

parent/guardian consent form

SMART Girls

SMART Girls is a program of prevention that educates girls about healthy attitudes and lifestyles. *The program is designed for 2 separate age groups: 8-12 and 13-17 years of age. Depending on the age of your daughter, the program may address the following issues:* physical and emotional growth, media influence and body image, eating disorders, sexual myths and sexual truths, personal values and social interaction, female victimization, dating responsibility, HIV and other sexually transmitted diseases, the importance of regular exams, exercise and physical activity, culture and food, healthy appetites, food programs and healthcare connections.

In addition, as part of the SMART Girls program, we will be administering a pre and post-test to assess the girls' knowledge and understanding on some of these topics.

If you have any questions or concerns, please contact Laura Kasinger or Deana Protz at the West Salem Area Boys and Girls Club at 786-1390.

I DO give my daughter permission to participate in the SMART Girls program.

I DO NOT give my daughter permission to participate in the SMART Girls program.

Child's name

Age

Parent/Guardian Signature

Date

Note: It is vital that your daughter return this letter prior to participating in the program. First day of program, March 6, 2008 at 5 pm.