

SMART CHOICES PROGRAM

Smart Choices is a summer program for girls entering high school. It inspires girls to make positive life choices about school, relationships, and health.

Activities include:

- Living on campus at a local University for a week
- Exploring the University campus and getting a feel for college life
- Learning about college requirements and how to get a head start
- Enjoying fun outdoor activities
- Meeting girls from other schools in Monterey, San Benito, and Santa Cruz Counties
- Attending fun and interactive series of workshops that focus on issues of concern to high school girls, including healthy relationships, health, peer pressure, self-image and esteem, healthy eating habits, and more

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