



Kids FAST FACT Sheet: Learning, Growing, Achieving

Kids FAST™ is our primary school age program for parents and their student children (K - 5th). This widely distributed, popular program was our first model. We developed it to help parents become more involved in the lives of their children through family relationship management, improved parent-child bonding, and stimulating parental empowerment. By empowering parents to be the primary protective factors for their own family, we help make lasting changes in the structures of complete families. It works extremely well with both universal and selective approaches to enrolment.

This model builds success in children and enhances leadership and confidence, while addressing risk factors that cause underachievement. Kids FAST is an outstanding and popular program for all primary school ages. We can help you implement it within school settings or in community sites.

This award-winning program offers two grade-level delivery options:

- K-3rd grade children
- 4th/5th grade children

The model is very much the same and any team trained in Kids FAST can implement either option. The activity components differ for age and development-level of the children involved. Frequently an entire grade level is invited to participate and components are customized to meet the needs of students within the same age range.

FAST is designed to be configured to meet the local needs of every community. It supports all communities regardless of ethnic heritage or social setting, or geographic placement. It works for urban, inner city, rural, and suburban families to promote positive values and achievement, while protecting kids by helping them make good choices at school and in life.



Using a relationship building process, FAST with its proven and tested outcomes achieves the following goals:

- Improves attendance and participation in school by students and families
- Improves learning outcomes
- Strengthens the partnership between family and school to improve educational outcomes
- Empowers parents
- Strengthens family functioning
- Prevents school failure by the selected child
- Prevents substance abuse by the child and other family members.
- Reduces stress from daily life situations for parents and children.
- Builds Multi level supportive relationships

Program structure:

- Kids FAST parents enrol through outreach programs and open enrolment.

- After being shown the program content, parents who commit to FAST meet together weekly for ten weeks.
- Each session lasts approximately 2½ hours. Parents and kids consistently tell us they wish they could meet more often.
- FAST programs are typically held in primary school gymnasiums or libraries, community centres, CBO facilities.
- Program cycles conclude with graduation ceremonies.
- After graduation, parents work together as a virtual community and meet regularly to support each other while their children grow and learn.

FAST team leaders may include:

- Parent member (preferably FAST graduate)
- School representative
- Community Agency representative
- Child advocate
- Other community agency representative

We thoroughly train FAST teams and coach them through the process of delivering this exciting and absorbing program.

Long term evaluation data shows strong and consistently positive outcomes in graduating family functioning (2002-2007). Kids FAST delivers highly rated rankings from parents and teachers. (All results are consistent with Australian and International data)

- **88% of teachers report improvements in graduating student's classroom behaviour!**
 - **Of teachers reporting improvements in graduating child's classroom behaviour, 33% report excellent improvement!**
 - **84% of teachers report improvements in graduating student's academic performance!**
 - **Of teachers reporting improvements in target child's academic performance, 32% report EXCELLENT improvement!**
 - **48% of teachers of graduating students report that the FAST program was HIGHLY beneficial to them**
 - **27% of teachers noticed an increase in parental involvement in FAST graduate's homework (within two months after graduation)**
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For Further information on Kids FAST or on the other FAST models please contact Families And Schools Together Australia.

FAST NT
P.O. Box 228 Karama, NT 0813
Phone - 08 8920 3500
Mobile - 0437 798 805
E-mail - admin@fastnt.org.au

For further information check out the FAST NT website <http://www.fastnt.org.au/>