

## **Introduction to the SMART Moves Program**

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. Since then, the program has been implemented in thousands of Clubs nationwide. This version incorporates the latest information and approaches that BGCA has learned about effective prevention.

The SMART Moves program consists of three modules:

- SMART Kids (6-9 years old)
- Start SMART (10-12 years old)
- Stay SMART (13-15 years old – *currently not offered at BGCRC*)

SMART Moves provides:

- Self awareness activities to develop respect for one's own body, ability to handle feelings and healthy habits
- Activities to develop the ability to interact and work in groups
- Practice in decision-making, problem solving and goal setting
- Age-appropriate information about alcohol, tobacco and other drugs
- Training in refusal techniques useful for avoiding risky situations

## **The SMART Moves Experience**

Young people today face a new world of challenges and opportunities. SMART Moves is an effective and unique way for BGCRC to help prepare youth to meet these challenges. It is a creative, fun learning experience that provides girls and boys with the knowledge and skills they need to grow into confident, healthy young adults.

The overriding premise of SMART Moves is to address each age group with an age-appropriate approach to help members establish who they are. The questions they will examine are: Who am I? What do I want to become? What goals do I want to achieve? The approach is designed to encompass the whole child. SMART Moves fosters deeper self-awareness and self-confidence in members. It also provides tools to help youth overcome the obstacles that might impede their development in leading successful lives and achieving their goals.

The focus of the sessions is on strengthening positive development and opportunities, as well as putting members in a better position to deal with negative aspects they might encounter.

### **Primary Goals of the SMART Moves Components**

**The primary goal of SMART Kids (6-9)** is to provide youth with the knowledge, skills, and self-esteem to help them:

- Make healthy choices and practice healthy behavior
- Avoid risky behaviors and situations

The primary messages of SMART Kids are:

- Our bodies are priceless and allow us to accomplish our dreams
- Young people should avoid risky behaviors and situations

**The primary goal of Start SMART (10-12)** is to provide youth with the knowledge, skills, self-esteem and peer support to help them:

- Make healthy choices and practice responsible behaviors
- Avoid using alcohol, tobacco and other drugs
- Avoid risky behaviors and situations

The primary messages of Start SMART are:

- Preteens should not be involved in the use of alcohol, tobacco and other drugs. Besides being illegal, these substances are potentially harmful to bodies and minds that are still developing. “Responsible use” is not an option.

**The primary goal of Stay SMART (13-15)** is to provide youth with the knowledge, skills, self-esteem and peer support to help them:

- Make healthy choices and practice responsible behaviors
- Avoid using alcohol, tobacco and other drugs
- Postpone sexual activity

The primary messages of Start SMART are:

- Teens, ages 13-15, should not be involved in the use of alcohol, tobacco, and other drugs. Besides being illegal for teens, these substances are potentially harmful to bodies and minds that are still developing. “Responsible use” is not an option.
- Teenagers should postpone sexual involvement as long as possible because that is the best way for them to avoid the risks of pregnancy and sexually transmitted diseases. Youth who are already sexually active can be encouraged to practice abstinence again. For those who do not practice abstinence, the program offers accurate information to allow youth to protect themselves from pregnancy and STIs.