



**BOYS & GIRLS CLUBS  
OF AMERICA**

### **Fact Sheet: SMART Girls**

**GOAL:** To help girls develop and adopt a healthy attitude and lifestyle, as well as acquire and maintain a positive self-concept, sound decision-making skills and mentor relationships

**WHY:** Female Club members need a safe setting in which they can address health and social issues unique to them, and build the necessary skills to resist negative influences such as drugs, alcohol and premature sexual activity.

**WHO:** Female Club members ages 8-17

**WHAT:** An outgrowth of the popular and effective SMART Moves program, **SMART Girls** is a health, fitness, prevention/education and self-esteem enhancement program for girls. The program is designed to encourage healthy attitudes and lifestyles that will enable adolescent/teen girls to develop to their full potential. Sessions incorporate learning experiences that include mentors, guest speakers, hands-on activities and field trips. **SMART Girls** offers a module for girls ages 8-12 years and a module for girls ages 13-17 years. Each module consists of two components:

**Part One: It's Your Body** examines media influences on attitudes about females, personal values in dating relationships, date violence, date rape and sexual harassment, sexually transmitted diseases, sexual myths and truths, getting regular gynecological care, and the physical and emotional changes girls experience.

**Part Two: Take Care of Your Body** identifies ways to attain healthy eating habits, meet specific nutritional needs, develop basic cooking skills and become physically fit and active. It also emphasizes the importance of knowing how to use the health care delivery system.

**Program Assessment:** The **SMART Girls** program guide has a gender-specific survey, a pre-test/post-test and an environmental scan checklist to help determine the program's effectiveness and measure the degree of knowledge and/or skills participants acquire.

**WEB SITE** [www.bgca.net/Programs/HealthLife/Default.aspx](http://www.bgca.net/Programs/HealthLife/Default.aspx)

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