

Smart Girls  
Parent/Guardian consent form

Your daughter has expressed an interest in participating in the Boys & Girls Club of Pax River S.M.A.R.T Girls program.

S.M.A.R.T Girls is a program of prevention that educates girls about healthy attitudes and lifestyles. The program is designed for girls 14-18 years of age. Depending on the age of your daughter, the program may address the following issues:

- 1) Physical and emotional growth
- 2) Media influence and body image
- 3) Eating disorders
- 4) Sexual myths and sexual truths
- 5) Personal values and social interactions
- 6) Female victimization
- 7) Dating responsibility
- 8) HIV and other sexually transmitted diseases
- 9) The importance of regular exams
- 10) Exercise and physical activity
- 11) Culture and food
- 12) Healthy appetites
- 13) Food programs
- 14) Health care connections

In addition, as part of the S.M.A.R.T Girls program, we will be administering a pre and post teen test to assess the girls' knowledge and understanding of these topics.

I DO give permission for my daughter to participate in the S.M.A.R.T Girls program.

I DO NOT give permission for my daughter to participate in the S.M.A.R.T Girls program.

NOTE: It is vital that your daughter return this letter prior to participation in the program.

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Age

\_\_\_\_\_  
Parent of Legal Guardian's Signature

\_\_\_\_\_  
Date