

SMART Girls Curriculum

Please circle any sessions that you DON'T want your daughter to participate in.

Module One: Ages 8 to 12 Years

Part One: It's Your Body

- Session 1: Physical and Emotional Growth
- Session 2: Media Influence and Body Image
- Session 3: Eating Disorders
- Session 4: Sexual Myths and Sexual Truths
- Session 5: Personal Values and Social Interaction
- Session 6: Female Victimization
- Session 7: SMART Decisions
- Session 8: HIV and Other Sexually Transmitted Diseases

Part Two: Take Care of Your Body

- Session 1: Exercise and Physical Activity
- Session 2: Culture and Food
- Session 3: A Healthy Atmosphere for Healthy Appetites
- Session 4: Food Programs
- Session 5: Healthy Connections

Module Two: Ages 13 to 17 Years

Part One: It's Your Body

- Session 1: Physical and Emotional Growth
- Session 2: Media Influence and Body Image
- Session 3: Eating Disorders
- Session 4: Sexual Myths and Sexual Truths
- Session 5: Personal Values and Dating Relationships
- Session 6: Female Victimization
- Session 7: Dating Responsibility
- Session 8: HIV and Other Sexually Transmitted Diseases

Part Two: Take Care of Your Body

- Session 1: The Importance of Regular Exams
- Session 2: Exercise and Physical Activity
- Session 3: Culture and Food
- Session 4: A Healthy Atmosphere for Healthy Appetites
- Session 5: Food Programs
- Session 6: Healthcare Connections