

Just the Facts.

Science-Based Health Education

December 2018
School Newsletter

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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:

<p>60% of teen mothers do not finish high school?</p>	<p>Young people experience HALF of the 20 MILLION STI cases in America each year?</p>
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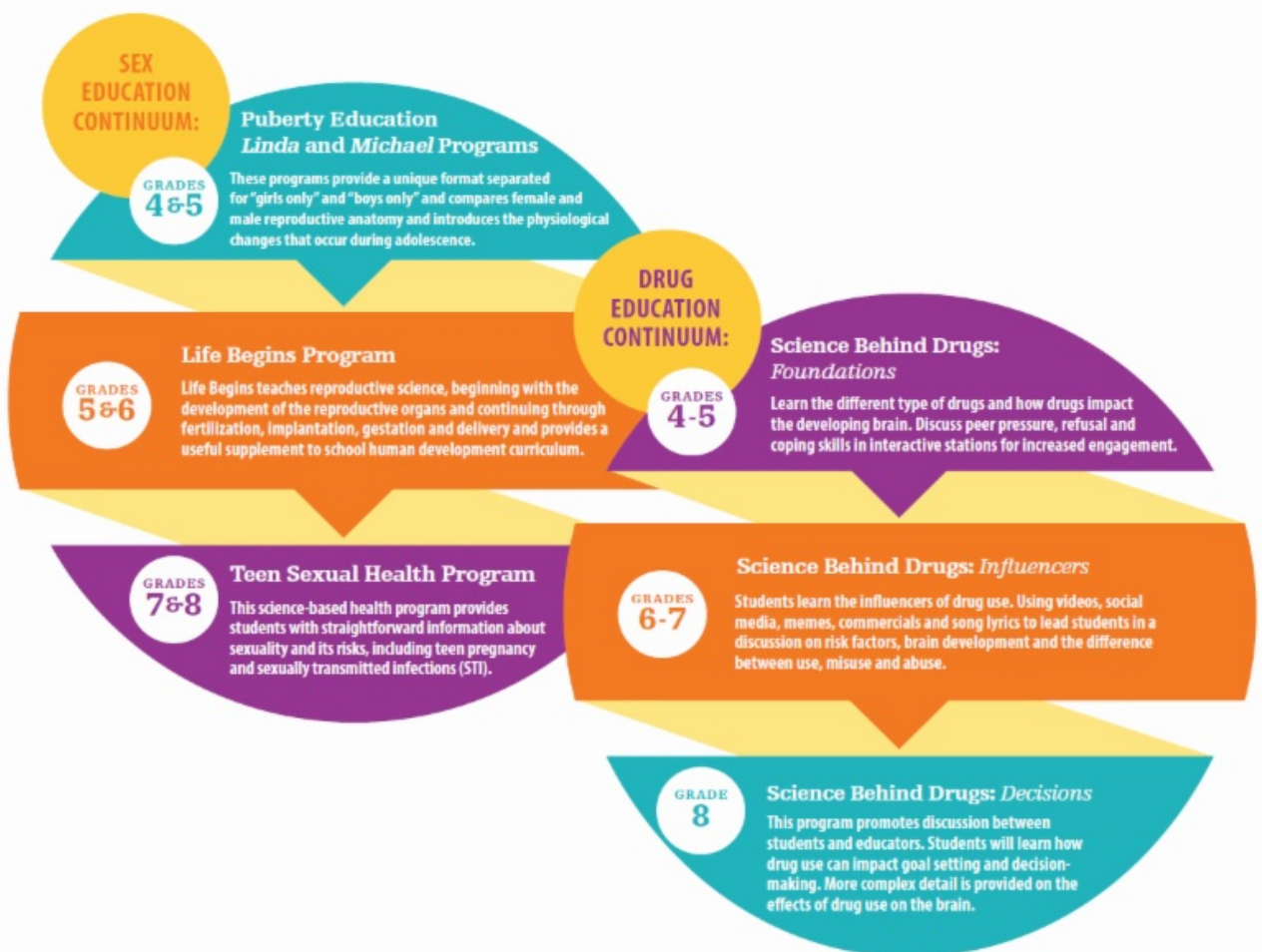
During this holiday season, please consider supporting health education with a donation. Your donation will help level the playing field for the under resourced students in and around the Chicagoland area.

[DONATE NOW >](#)

Schedule Your Schools RCC Programs

Schedule an RCC educator to come to your school and deliver our drug and sex education programs. Our programs follow a continuum of learning, so one class builds upon another for the greatest student impact

[SCHEDULE 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

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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Raising Healthy Teens: CONSENT

May 1 - 7-8pm

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

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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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Help us better understand the students

The Illinois Department of Human Services (IDHS) has been working with the University of Illinois, Urbana-Champaign to gather anonymous data on 8th, 10th or 12th grade students. Your school can participate and have the opportunity to add questions specific to your school or communities' specific interests. Only the school conducting the survey will have access to their school's specific results, but all of the data is compiled and can be viewed by county.



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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.

Robert Crown Center for Health Education | 630.325.1900 | info@robertcrown.org | robertcrown.org

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