



Online Youth Programs AGREEMENT AND RELEASE FROM LIABILITY

My child is voluntarily participating in the following online workshop: **Tools for Teens: Stress Management and Emotional Resilience, 8-week youth workshop facilitated by Blair Carleton and Kim Armstrong**. This virtual program will be hosted online via *Zoom* and is sponsored by the UW Center for Child and Family Well-being (CCFW).

ASSUMPTION OF RISK: My child and I are aware that participating involves activities such as discussion, breathing and relaxation exercises, gentle physical movement, and meditation led by volunteers and/or teachers.

My child and I understand that my child may feel mentally and/or physically uncomfortable during parts of the course. We understand some movement exercises, which are part of the course, may lead to injury. It is my child's responsibility to do all exercises in an aware and gentle manner so as to minimize chance of injury. We understand there may be other risks associated with the course not known or not reasonably foreseeable at this time.

I understand the course is offered as an educational experience, and is in no way the practice of medicine or a substitute for medical attention, examination, diagnosis or treatment. I also understand that this course is not a mental health treatment or a substitute for diagnosis or treatment for a mental health or substance use problem such as depression, anxiety, or addiction. I understand that nothing that goes on in the course is designed to treat any specific condition.

My child and I acknowledge that there are certain risks inherent in participating in an online program, including but not limited to data mining, phishing, viruses, malware, data breach of online information, cyberbullying, exploitation, victimization, cyber stalking, online grooming, cyber predators, and image replication. I acknowledge that all risks cannot be prevented and I assume those risks beyond the control of the University staff. I represent that my minor child is able, with or without accommodation, to participate in this program, is able to use the technology and/or supplies described above.

RELEASE: I and my child agree that I, my child, and [his / her] legal representatives will not make a claim against, sue, or attach the property of UW CCFW, any of its directors, teachers or volunteers, for injury or damage resulting from my child's participation in this workshop. I and my child release CCFW and its directors, teachers, and volunteers from all actions, claims, or demands that I, my child, and [his / her] legal representatives now have or may hereafter have for injury or damage resulting from my child's participation.