



Just the Facts.

Science-Based Health Education

May 2018
School Newsletter

In the News

Sex ed: Many parents wouldn't recognize it today - and #metoo may change it even more

Interesting article this month in *USA Today* about the changes in sex education:



Sex may be as old as time, but sex education looks remarkably different than it did a few decades ago. Girls and boys used to sit in separate rooms to learn how bodies worked and babies were made. Now, many sex ed programs venture beyond basic anatomy and biology (and condoms on bananas), to help young people understand healthy sexuality, from gender identity to bodily autonomy.

[READ MORE >](#)

In the News, Part 2

Our Resident Expert!

Our Senior Health Educator, Lance Williams, was featured in the May 10th edition of *The Hinsdalean* in preparation for the RCC Parent Program recently held on vaping:

What is vaping, is it dangerous?

Anyone who has raised a teen-ager knows that keeping up with the latest social trends is a full-time endeavor. And that includes keeping up on potentially dangerous trends, like vaping.

The use of vaping devices, also known as e-cigarettes, fake cigarettes or pens, is gaining popularity among high schoolers, yet parents know little about them.

The event will help parents sort facts from fiction, become familiar with the devices used for vaping and ask questions, said Lance Williams, senior health educator at Robert Crown.



[READ MORE >](#)

Interested in working with us to pilot a NEW program?

We just completed updating our Science Behind Drugs programs and now are busy working on our Sex Education programs. We plan on piloting our puberty programs next year, 4th grade in fall/winter and 5th grade winter/spring with middle school to follow. Piloting involves pre-visit work, in-school program, and post visit work. Your feedback is critical before rolling out the programs!

If your school would be interested in piloting, please email us using the link below.



[CONTACT >](#)

LAST CHANCE: Your Students Can Take the Voyage through *Body Trek* this Summer!

Body Trek is a popular one week journey of exploration through the human body for students entering grades 6-8. The camp includes real hands-on dissections, special guest visits, and excursions to exciting places such as a hospital operating room.

Below is a pdf to pass along to your students!

Dates:

Hinsdale - June 18-22 - 9am-4pm

Naperville - July 9-13 - 9am-4pm



[PDF BROCHURE >](#)

Celebrate *National Prevention Week*



National Prevention Week is an annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. Each day has a theme...see if you can support them on your Facebook page - use #NationalPreventionWeek

- Monday, May 14: Promotion of Mental Health & Wellness
- Tuesday, May 15: Prevention of Underage Drinking & Alcohol Misuse
- Wednesday, May 16: Prevention of Prescription & Opioid Drug Misuse
- Thursday, May 17: Prevention of Illicit Drug Use & Youth Marijuana Use
- Friday, May 18: Prevention of Suicide
- Saturday, May 19: Prevention of Youth Tobacco Use

[MORE INFORMATION >](#)

Meet Our Team

Edith Lule - Education Manager

Edith has a rich background in youth development, social emotional learning, and health promotion. She began her career as a health educator with the Lake County Health Department implementing prevention and peer leadership programming with middle and high school students. Prior to joining RCC, Edith worked at Chicago Public Schools' Office of Student Health and Wellness and Office of Social Emotional Learning where she provided district-wide technical assistance and communications related to the implementation of school health policies, as well as playing a key role in the coordination and evaluation of a federally funded Office of Adolescent Health grant. Edith has a Bachelor's in Community Health from the University of Illinois at Urbana-Champaign and a Master's in Higher Education from Loyola University Chicago. As a champion of young people, Edith is thrilled to continue supporting students, families, and schools as RCC's Education Manager.



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