

# Just the Facts.

## Science-Based Health Education

December 2018  
Community Newsletter

[Learn More About the Robert Crown Center for Health Education >](#)

### Happy Holidays

We wish everyone a safe and joyous holiday season.



### From the Experts

#### *Make Holiday Joy for Your World* by Betty Barsley-Marra



It's mid-December and we're fighting our way through the first snowstorm traffic jam of the season. We turn on the car radio to the sounds of holiday music. The song playing is telling us, "It's the Most Wonderful Time of the Year." We can't help but ask ourselves, "Is it?" If this is at all familiar to you, you are not alone. Many adults feel the weight of the world around the holiday season, but how does that weight effect the children in our lives?

It's easy to set high expectations for holiday time. The stress levels build in an endless swirl of should dos, must dos, have to dos, it's only right to dos and on and on. Many have been fortunate to have had wonderful holiday seasons in their childhood which heavily influences their expectations to repeat that experience year after year.

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# Health Education Needs Your Support

**"An ounce of prevention is worth a pound of cure." - Benjamin Franklin**

The Robert Crown Center for Health Education helps provide prevention so our children won't need a cure. Our health education programming is designed to outline the facts about body development, sexuality and drug use, so ALL students have the information to make good decisions when faced with a challenging situation.

Did you know:

**60%**  
of teen mothers do not finish high school?

Young people experience **HALF** of the **20 MILLION** STI cases in America each year?

During this holiday season, please consider supporting health education with a donation. Your donation will help level the playing field for the under resourced students in and around the Chicagoland area.

[DONATE NOW >](#)

## In the News - International Edition

ABC News-Australia:

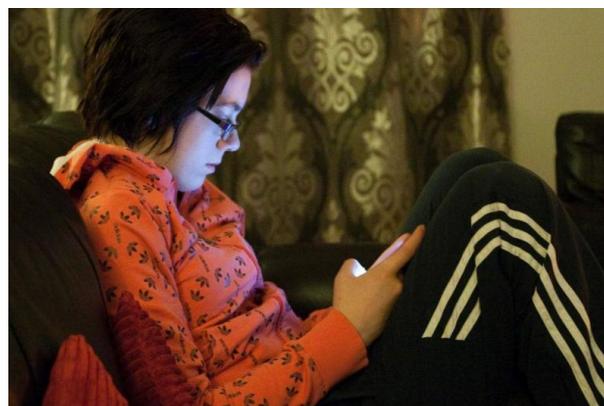
**Sex education needs to evolve to keep pace with trends like sexting, experts say**

Could you imagine sending a sexually explicit photo of yourself to a stranger? Maybe your children can.

Research published this year suggests one in seven teenagers have sent explicit texts and one in four have received them.

It prompted the Australian Medical Association to overhaul its youth outreach program, Dr YES (Youth Education Session), to include more up-to-date information about sexting and health.

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## Upcoming Presentations: Mark Your Calendars



***Social and Emotional Learning:  
A Critical Foundation of Success  
and Well-Being***  
February 13 - 7-8pm



***Raising Healthy Teens:  
CONSENT***  
May 1 - 7-8pm

Social and emotional learning (SEL) is the process of acquiring life skills that are fundamental to optimal success & well-being in school and life.

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Learn about consent issues across the lifespan including how to build upon discussions that begin in the early childhood years & continue through young adulthood.

[LEARN MORE >](#)

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## In the News - International Edition

South China Morning Post:

### ***Drug addiction in Hong Kong elite schools: how anxiety led pair to cannabis, coke, Xanax and rehab as teens***

Mehek Gidwani was 12 years old when she began inhaling an over-the-counter pain relief spray for three-minute highs; by the time she was 13 she had been to her first nightclub and taken ketamine. Ernest Chang began taking ketamine when he was 13 and was addicted to cocaine by the time he was 19.

Although they did not know each other at the time, they had a couple more things in common - they both began experiencing anxiety in their early teens

and used the drugs to help deal with that; and both went to prestigious international schools in Hong Kong.



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## Meet the Team

### ***Karime Lopez - Administrative Assistant***



Since joining the Robert Crown Center in 2008, Karime has become the welcoming face and voice for the Center. She is responsible for the reservation system and schedules nearly 80,000 students a year, providing program confirmations and invoicing. With her mastery of the system and understanding of all of RCC's offerings, she is able to guide teachers and parents toward programs that meet their needs. Additionally, she coordinates vendor visits and provides administrative support throughout the Center.

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## Meet Our Board

### ***Bradley Smith***

Brad Smith is a partner with Neal & Leroy, LLC law firm. Brad has been with Neal & Leroy for 15 years and focuses his practice primarily in real estate matters ranging from transactions and leasing to asset valuation litigation. Brad has developed a substantial eminent domain and condemnation practice representing both property owners as well as governmental entities, and is the only Illinois attorney that has been recognized each year from 2013 to 2017 as a SuperLawyers™ Rising Star in the area of eminent domain. In addition to his real estate practice, Brad serves as counsel to a number of businesses and not-for-profit corporations concerning risk and general contracting matters. Brad received his Bachelor of Science from Iowa State University and his law degree from Chicago-Kent College of Law. Brad and his wife Katie live in Hinsdale with their two sons, Ethan and Brennan. Brad enjoys golfing, paddle tennis, running and spending time outdoors with his family.



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