

Dear Parent or Guardian,

The Abbotsford Youth Commission is offering a program for grade 7 students called **Just For Girls and Guys Alive**. This program will be offered at your child's school one lunch hour per week for approximately 8 weeks.

The aim of these programs is to provide an opportunity for youth to talk about issues that may influence their self-confidence and to help them develop strategies to combat negative experiences resulting from peer pressure and conflicts with friends. Interactive games are played to encourage a positive feeling of self worth, while role plays and experiential exercises are used to identify ways to cope with issues and negative experiences. Feelings and experiences are validated through games, art and discussions which help youth work through issues and develop a positive sense of themselves and their abilities. **Topics covered may include:**

- Peer Pressure and Conflicts with Friends
- Bullying
- Online Safety
- Role Models
- Healthy Lifestyles and Body Image
- Friendships

Please sign the permission form below and return it to the Abbotsford Youth Commission if you would like your daughter to be involved in this exciting opportunity.

If you have any questions about this program please email info@abbyyouth.com or give us a call at 604-854-8785.

I, _____, give permission for my child to attend the Just For Girls and Guys Alive program. I understand that this is an Abbotsford Youth Commission Program & that there will not be a teacher in the room during the program sessions.

☐ As the parent/legal guardian of the individual named above I hereby give permission to the Abbotsford Youth Commission to use my child's/ward's name, photographic likeness and or voice recording in all forms and media for advertising, and any other lawful purpose and transfer to the Abbotsford Youth Commission any and all rights, including copyright, which I may have to this material. I give my permission as set out above.

Participant's First and Last Name: _____

Date: _____ Parent's Signature: _____

School: _____ Phone Number: _____

Parent's Email: _____