



Fact Sheet: SMART Moves

- GOAL:** To help young people resist the use of alcohol, tobacco and other drugs and postpone sexual activity.
- WHY:** Boys & Girls Clubs seek to provide an outcome-driven Club Experience that helps young people achieve healthy lifestyles. Young people need viable solutions that enhance their life skills, build their resiliency, improve their health and strengthen their leadership skills. SMART Moves has been identified as one of BGCA's targeted programs that supports our goal for all youth to live healthy.
- WHO:** Boys & Girls Club members ages 6-15
- WHAT:** The SMART (Skills, Mastery and Resistance Training) Moves program has a proven history of success. SMART Moves is a nationally acclaimed prevention program originally developed in the 1980s with help from prevention specialists and Clubs around the country. Newly revised in 2011, the program incorporates the latest information and approaches that BGCA has learned about effective prevention. Participants will be exposed to various activities designed to hone their decision-making and critical-thinking skills, as well as learn how to avoid and/or resist alcohol, tobacco, other drugs and premature sexual activity.
- **SMART Kids**, ages 6-9, provides youth with the knowledge, skills and self-esteem to help them make healthy choices, practice healthy behaviors and avoid risky behaviors and situations, including involvement with alcohol, tobacco and other drugs.
 - **Start SMART**, ages 10-12, provides young people with the knowledge, skills, self-esteem and peer support to help them make healthy choices, practice responsible behaviors, avoid using alcohol, tobacco and other drugs and postpone sexual activity and practice abstinence first.
 - **Stay SMART**, ages 13-15, provides young people with the knowledge, skills, self-esteem and peer support to help them make healthy choices, practice responsible behaviors, avoid using alcohol, tobacco and other drugs and postpone sexual activity.
- WEBSITE:** www.bgca.net/Programs/HealthLife/Default.aspx, or <http://groups.bgca.net/SmartMovesOnline>
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