

## Parent/Guardian Information and Consent Form regarding Health and Life Skills

According to the Youth Programs Air Force Instruction guidance, youth shall be offered daily opportunities to engage in positive behaviors that nurture their own well-being, set personal goals, and develop the competencies to live successfully as self-sufficient adults.

The Lunney Youth/ Misawa Teen Center offers a variety of programs and activities to help youth with money management, healthy lifestyle, hygiene, communication, personal goal setting, independent living, and nutrition. Youth are encouraged to engage in programs to increase their nutritional awareness and support positive behavioral change including, but not limited to SMART Moves, SMART Girls, Passport to Manhood or similar programs that develop their skills to resist alcohol, tobacco, and other drug use as well as other risk-taking behaviors.

The Lunney Youth/ Misawa Teen Center often partners with other community agencies on healthy lifestyle educational sessions or special events such as health fairs to provide youth and their families with resources to make healthy choices. Programs, activities, conversations, and display materials are designed to be outcome-driven to address age-specific milestones in the area of healthy lifestyles.

Please review the below list of topics which may be covered in health and life skills activities:

- Physical and emotional growth in adolescence
- Puberty (Girls and boys will separate during this lesson)
- Media influences and body image
- Eating disorders
- Personal values and social interactions
- The importance of preventative healthcare (i.e. Check-ups)
- Sexual orientations (Girls and boys will separate during this lesson)
- Healthy relationships between friends and family
- Respecting authority
- Anger/stress management
- Understanding, acknowledging, and reporting abuse (Girls and boys will separate during this lesson)

Some lessons may also include watching movies rated G, PG, or PG-13 which are related to the topics mentioned above, such as “Big”, “13 Going on 30”, “Inside Out”, for example.

\_\_\_\_\_ I DO give permission for my youth to participate in activities related to the above topics; with the exception of (please initial the above topics you **DO NOT** give permission for your youth to participate in.)

**OR**

\_\_\_\_\_ I DO NOT give permission for my youth to participate in ANY activities related to the

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Parent/Guardian Signature & Date