

Dear Parent/Guardian,

YWCA Metro Vancouver has an exciting program for Grade 7 girls who are planning to attend Kitsilano Secondary called *Welcome to My Life*[™]. For many girls, the big transition from elementary school to high school can be challenging and complicated. Concerns about changes in work load and school environment, new social pressures, different friends and hormonal changes can sometimes make this time in a girl's life seem overwhelming.

YWCA Metro Vancouver recognized the need to support Grade 7 girls in their transition to high school, and in consultation with the Vancouver School Board, the YWCA developed the innovative *Welcome to My Life* program.

The program goals are to:

- Support program participants in their transition to high school
- Promote resilience by further developing participant's healthy self-esteem, healthy relationship skills and responsible decision making skills.
- Foster mutual respect between boys and girls as equals

The program is led by an intergenerational team of volunteers including an adult mentor, university/college-aged facilitators, and a high school ambassador.

Fun and interactive, the program offers awareness around the various challenges that the girls are facing. Once your daughter has registered, you will receive a *Family Chat-time Booklet*, which can act as a discussion guide for you and your daughter throughout the program.

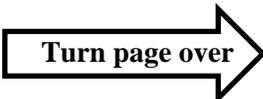
Please review the enclosed information and have your daughter **return the forms to her teacher** in order to enroll in this exciting after-school program. Please make sure to include:

- 1) **Completed Registration Form**
- 2) **Signed Release of Liability and Media Release Forms** (Note: On the waiver, you will be asked if your daughter is permitted to walk home or needs to be picked up by an approved adult. If she is permitted to walk home, she will be released from YWCA supervision at the end of the program)
- 3) **Program Evaluation Consent Form**
- 4) **Registration fee of \$20 (if applicable)** (Note: Please include the exact amount in cash or follow the registration form instructions to pay by cheque or credit card. If your family cannot afford the registration fee, please pay what you can, even if that is \$0. No student will be turned away for lack of funds.)

Please note that **program spaces are limited**. Return forms soon as possible.

Sincerely,

Amanda Pullishy
Supervisor, Youth Education Programs
YWCA Metro Vancouver
604-895-5793
apullishy@ywcavan.org

 Turn page over

Please retain this page for future reference

Welcome to My Life

A **fun** and **interactive** program to help **Grade 7 girls** with their transition to high school

Thursdays

3:15-5:45pm

Feb 20, 27, Mar 5, 12, Apr 2, 9, 16, 23, 30

Program Location: Kitsilano Secondary

Your daughter will be participating in the following modules:

Module 1 – *411 on Girls* (Introduction to program themes)

Module 2 – *Live Your Best Life* (Leading a healthy, balanced lifestyle)

Module 3 – *What Matters* (Understanding values)

Module 4 – *That's What Friends Are For* (Healthy peer relationships)

Module 5 – *Friend or Unfriend?* (Managing conflict in friendships)

Module 6 – *Social Media Smarts* (Internet safety)

Module 7 – *Media Madness* (Self-esteem, body-image, and media literacy)

Module 8 – *Learning Lab Project Day* (Collaborative project with boys' program)

Module 9 – *Love Who You Are* (Positive self-worth)

Every Week – Participants will spend the first 100 minutes covering the modules outlined above, and the last 45 minutes of each session with the participants in the *Boys 4 Real* program (where applicable) doing shared activities that expand upon the module material (the Learning Lab). A healthy snack will be provided each week.

If you wish to learn more about or review the program curriculum please contact us by phone or email.

Registration Form

Please have your daughter return her registration form (along with the Release of Liability of and Assumption of Risks Form) to her teacher as soon as possible. Program space is limited.

Student Name:
Student School:
Parent/Guardian Name(s):
Parent/Guardian Home Phone(s):
Parent/Guardian Cell Phone(s): <i>(or best number to reach you at between 3:00-6:00pm)</i>
Parent/Guardian Email Address:
Home Address:
City:
Postal Code:
Emergency Contact Name: <i>(Someone different from parent/guardian listed above)</i>
Emergency Contact Home Phone:
Emergency Contact Cell Phone:
<i>Your child's spot in the program will be confirmed by email. You will also be emailed occasional program reminders or updates plus our Family Chat-time Booklet.</i>

I understand that the YWCA will not be responsible for providing transportation to Churchill Secondary.

