



Dallas Women's Foundation Supports the Boys & Girls Clubs of Denton County SMART Girls Program

***Grant provides funding to help girls build self-esteem and self-worth
November 2008***

The Boys and Girls Clubs of Denton County was selected to receive a Fall 2008 grant from the Dallas Women's Foundation to provide the SMART Girls Program to girl Club members. SMART Girls program is a component of the Boys and Girls Clubs of America family of SMART (Skills, Mastery and Resistance Training) Moves family of programs. By offering SMART Girls and other programming that meets girls' interests and needs, Boys & Girls Clubs of Denton County is ideally positioned to help girls build self-esteem and self-worth, and learn to nurture their own mental and physical well-being.

SMART Girls Program features modules for ages 8-12 and 13-17. Each module contains two components. In "It's Your Body," Club members examine the physical and emotional developments that occur during adolescence, media influence on attitudes and behaviors toward females, development of personal values in dating relationships, sexually transmitted diseases and eating disorders. The second component, "Take Care of Your Body," focuses on girls' specific nutritional needs. It provides Club members with basic cooking skills, ways to ensure physical fitness and exposure to community agencies that deal with female health issues.

About the Dallas Women's Foundation

The Dallas Women's Foundation seeks out and invests in organizations striving to create long-term, positive change. Research has shown that when you help a woman move up in society, you help her entire family. When you help a family break the cycle of poverty, you improve the health of the entire community. We seek to create systemic change by funding programs that meet the needs of our community.

The Dallas Women's Foundation promotes women's philanthropy and raises money to support community programs that help women and girls realize their full potential.

For more information please visit, www.dallaswomensfoundation.org



BOYS & GIRLS CLUBS
OF DENTON COUNTY