

Just the Facts.

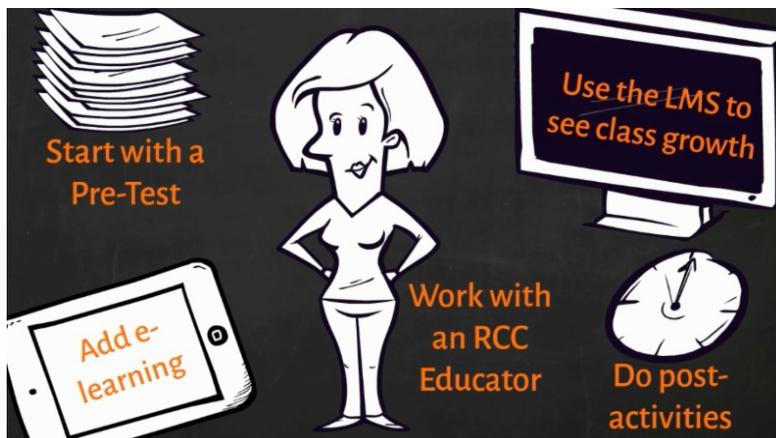
Science-Based Health Education

January 2019
School Newsletter

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What's New

Changing the Way we Teach Puberty



Beginning Spring 2019, we'll launch the first of our two **NEW** puberty program *Puberty I-Understanding Changes*, replacing the *Linda & Michael* programs, with *Puberty II-Navigating Changes* to follow in the fall.

While the content really hasn't changed (it is puberty after all), the method which we teach is the big difference. These SEL-infused programs use a blended learning approach that incorporates pre

and post tests, e-learning and expert presentation from our health educators. Overall an engaging and comprehensive approach!

What can you expect from the new programs? Our first program *Understanding Changes* describes what's happening in your body during puberty by using storytelling and age-appropriate scenarios. The second program, *Navigating Changes* focuses on the effects of the changes that occur during puberty and begins to explore the concept of respect for themselves and others. Since the programs build upon another, students are required to complete *Understanding Changes* prior to taking *Navigating Changes*. Schools that have previously scheduled *Linda & Michael* after April 15th can either continue with that programming or transition to *Puberty I-Understanding Changes*. For more information on these programs please contact us at info@robertcrown.org.

[CONTACT US >](#)

In the News

US News & World Report: Teaching Kids How to Say 'No' Before College Lessens Risk of Sexual Assault In College

STUDENTS WHO RECEIVED sex education before college that included training in refusing unwanted sex were half as likely to be assaulted in college, a new study finds.

In contrast, students who received abstinence-only sex education before college were not shown to have significantly reduced experiences of campus sexual assault - though they also did not show an increased risk.

Those were some of the top-line findings from researchers at Columbia University who examined data from a survey of 2,500 students aged 18 to 29 that was conducted online between March and May 2016 as a part of the Sexual Health Initiative to Foster Transformation, a project housed in Columbia's School of Public Health.



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From the Experts

Cigarette Use has Decreased so Nicotine Isn't a Problem, Right? by Barb Thayer

Nicotine = cigarettes, right? And nicotine use is down in teens since cigarette smoking is down in teens, right? Well...yes and no, it's complicated these days.

Nicotine is not just found in cigarettes but also can be found in various vaping products, like the Juul™, a popular e-cigarette product used by teens that looks like a USB drive. Each Juul pod "vaped" has about the same nicotine as a pack of cigarettes. This surprises many teens and parents because there's an assumption that teens are vaping just flavored "water". That isn't the case. And vaping is up in teens...way up. In fact, according to the Monitoring the Future survey from 2019:



"Between January 2017 and January 2018, the percentage of 12th graders who reported vaping nicotine (not flavoring or other substances) during the past 30 days nearly doubled, from 11 percent to nearly 21 percent; among 10th graders, the increase was almost as great, from 8.2 percent to 16.1 percent. These are-by far-the biggest one-year increases ever seen for any substance in the history of the MTF survey." (MTF has been done for over 4 decades.)

