

## Families and Schools Together (F&ST) Program

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## Families and Schools Together (F&ST) Program



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### What is F&ST?

Families and Schools Together (F&ST) builds strong parent-child communication and social support. F&ST strengthens protective factors that reduce rates of school failure, alcohol and drug abuse, violence, delinquency, and child abuse and neglect.

- F&ST is a collaborative, school-based prevention program.
- F&ST uses a family approach to build relationships.
- The F&ST curriculum incorporates activities that build relationships between:
  - Parent and child
  - Family members
  - Child's parents/guardians
  - F&ST group parents
  - Parents, school and community
- F&ST is effective with all families regardless of socio-economic status and ethnic or cultural background.
- F&ST is recognized as an award-winning model program for the prevention of substance abuse, juvenile delinquency, school failure, child abuse and neglect, and mental health problems.



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The F&ST process is based on a foundation of collaboration between key players. Parents, the school, and community-based organizations (e.g., substance abuse treatment community agency or mental health agency) each share their different perspectives and strengths to empower parents. This process helps parents become the primary prevention agent in their child's life.

### F&ST Goals

F&ST's goal is to increase the likelihood that young participants will be successful members of their homes, schools, and communities. A central protective factor for children is family cohesion. This is developed through activities that respect and build the parent's role as the child's primary prevention agent.

- Enhance family functioning through strengthening the parent-child bond and empowering the parents.
- Reduce daily stress by increasing social support.
- Increase child's likelihood of success in school by improving behaviour, empowering parents in their role in the educational process, and increasing the family's feelings of affiliation toward their school.
- Prevent substance abuse by facilitating open discussion of substance abuse issues between parents and children.

