



# UNITED WE HELP CHILDREN REALIZE THEIR POTENTIAL

LIVE UNITED®

**J**enny's friends told her that it would be fun to take a bottle of spray paint from the art room and paint their names on the front entrance of the Boys & Girls Club.

A sit down with Jenny's mom indicated that the Boys & Girls Club was not the only place Jenny has had a difficult time trusting her gut and standing up to her friends.

Jenny didn't think it was a good idea but her friends told her that if she didn't do it, they'd tell the whole Club who her crush was and that she wouldn't be friends with them anymore. Jenny pushed her bad feelings aside and grabbed a bottle of spray paint.

Jenny is now a regular attendee of the SMART Moves Program and a Club mentor to our younger children. She talks to them about being confident in your skin and making decisions that make you feel good, not that make your friends feel good.

After sitting down with the Director of the Club that afternoon and discussing the consequences of their actions, Jenny explained that she was peer pressured to engage in the activity.



**NEARLY 170**  
young people are learning skills to improve teamwork, leadership skills and self-esteem through after-school programming in the North Country.

**“ I learned so much through the SMART Moves Program and enjoy being an ambassador for our Club! ”**

United Way fights for the health, education and financial stability of every person in every community.

Learn more at [www.graniteuw.org](http://www.graniteuw.org).

