



SMART Reviews by Teachers:

"This program is great in schools. It can be used across culture, race, & economic statuses!"

"I can see improvements in my students' relationship decisions!"



SMART Reviews by Youth:

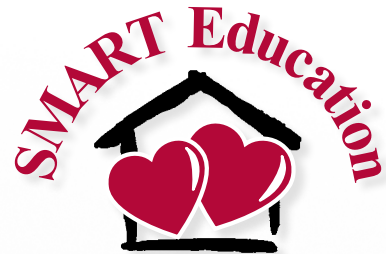
"Everyone in my school needs to go through the SMART program!"

"I feel more confident in my relationship choices and I can't wait to tell my future daughter/son."



It's Time to Get SMART.

SMART Education[®] is a 7-session psycho-educational curriculum designed to enlighten and educate high school age youth about healthy vs. unhealthy relationships.



Saving Marriages And Relationships Together



Presented by:

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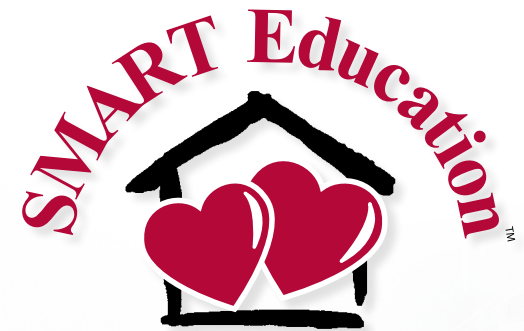
www.SmartRelationship.com

www.BCHFS.com

A division of the Illinois Baptist
Children's Home & Family Services



Get SMART About Relationships!



Saving Marriages And Relationships Together



A program to teach adolescents about healthy and unhealthy choices regarding personal relationships and to promote awareness and prevention of dating violence, domestic violence and generational abuse.



What is SMART Education®?

SMART Education® is a 7-session psycho-educational curriculum designed to enlighten and educate high school age youth about healthy vs. unhealthy relationships. Often youth engage in 'normal' behaviors but do not realize that these may actually be unhealthy or abusive.

When we learn about ourselves, our influences, our strengths and our weaknesses, we are better able to evaluate our relationship decisions. Through education and hands on activities, SMART provides the audience with knowledge and skills necessary to engage in healthy relationships. In addition, SMART strives to help prevent interpersonal violence by incorporating lessons about domestic violence and by promoting relationship safety.

Our youth often spend time focused on their relationships. Shouldn't we provide them with the ability to evaluate those relationships and make good decisions? The future of relationships, marriages and families depends on it!



How do I get SMART?

Pathways currently offers the following educational options:



- Our staff can be hired to present SMART Education® to your school, church group or other group of high school age youth.
- The program can be purchased by groups for their own use.
- Our SMART experts can be hired to train one of your own presenters.
- Pathways would be happy to discuss your particular needs and help you figure out how SMART can work for you.



Pathways Counseling Services

- ▶ Contact Pathways Counseling at (618) 382-3907 ext. 1 or email at: SmartRelationship@yahoo.com.
- ▶ For more about Illinois BCHFS services, contact administration at (618) 382-4164 or visit our Website at www.BCHFS.com.



Who created SMART?

The SMART Education® Program was originally authored by Kristin Melton, NCC, LCPC and she remains the primary presenter. Kristin had a desire to reach out to youth about their relationships from her experience as a therapist and as a school counselor. To help put that dream in motion, Elizabeth Tharp, NCC, LCPC, has assisted in writing, editing, promoting and marketing SMART Education. SMART is possible only through the team effort of:



*Elizabeth Tharp, LCPC
SMART Director*



*Kristin Melton, LCPC
SMART Director*

- Pathways and BCHFS staff
- Generous grants and support from Safe Schools & Healthy Students
- Toyota Motor Manufacturing Indiana



SMART is for schools, churches, community centers ... anywhere youth gather!