



**PROGRAM PERMISSIONS**

All programs listed below are approved and funded by the Community and Children’s Resource Board of St. Charles County, the Missouri Alliance, Missouri Department of Health and Senior Services, Boys & Girls Clubs of America, and/or the Department of Juvenile Justice & Delinquency Prevention.

The SMART (Skills Mastery and Resistance Training) programs utilize a health promotion approach, which is focused on building youth’s attitudes and skills that support healthy decision-making. It is focused on building foundational social-emotional skills. SMART includes Meth SMART, SMART Girls, Passport to Manhood, and SMART Moves.

Please review and mark each program to allow your child to participate or to not participate. Some programs are based on specific age ranges and genders. If you have any questions about these programs and your child’s participation, please contact Rick Daleen, Director of Programs, at (636) 946-6255 or at [rdaleen@bgcstc.org](mailto:rdaleen@bgcstc.org).

**SMART Girls & Passport to Manhood: Ages 10 to 14**

SMART Girls (females 10-14) and Passport to Manhood (males 10-14) are part of our healthy lifestyle education, focused on healthy relationships, abstinence for sexual relations, and caring for our bodies. These programs include topics such as: physical and emotional change and growth, self-esteem and body image, the influence of media, healthy eating, the importance of physical fitness and exercise, the importance of regular health exams, personal values, social interaction and social media, and healthy relationships with friends, significant others, and family.

**I give my permission for my child to participate in this education. \_\_\_\_\_**

**I do not give my permission for my child to participate in this education. \_\_\_\_\_**

**Meth SMART: Ages 8 to 18 years**

Meth SMART educates members on the dangers of methamphetamines and other street drugs. Age-appropriate programs cover the following topics: What is METH? What are some of the harmful ingredients in methamphetamines and other street drugs? How can you tell if a friend or family member uses METH? What are effective strategies to saying “NO” to harmful substances?

**I give my permission for my child to participate in this education. \_\_\_\_\_**

**I do not give my permission for my child to participate in this education. \_\_\_\_\_**

**Mentoring Program**

The Mentoring program involves trusted and vetted mentors selected from the community or Club staff trained in adolescent development. A mentor will be expected to spend a minimum of one hour per week with your child on-site at the Boys & Girls Club. Mentors are not permitted to meet with a child outside of the Club facility. The child will participate in a mentoring session prior to meeting their Mentor. During the program year, special group events (incorporating all mentors and youth) and family events may be offered.

**I give my permission for my child to participate in this education. \_\_\_\_\_**

**I do not give my permission for my child to participate in this education. \_\_\_\_\_**

Child’s first and last name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent/Guardian first and last name (Printed): \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_