

SMART Moves (Skills Mastery and Resistance Training)



TARGET AUDIENCE

This program is for individuals who are 6 to 15 years old.

SUMMARY

SMART Moves (Skills Mastery and Resistance Training), a community-based program, is designed to promote substance use prevention and avoidance of early sexual activity. The program helps young people develop better decision-making and refusal skills, become more assertive, and recognize negative peer and media influences.

EVIDENCE

No peer-reviewed evaluations of the program could be identified through a public search.

COMPONENTS

SMART Moves is administered through local Boys and Girls Clubs of America and with the assistance of club staff, peer leaders, parents, and community members. Program sessions include group and partner discussions, role-plays, activities, games, and skill reinforcement exercises, and participants maintain a journal for the program's duration. The program consists of the following three age-graded curriculums:

- SMART Kids is for youth who are 6 to 9 years old. Topics include discussing self-awareness, making healthy choices, following healthy routines, practicing social skills, using problem-solving strategies, and understanding age-sensitive information related to alcohol and other drugs.
- Start SMART is for youth who are 10 to 12 years old. Topics augment the SMART Kids sessions and center on examining gateway drugs, discussing approaches for resisting peer pressure, considering puberty and reproductive health, exploring media influences, assessing decision-making strategies, and developing refusal skills.
- Stay SMART is for youth who are 13 to 15 years old. This curriculum reviews topics covered in Start SMART and includes understanding interpersonal relationships, using communication skills, developing stress management abilities, and considering responsibility and life planning.

PREVIOUS USE

Since its development in the 1980s, SMART Moves has been implemented in over a thousand Boys and Girls Clubs across the United States.

SMART Moves (Skills Mastery and Resistance Training)

Adolescents	Middle Childhood	Community-Based	Alcohol / Drugs/Tobacco	Communication
Life Stress	Media Literacy	Relationships	Reproductive Health	Social Competency
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TRAINING

Training materials are available through the Boys and Girls Clubs of America.

CONSIDERATIONS

Considerations for implementing SMART Moves include finding a local Boys and Girls Club to implement the program; acquiring buy-in to start a local club if one is not in place; understanding program content includes sensitive topics; obtaining caregiver consent for youth participation; and recruiting and retaining youth, parent, and community volunteers to help 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

TIME	<p>Each of the three curriculums includes ten 45- to 60-minute sessions delivered once a week. The program developer recommends implementing sessions completely and sequentially. Each site can be flexible in developing additional activities to complement the curriculum, such as field trips or guest speakers. These activities will add to the length of the program.</p>	COST	<p>Using the information provided in the Contact section, please contact the national headquarters of the Boys and Girls Clubs of America for program costs.</p>
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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 Email: Clearinghouse@psu.edu

You may also contact the national headquarters of the Boys and Girls Club of America by phone 1-404 487-5700, email info@bgca.org, or visit www.bgca.org/whatwedo/HealthLifeSkills/Pages/SMARTMoves.aspx

SOURCE

www.bgca.org/whatwedo/HealthLifeSkills/Pages/SMARTMoves.aspx and bgcutah.org/wp-content/uploads/2014/08/SMART-Facilitators_single.pdf