

Parent/Guardian Permission Form

Your daughter has expressed an interest in participating in the *Martha's Vineyard Boys & Girls Club* SMART GIRLS program.

SMART GIRLS is a program that educates girls about healthy attitudes and lifestyles. The program is designed for three separate age groups: 8 to 10, 11 to 13, and 14 to 18 years of age. Depending on the age of your daughter, the program may address the following issues:

- Physical and emotional change and growth, particularly as regards puberty
- Self-esteem and body image, and the influence of media on both
- Healthy eating, and eating disorders
- The importance of physical fitness and exercise
- Sexual and reproductive health, including STD and pregnancy prevention and the importance of regular health exams, as well as healthcare connections
- Personal values and social interaction, and social media
- Healthy relationships with friends and family, and dating responsibility

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

If you have any questions about the SMART GIRLS program and your daughter's participation, please attend our SMART GIRLS program orientation for parents and community members, scheduled for _____, _____ (date/time), at _____ (location). For additional information, suggestions or concerns, please contact _____ (staff responsible for program) at _____ (telephone number/email address).

___ I DO give permission for my daughter to participate in the SMART GIRLS program.

___ I DO NOT give permission for my daughter to participate in the SMART GIRLS program.

NOTE: Your daughter must return this signed letter prior to participating in the program.

Child's Name

Age

Martha's Vineyard Boys & Girls Club

Your Name (Printed)

Your Signature

Date



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