



**BOYS & GIRLS CLUB**  
OF ALBANY

February 8, 2008

## **Press Release**

The Boys & Girls Club of Albany has received a grant from Phillip Morris via Boys & Girls Clubs of America for its **SMART Moves** program. **SMART** (Skills Mastery and Resistance Training) **Moves** is a nationally acclaimed comprehensive prevention program that uses age-specific modules to help young people resist alcohol, tobacco and other drugs, and encourages avoidance of premature sexual activity.

The \$20,000 grant will allow the Club to expand and sharpen its focus in the area of prevention programming over the period of one year. Youth ages 6-15 will work in age specific groups with curriculum focused on building self-esteem, positive social skills and resistance skills to avoid drugs and other harmful influences. Older age groups are presented with information and skills needed to resist pressures of alcohol, tobacco, other drugs and sexual activity. The groups practice resisting peer pressure and media influences while developing skills to make healthy choices through decision making and stress reduction techniques.

The Club is grateful for this funding which will make a large impact in their efforts to equip the youth of Albany with tools for success, and help make our community a better place to live and grow.