Parent/Guardian Name: _____

Signature: _____

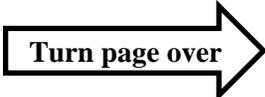
Program Registration Fee: \$20.00 per Grade 7 girl (or pay what you can).

Payable By:

Cash or Cheque (payable to "YWCA Metro Vancouver")

Number: _____

Signature: _____



Program Evaluation Consent Form (Optional)

The YWCA Youth Education Programs is looking to learn more about how *Welcome to My Life* helps its participants, both in their preparation to transition into high school and after they become high school students. The ways we are doing this are through interviews, online surveys, and focus groups.

Right now, with your permission, we would like to conduct two interviews with your daughter at school, one at the beginning of *Welcome to My Life* to find out what she already thinks about some of the topics raised in the program and again at the end to see if the program caused her views to change in a positive way.

We would also like to collect your family's email address so that once your daughter enters high school, we can email a web link to a short survey. We would be in touch once a year for every year your daughter is in high school, asking her to complete a new survey on how the lessons from *Welcome to My Life* have influenced her high school experience. For taking the time to participate, she would be entered into a draw for a prize. The date of the first survey would be near the end of her grade 8 year.

Finally, we would like your permission to send emails about any student focus groups being held at your daughter's school (in-person meetings with other past participants to discuss how *Welcome to My Life* has helped them in high school), or to let her know about opportunities to volunteer with *Welcome to My Life* as a program leader.

The information collected from the surveys and focus groups will be used solely by the YWCA Youth Education Programs team for purpose of evaluating the effectiveness of *Welcome to My Life*. We won't share it with anyone.

Please indicate your consent by completing the form below. If you have any questions, comments, or concerns, please do not hesitate to contact me.

Sincerely,
Jonanne Gage

Supervisor, Youth Education Programs
YWCA Metro Vancouver
604-895-5787 jgage@ywcavan.org

Please print clearly

I, _____, consent for my child, _____, to be:
(Print your name) (Print child's name)

(Please check the following boxes to indicate consent)

- Interviewed** by the YWCA Youth Education Programs team for the evaluation of *Welcome to My Life*.
- Emailed one survey a year** while she is in high school to evaluate *Welcome to My Life*.
- Emailed about opportunities** to participate in Youth Education Programs focus groups to evaluate *Welcome to My Life* or to become a *Welcome to My Life* volunteer.

Our family's email address is as follows:

_____ (Print email)

(Signature)

(Date)

Welcome to My Life™

RELEASE OF LIABILITY AND ASSUMPTION OF RISKS

PLEASE READ CAREFULLY AND SIGN OVER THE PAGE

NAME OF PARTICIPANT: _____ (the “Participant”)

ADDRESS: _____

DATE OF BIRTH: _____

SCHOOL: _____ (the “School”)

Does the Participant have any allergies or medical conditions? If yes, Please List All Allergies and Medical Conditions

If the Participant has allergies or medical conditions, indicate below in detail what we can do for the Participant in the event of a medical emergency?

Is the Participant taking any prescription medications that may be necessary for them to take during the program? We request that participants do not take non-prescription medications during the program. It is understood and agreed that the YWCA is not responsible for the administration or supervision of medicine and/or medication protocols during the programs and all such responsibility rests with the Participant and/or the parents or guardians of the Participant.

Is the Participant permitted to walk home alone? Yes / No

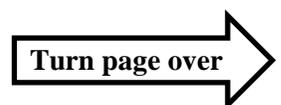
If no, please name the individual(s) permitted to pick up the Participant at the end of each day and provide that individual’s telephone number:

Please indicate where at the School the Participant will be picked up: Program Room/ Parking Lot/ Front Door/ Other (please specify)

Assumption and Acknowledgement of Risk: I am aware that by registering the Participant in *Welcome to My Life* (the “Program”), she will be participating in physical activity such as gym games (e.g. Dodgeball, Basketball, running, mindful movement, dance, tag), classroom games (e.g. games where they work in teams and move about the room to complete tasks) and activities (e.g. group discussions, crafts, making snacks, worksheets). The Program activities will take place at the School. By allowing your daughter to participate in this activity you are accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for your child. **It is your and the Participant’s responsibility to inform the School and YWCA Metro Vancouver if the Participant is not comfortable participating in any of the Program activities or if there is any reason why the Participant should not participate in such activities.**

Is there anything else you would like us to be aware of with regards to the Participant and/or their ability to participate in the activities listed above?

ACKNOWLEDGEMENT OF RISK AND PARENTAL UNDERSTANDING OF RISK:



IN CONSIDERATION OF the YWCAs allowing the Participant to participate in the Program, I, _____, the parent or legal guardian of the Participant, on my own behalf and on behalf of the Participant, hereby:

1. Represent to the YWCA that, except as disclosed to the YWCA in writing, the Participant is in good health and physical condition and not taking medication or suffering from a condition that would prevent him from engaging in the Program activities or make it potentially dangerous or harmful for him to engage in such activities, and agree to inform the YWCA in writing if the Participant ceases to be in good health and physical condition or begins taking medication or is suffering from a condition that would prevent him from or limit him in engaging in the Program activities or make it potentially dangerous or harmful for him to engage in such activities.
2. FREELY ACCEPT AND ASSUME THE RISK OF and RELEASE and HOLD HARMLESS the YWCA of all responsibilities and liabilities for any physical or other injuries, damage, loss or expense suffered by the Participant in connection to services provided by the YWCA in good faith.
3. FREELY ACCEPT AND UNDERSTAND that failure of the Participant to adhere to or comply with the rules and regulations established by the School, the School Code of Conduct, and any additional rules and regulations established by the YWCA in connection with the delivery of the program may result in expulsion of the Participant from the Program.

I hereby declare that the information provided above is correct, accurate and complete. I acknowledge and agree that I have carefully read and understand this Agreement and, in particular, understand that by signing this Agreement, I am aware of and understand the risks, dangers and hazards associated with the above service and agree such service is suitable for my child.

GUARDIAN SIGNATURE: _____ DATE: _____



Please Sign &
Date Here

YWCA Metro Vancouver Photo Release & Consent Form

I hereby consent to my child being interviewed, photographed and/or videotaped by or for the YWCA Metro Vancouver with the understanding that the YWCA may use materials for social media (including, but not limited to YouTube, Facebook and Twitter) publicity, marketing and/or fundraising purposes now or in the future.

YWCA Metro Vancouver may crop or alter images, video or text of my child and combine such images with other images, text, audio recordings and graphics without notifying me. YWCA Metro Vancouver may also use any audio and video recordings and any quote from the interview of my child for publication without notifying me.

The YWCA Metro Vancouver reserves the right to use these images and interviews for a period of two years, beginning on the date that consent was received. After two years, the image, video or text will not be included in new materials. However, once the image, video or text has been used, we reserve the right to continue to reproduce and broadcast these image, video or text, with no time limit.

Check one:

- YES**, I agree, as outlined above

Exclusions:

I do not grant permission for YWCA Metro Vancouver to use my child's likeness for the following specific uses:

- NO**, I do *not* agree, as outlined above. Please Note: we cannot control the use of mobile devices by students who take photos of each other and post them online.

Your name: _____

Name of child: _____

Signature: _____ **Date:** _____

YWCA recognizes the need to ensure the welfare and safety of all people taking part in any activity associated with our organization. Should you wish to retract your consent, or have any questions about the videotaping, photographing and recording, please direct them to: Elske Katz, Manager, Youth Education Programs at 604-895-5844 or Amanda Pullishy, Supervisor, Youth Education Programs at 604-895-5793