



# Just the Facts.

## Science-Based Health Education

April 2019  
Community Newsletter

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### From the Experts

#### *Summer Sleep is Time to Recharge (if you let it)* by Lance Williams

As the weather begins to shift and days become longer, students are gearing up for the end of the school year and the start of summer. As a student, one thing I always looked forward to around this time of the year was the chance to catch up on all my lost sleep. My parents were much more relaxed with me and my sleep schedule over the summer as it was an earned break from the day-to-day grind of the school year. With that being said, the approach I and many young people take toward catching up on sleep often leads to increasing our "sleep debt" rather than decreasing it. Simply put, our bedtime and wake time are just pushed back with no real change in the amount of sleep that we are getting.



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### Body Trek Summer Camp

**Space is Limited. Register for a Summer Camp Experience Like No Other.**



Do you know about our Body Trek Summer Camps in June and July? It's like no other camp. For students entering 6-8th grades, it's perfect for the aspiring doctor, nurse or scientist in the family! Space is limited so register today.

*Hinsdale:  
June 24-28  
Community House*

*Naperville:  
July 8-12  
North Central College*

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## In the News

Illinois News Network:

### Illinois House OKs sex education lessons on consent in schools

The Illinois House wants schools that teach sex ed in Illinois to teach that "no" means "no."

The House recently approved a new mandate for consent lessons. State Rep. Anne Williams said school is the perfect place to talk about dating.



We need to arm our students with the tools to understand consent,' Williams said on the floor of the House. "To understand what it means [and] to understand and establish healthy and safe relationships."

Opponents said parents should do that, and they worried about the state adding another requirement for local schools. School districts are governed by locally elected boards. Williams said her requirement would also fill in the gaps in what's being taught in schools.

"Under current law, consent is mentioned, but [a] definition is really provided," Williams said. "And nowhere in current law does it address the inability to consent when it comes to people in the position of power and authority." Just six lawmakers voted against the bill. The Illinois Senate will take up the plan next.

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## Different Viewpoints

A series of short articles from different age groups and their perspective on health education as they see it.

### *When "Yes Means Yes" by Sophie Adzia*



In high school, you don't often think about the consequences of spreading gossip. It's just something that you do. Sometimes it'll be a random rumor about who's dating who, or what someone is wearing, but most often you hear about the sexual lives of your classmates. How far they went, with who, and when. The girl called a slut, a whore, the boy given high fives and adding to his "body count". The word "consent" doesn't even come up... unless it's in a joke.

Boys joke about the whole "#MeToo" movement, each one of them yelling "rape" if someone accidentally brushes their hand in the hallway. They don't understand that some of the people standing near don't see that as a joke, they see it as a real problem-something that's actually facing teenagers today.

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## Support the *Human Race*

5K Run/2K Walk  
Saturday, April 27  
Downers Grove, IL



*The Human Race* is an annual event to support the many non-profit organizations in DuPage county...of which your favorite Health Education Center is one! You can register to participate **OR** you can take a look at friends that are participating and sponsor them!

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## Health Education for ALL!

Every student deserves age-appropriate health education regardless of their income level. Our *Health Education for All* initiative helps provide health education programming to students in areas that can't afford it. Please take a look at the short video below to learn more.



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## Meet the Team

### ***Maureen Denja - LMS Administrative Assistant***

Maureen joined the Robert Crown Center for Health Education in December of 2018, and currently serves as the Learning Management System (LMS) administrative assistant. Previously, Maureen taught



with the Center for Talent and Development at Northwestern University. Maureen has a bachelor's degree in Psychology from Northern Illinois University, and a Masters of Education from DePaul University. Maureen supports teachers as they implement the new LMS program which provides students with pre and post learning activities related to health, sex, and drug education. Maureen currently lives in La Grange with her husband and three children.

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