TARGET AUDIENCE

This program is intended for children and adolescents between 6 and 15 years old.

SUMMARY

SMART Moves (Skills Mastery and Resistance Training) is a community-based program designed to promote substance use prevention and avoidance of early sexual activity. This program seeks to help young people develop better decision-making and refusal skills, resistance, assertiveness, and the ability to recognize negative peer and media influences.

EVIDENCE

Although the SMART Moves curriculum is research-based, and some components have been subject to outcome evaluations, the effectiveness of the current version of the program has not been assessed.

COMPONENTS

SMART Moves is a community-based program administered through local Boys and Girls Clubs. The program's primary focus is to help youth avoid substance use and delay onset of sexual activity. Club staff, peer leaders, parents, and community members implement the program. The curriculum is divided into three age-graded components.

- SMART Kids for children 6 to 9 years old;
- Start SMART for youth 10 to 12 years old; and
- Stay SMART for young adolescents 13 to 15 years old.

Participants practice assertiveness strategies, acquire and understand decision-making skills, learn how to analyze media messages, and resist peer pressures. The curriculum in each component is delivered via a combination of discussion, role-playing, and skill reinforcement exercises.

PREVIOUS USE

SMART Moves has been implemented in Boys and Girls Clubs across the United States.
SMART Moves (Skills Mastery and Resistance Training)

TRAINING

Training materials may be purchased through Boys and Girls Clubs of America. The program is administered through existing or new Boys and Girls Clubs.

CONSIDERATIONS

Considerations for implementing SMART Moves include availability of a local Boys and Girls Club, buy-in to start a local club if one is not in place, and availability of youth, parent, and community volunteers to deliver the program.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185, or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing SMART Moves, the Clearinghouse is interested in helping you! Please call 1-877-382-9185, or email Clearinghouse@psu.edu

SMART Moves is administered through Boys and Girls Clubs; therefore, implementation of program components is flexible (school versus non-school hours). Each of the three components includes ten 45-minute sessions.

A program kit is $40 and includes guides for program components and a facilitator's manual. Please visit a local Boys and Girls Club website or the national organization at http://www.bgca.org/whatwedo/HealthLifeSkills/Pages/SMARTMoves.aspx for more information.

EVALUATION PLAN

To move SMART Moves to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185, or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 or by email: Clearinghouse@psu.edu

You may also visit the Boys and Girls Club of America website www.bgca.org/whatwedo/HealthLifeSkills/Pages/SMARTMoves.aspx

SOURCE

www.bgca.org/whatwedo/HealthLifeSkills/Pages/SMARTMoves.aspx