

# PROGRAM FACT SHEET



The SMART Moves (Skills Mastery and Resilience Training) prevention and education program focused on building foundational social-emotional skills, and addresses youth's agency in healthy decision-making.

The SMART Moves suite of programs is broken down into 6 age-appropriate components which focus on a strategic aspect of building a healthy lifestyle.



- **Emotional Wellness:** focuses on building the social-emotional skills of self-regulation, impulse control and stress management. Participating youth will build an effective toolbox for self-management and coping. Completing this program prepares youth to participate in SMART Moves: Core and more.



- **Core:** focuses on helping youth develop healthy decision-making attitudes and skills. The program teaches essential social-emotional skills that enable youth to communicate effectively, make healthy decisions, and refuse to engage in unhealthy behaviors such as substance use and early sexual activity.

- **Modules:** focus on applying the skills from SMART Moves: Core to making decisions about specific health behaviors. These modules dive deeply into the health behavior and associated risks and build the knowledge, attitudes, and skills of youth to avoid the behavior. Modules include:



- **Nicotine** - intended to influence attitudes and teach essential skills to enable youth to make healthy decisions about nicotine and e-cigarettes/vapes.
- **Healthy Relationships** - intended to influence attitudes and teach essential skills to enable youth to identify what a healthy relationship looks like to them.
- **Substance Use** – intended to influence attitudes and teach essential skills to enable youth to make healthy decisions about substance misuse.



- **SMART Girls:** a small-group health, fitness, prevention/education and self-esteem enhancement program designed to meet the developmental needs of girls in three age groups (8-10, 11-13, 14-16). Through dynamic sessions, highly participatory activities, field trips and mentoring opportunities with adult women, Club girls explore their own and societal attitudes and values as they build skills for eating right, staying physically fit, getting good health care and developing positive relationships with peers and adults.



- **Passport to Manhood:** an excellent complement to SMART Girls which promotes and teaches responsibility in Club boys ages 8-17. Each session concentrates on a specific aspect of manhood through highly interactive activities. Passport to Manhood represents a targeted effort to engage young men in discussions activities that reinforce positive behavior.



- **KidSmarztz/TeenSmarztz:** a child safety program that educates youth and families about preventing abduction, body safety, and empowers kids and teens to practice safer behaviors. This program helps protect kids by introducing the four rules of personal safety through various engaging and age-appropriate activities.



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