



Just the Facts.

Science-Based Health Education

April 2019
School 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

Any "science nuts" in your classes? Tell them about the Body Trek Summer Camp.



For students entering 6-8th grades, it's perfect for the aspiring doctor, nurse or scientist! Campers get the chance to experience dissections, medical research and unique field trips. Here is a pdf [flyer](#) to pass along.

Hinsdale:
June 24-28
Community House

Naperville:
July 8-12
North Central
College

Special Offer: Through April your students can save \$25 on their registration! Just

email us at info@robertcrown.org and we'll send you a special link and password to access the savings.

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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.

Changing Face of Puberty Education

For the remainder of this school year, we'll be delivering our traditional Linda & Michael puberty programs as well rolling out the new PUBERTY I-UNDERSTANDING CHANGES program. With the new program comes a new look and role for our icons Linda and Michael. These new characters help students in the eLearning portion of the programming by using storytelling and age-appropriate scenarios to help understand the changes occurring during puberty.

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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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Still Need to Schedule a Program?

If you still need to schedule your RCC program, please do so immediately. The schedule for the remainder of the school year is tight, but we'll do what we can to meet your needs.



[SCHEDULE](#)

[SEE PROGRAMS](#)

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.



Help Illinois gather anonymous data on 8th, 10th or 12th grade students opinions and activity.

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