



Y-Dub Values Programme Enrolment Form

Dear Young Women,

Thank you for your interest in applying for the **YWCA of Hamilton's Y-Dub Values Programme!** This Programme has been developed especially for young women by young women!

This programme is loads of fun. You develop some great relationships, and enhance some of the awesome skills you have! The following are some objectives we would hope to achieve throughout the programme:

- **To equip young women with the skills to be effective leaders and provide opportunities for young women to implement them**
- **To enhance the self-esteem and confidence of young women in a safe environment**
- **To gain awareness and knowledge of issues effecting young women**
- **To promote a holistic approach to healthy living**
- **To promote creativity through self expression**

Some activities we will be doing throughout the programme, and to help achieve the above objectives are:

- Rock Climbing
- Creative Art
- Self Defence
- Body Image Workshops
- Discussion groups on tough issues
- Smart goals

To be successfully enrolled in the Term 2 Y-Dub Values course, forms **must** be returned to the YWCA of Hamilton by **Tuesday 31st March 2015**. You must be in **Year 9 or 10** at school to apply.

An important part of the programme is to have the support and approval of your family/whanau. Please show them this enrolment form and ask them to sign.

If you have any queries or concerns please feel free to contact Aubrey Medwid the YWCA of Hamilton Programmes Coordinator on:
07 838 2219 or email programmes@ywcahamilton.org.nz



Y-Dub Values Programme Contract

The following is a small 'contract' between us (the YWCA), you (the family/whanau), and your daughter to ensure that the 2015 Y-Dub Values Programme runs smoothly and everyone benefits from what the programme has to offer!

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Y-Dub Inspires Programme

- We (the family/whanau) understand that the Y-Dub Values Programme sessions will be held weekly on Wednesday evenings, from 4pm –5:30pm unless told prior. We also understand that it is our responsibility to ensure that our daughter arrives and is collected at the times stated above.
- Any sessions or activities that will be held outside of the YWCA of Hamilton, the participant and their families will be notified. The same applies with any sessions where the date is yet to be set, or if any cost will be required of the participant and their family.
- The participant is required to attend at least five out of the eight scheduled sessions to complete the programme. Sufficient notice and a valid reason for not attending a session are required by the participant. Failure to attend the stated amount of sessions (without sufficient notice and valid reason) will result in the participant losing their position in the Y-Dub Values Programme.
- If at any stage during the Y-Dub Values Programme the participant is suspended or expelled from their school, they will lose their position in the Programme.
- The use of cigarettes, drugs, or alcohol is prohibited from the YWCA Hamilton and use of these substances while attending the Y-Dub Inspires Programme will result in the participant losing their position in the programme.
- It is expected that the young women in the Y-Dub Values Programme, will be an active participant in the sessions and activities.
- The leaders and participants of the Y-Dub Values Programme will respect each other, and what each other have to say. Anything that is said in confidence to a leader or participant will be treated in the context in which it was said and with confidentiality.
- **If you disclose information that suggests a risk of harm to self or others to a YWCA of Hamilton employee, then the leader may need to contact a relevant person/group/organization to ensure safety of those involved.**

Parent/Guardian:

Participant:

Programmes Coordinator:



Photographs Permission Form

Please Print

Name of Participant:

I hereby give my permission to YWCA Programmes to take and use photos that are taken during Y-Dub Values Programme activities. The photos may be used for promotional materials and on the YWCA of Hamilton Facebook page and webpage for the sole purpose of promoting Y-Dub Programmes. I may at anytime withdraw permission for photos to be used in promotional materials or on the YWCA of Hamilton Facebook page through written notice.

Participant Signature:

Date:

Parent/Guardian:

Date:



Y-Dub Values Programme Participant Personal Information

Name	Mobile
Date of Birth	Email
Ethnicity	School Attending
Full Address	School Year Level

Parent/Caregiver (Emergency Contact):

Name	
Mobile:	Phone:
Email :	
Do you allow us to add you to our subscribed email list? Tick one: <input type="checkbox"/> Yes or <input type="checkbox"/> No	

I (parent/guardian name)
Give permission for (daughter's name)
to attend the YWCA of Hamilton's Y-Dub Values Programme

Sign

Date