



PENOBSCOT NATION  
BOYS AND GIRLS CLUB

# *SMART Moves*

*“the positive place for kids”*



## SMART—Skills Mastery And Resistance Training

This nationally acclaimed comprehensive prevention program helps young people resist alcohol, tobacco and other drug use, as well as premature sexual activity. SMART Moves features engaging, interactive, small-group activities that increase participants’ peer support, enhance their life skills, build their resiliency and strengthen their leadership skills. This year-round program encourages collaborations among Club staff, youth, parents and representatives from other community organizations. The program’s components are: SMART Kids, Start SMART, SMART Girls, Stay SMART, SMART Leaders and SMART Parents.