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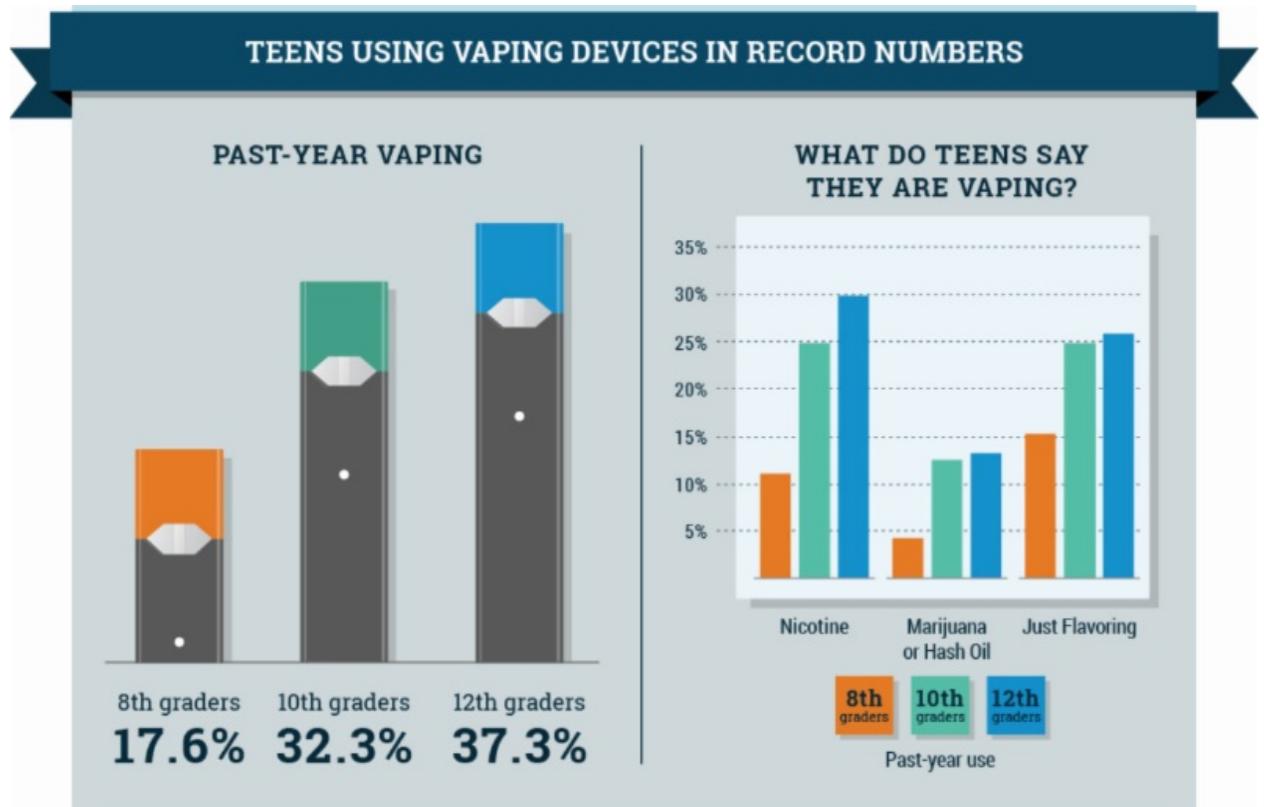
Schedule Your Programs



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 PROGRAMS >](#)

In the News



National Institute on Drug Abuse:

Teen Drug Use - Monitoring the Future 2018

Monitoring the Future is an annual survey of 8th, 10th, and 12th graders conducted by researchers at the Institute for Social Research at the University of Michigan, Ann Arbor, under a grant from the National Institute on Drug Abuse, part of the National Institutes of Health. Since 1975, the survey has measured how teens report their drug, alcohol, and cigarette use and related attitudes in 12th graders nationwide, 8th and 10th graders were added the survey in 1991.

Upcoming Presentations: Mark Your Calendars

Social and Emotional Learning: A Critical Foundation of Success and Well-Being by Caryn Curry **Wednesday, Feb 13 - 7-8pm**



Social and emotional learning (SEL) is the process of acquiring life skills that are fundamental to optimal success and well-being in school and life. In this presentation, you will discover why SEL is so important to raising capable, confident and caring children, and learn strategies to promote and enhance this critical aspect of your child's development.

[REGISTER NOW >](#)

Meet the Team

Sarah - Administrative Assistant



healthy, productive adults.

Sarah joined the Robert Crown Center for Health Education as an Administrative Assistant in July of 2018. After earning her Bachelor of Arts degree in Psychology and Sociology from Northern Illinois University, Sarah worked for five years for a non-profit organization helping adults with disabilities live full and abundant lives. The following six years were spent working for Northwestern Medicine in the inpatient Behavioral Health and Addictions settings. The topics of general and mental well-being are important to Sarah and she believes that educating children on these topics can lead to

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