

Ms

Miss

Mrs



# GET S.E.T. ZOOM CLASSES

## Parent/carer consent form

MsMissMrs has years of experience in working with girls around their wellbeing (find out more about how we got started at [www.msmissmrs.co.uk/about](http://www.msmissmrs.co.uk/about)). We know adolescence isn't easy, especially against the backdrop of social, psychological, sexual, and technological influences. It's a crucial time in a girl's life to learn the value of self-empowerment and a positive self-esteem.

We'll be delivering six weekly Zoom meetings for girls aged 13+ to explore our Get S.E.T. (self-esteem techniques) workbook, around physical, emotional, mental and social wellbeing. The workbook sessions will be delivered by Danielle Campbell, a member of our team, who is extensively trained with a background in mentoring young people. Once girls are enrolled, we'll send out a workbook, along with a Zoom code and dates.

Before we can enrol girls in our [#summerofselfcare](https://twitter.com/summerofselfcare) sessions, we need a consent form from their parent or carer. Please complete this form and email it to [hello@msmissmrs.co.uk](mailto:hello@msmissmrs.co.uk) or post it to 1 Benview St, Glasgow, G20 7SA.

### ABOUT GIRL TAKING PART

**Name**

**Age**

**Email address**

**Mobile number**

**SQA number (if known)**

### ABOUT PARENT/CARER

**Name**

**Mobile number**

**Declaration of consent**

I confirm that I hereby give my full consent for the minor named in this form to participate in the MsMissMrs Get S.E.T. Zoom classes.

**Tick box to confirm**