are scheduled to decrease parental stress to create a willing parent for Special Play
- Parents' group builds a support system for parents
- Collaborative team empowers and supports parents
- Parents' time includes 15 minutes for parents to share daily life stressors one-to-one.

Poor Parental Mental Health

- Collaborative team members promote relationship building with parents
- Parents develop informal social support systems
- Linkages are created for referrals.

Family Isolation

- Parents' Group forges informal support system for parents
- Kids' Time builds friendships for children
- FAST provides an evening out in the neighbourhood with other families
- Collaborative team connects parents with community resources and activities
- Collaborative team and school provide a conduit for parents to access community.

Differential Family Acculturation

- Culturally sensitive collaborative team use parent's primary language
- Collaborative team empowers parents
- Cultural values are respected
- Collaborative team and school provide a conduit into the community.

Resiliency Factors for Juvenile Offending Protective Factors

Resiliency & Protective Factors

How FAST Builds Protective Factors?

Family Bonds

- FAST curriculum design promotes family as a unit and something special
- Relationship building activities provide family with fun memories
- Each parent is taught and positively coached in Special Play (one-to-one child directed quality time)
- Parents do Special Play 15 minutes a day with targeted child.

Family Routines & Ritual

- FAST program design models routine and rituals while families experience its effect
- FAST program components become rituals for families (in Special Play & closing activities).

Supportive Families

- Collaborative team supports and empowers parents as the primary prevention agent for their children
- FAST reduces parental stress to increase their supportive ability.

Good Marital Relationships

- Activities promote positive interactions and builds the basis for conflict resolution
- FAST curriculum design minimises opportunities for conflict; parents can enjoy their time together as a family
- Collaborative team provides referral.

Positive Moral Development

- Collaborative team provides connection link to community churches, centres and resources
- FASTWORKS, the two year follow-up program design encourages continued linkages.

Positive Friends & Activities

- Kids' Time is a safe, structured environment to develop friendships
- Positive program activities
- Positive games and activities taught in Kids' time.

Child develops Positive Coping Skills & Decision-Making Skills

- Kids' Time team role models, co-ordinate activities, supervises coping and decision making skills
- FAST program curriculum teaches the basis for communication, effective listening and conflict resolution
- Collaborative team modeling.

Academic, Social & Life Skills Support

- Collaborative team encourages and supports parents as primary in the child's life
- FAST program located at school site and promotes parent's academic support
- FAST program provides multi-family gathering for parents to interact with child's peers.

School Bonds

- School representative in collaborative forges strong school bond
- FAST program at school site strengthens bond with familiarity
- FAST program brings together school and family
- Children see parents at school, interacting with school staff.

Community Bonds

- Collaborative team creates linkages
- Collaborative team advocates on behalf of parents
- Follow-up continues to empower parents in the community.

Close, Trusting Relationship with at Least One Caring Adult

- FAST program empowers parents as the primary prevention agent for their children
- FAST program curriculum creates strong parent/child bond
- Collaborative team develops trusting relationship with parent and child
- Follow-up strengthens relationship building.