



## Parent/Guardian Permission Form

Your child has expressed interest in participating in Boys and Girls Club of Flagstaff's T.R.A.I.L. to Diabetes Prevention Program.

The "One The T.R.A.I.L. to Diabetes Prevention" program is comprised of a 12-chapter curriculum that provides youth with a comprehensive understanding of healthy lifestyles in order to prevent type 2 diabetes in Native youth and promote resiliency. Throughout the program there are self-esteem and prevention activities utilized by Boys and Girls Club of Flagstaff, including contributions from national evidence-based programs such as SMART Moves. Programs draw from tribal traditions and history to learn about nutrition, food choices, media influences and the impact of diabetes. The program is designed for children between the ages of 7 to 11. The TRAIL curriculum addresses the following topics:

- Healthy eating
- Making smart food choices
- Past and present foods
- MyPlate.gov/MyNativePlate
- Where does food come from?
- Healthy Chefs and Kids in the Kitchen
- Serving and Sharing with the community

In addition, as part of the T.R.A.I.L. to Diabetes Prevention program, we will administer a pre- and post-test to assess youths' knowledge and understanding of some of these topics as well as physical activities. Parent involvement and volunteering is highly encouraged!

For additional information, suggestions or concerns, please contact Ms. Lauren Kaibetoney, Boys and Girls Club Native Services Director at (928) 266-0489 or by email at [lauren@bgcflag.org](mailto:lauren@bgcflag.org).

I DO give permission for my child to participate in On The T.R.A.I.L. to Diabetes Prevention program and my child will attend weekly TRAIL programming for the duration of the school year.

I DO NOT give permission for my child to participate in On The T.R.A.I.L. to Diabetes Prevention program.

**NOTE: Your child must return this signed letter prior to participating in the program.**

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Parent/Guardian Name (Printed)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature