



**BOYS & GIRLS CLUB**  
EL DORADO COUNTY  
WESTERN SLOPE

**Women's Fund El Dorado  
2012 Final report**

**SMART Girls**

The Women's Fund El Dorado grant of \$17,000 made possible the delivery of our SMART Girls program to 120 young ladies this past year. The program helped them develop and adopt a healthy attitude and lifestyle, as well as acquire and maintain a positive self-concept, sound decision-making skills and mentor relationships!!! Specifically, the money allowed us to expand this life changing program to our satellite locations of Pollock Pines and Georgetown for the first time!

**WFED Grant Amount:** \$17,000

**How was the WFED grant used?** The Club spent the grant award exactly like was planned in the budget proposal. Of the \$17,000, \$8,000 was spent on salaries and benefits; \$1,500 on rent, \$1,000 on equipment, \$4,000 on supplies \$1,500 on training and \$1,000 on other.

**Impact of the grant to your organization's mission and vision:** Our mission is to enable all young people, especially those who need us most, to reach their full potential as productive, responsible and caring citizens. Our vision is to provide a world-class Club experience that assures success is within reach of every young person who comes through our doors, with all members on track to graduate from high school with a plan for the future, demonstrating good character and citizenship, and living a healthy lifestyle. The WFED has made it possible for us to provide real tangible skills to our young ladies this past year. In the past we have not been able to offer a full blown SMART Girls program at all three of our locations. Thanks to you...we are doing that now! Thanks to you 120 girls completed the course and are better prepared to live healthy lifestyles and live a life that is grounded in values and good character. We cannot overstate the impact this program is having on our young ladies or the importance that this grant has made on our Club. The girls that have attended the program or are attending the program are better behaved, make better choices and are doing better in school. At our Georgetown Club we have seen a complete turnaround in the bullying issues that were happening last school year. Since we have launched the program there the girls are getting along and there are NO bullying issues for our middle school girls. The principal of the school that the girls attend has told me that she is amazed with the turnaround and attributes it to the Club and our programs! This is just one example of the impact the program is making. More than anything else, the program at our three sites created a safe environment for our girls to be taught important life lessons, share issues they are having and prepare themselves for the world that awaits them!



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**Who are your Clients?** The Club serves all kids age 5-18 at our three locations. The Placerville location is the location where we have the highest numbers of Teen age members. Over 60% of our population comes from low income homes and when you look at the regular attendees that come 3-5 days per week that % jumps to 75%. All nationalities are served at the Club. The WFED funded program was for our girls age 8-17, but the majority of the attendees were in the 10-14 age group and in middle school. The middle school age is our most critical age here at the Club and the programming we provide them is incredibly important.

The SMART Girls program was developed to offer age-specific experiences that enhance girls' physical and emotional health. It is a small-group program that utilizes a combination of informational and experiential learning activities to help female members develop the knowledge and skills necessary to practice healthy lifestyle choices.

Boys & Girls Clubs of America has designed two age-appropriate modules of **SMART Girls** for implementation with girls ages 8-12 and 13-17.

Each **SMART Girls** module consists of two components that include the following topics:

**Component I: It's Your Body**

- Physical and Emotional Growth
- Media Influence and Body Image
- Eating Disorders
- Sexual Myths and Sexual Truths
- Personal Values and Social Interactions
- Female Victimization
- SMART Decisions
- Dating Responsibility
- HIV and Other Sexually Transmitted Diseases

**Component II: Take Care of Your Body**

- Exercise and Physical Activity
- The Importance of Regular Exams
- Culture and Food
- Healthy Atmosphere for Healthy Appetites
- Food Programs



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- Health Care Connections

**Problems:**

Thankfully, we experienced no problems in executing this program this past year. In fact, thanks to your support, this was our most successful and most impactful offering of this program that we have ever had. All program objectives were met and we are very pleased that we had the opportunity to provide the program across the organization. Staff was extremely engaged throughout and offered a first class program to the young ladies of our facilities.

Thank you for helping us create a place where GREAT FUTURES START HERE!

Please contact Sean McCartney if you have any questions at 530.295.8019 or [sean@bgce.org](mailto:sean@bgce.org).



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