



# Just the Facts.

## Science-Based Health Education

May 2019  
Community Newsletter

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### From the Experts

#### ***CBD on the Rise*** by Liz Carter

The cannabis plant has different strains and classifications but ones we most commonly see and hear about are hemp and marijuana. In hemp, the most prominent compound is known as CBD (cannabidiol). In marijuana, the most prominent compound is known as THC (tetrahydrocannabinol), but marijuana does also contain CBD. CBD is the compound associated with the medicinal qualities. THC, however, is the compound that is responsible for the mind-altering sensations that we commonly describe as "high". Both CBD and THC can be extracted from the cannabis plant and put into different products or be left as an oil. An important thing to note is that marijuana can have varying amounts of THC while hemp contains less than 0.3% THC.



CBD is becoming increasingly popular, being sold in many places including local video stores. We see CBD portrayed as a miracle drug all over social media, with claims that it can help with Parkinson's, inflammation, ADHD, Crohn's and even some skin conditions.

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### A Summer Camp Like No Other

Space is Limited for the *Body Trek* Summer Camp. Don't miss out on the "coolest" camp in the Western Suburbs.



We know there are a lot of science camps, but none are like *Body Trek*. Our week long camps are for students entering 6-8th grades, and 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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VeryWell Health:

### Top 10 Reasons to Support Sex Education in Schools

There's nothing simple about teaching kids about sex. In these times of precocious pre-teens, pregnancy among teenagers, and sexually transmitted diseases and infections (STDs), children and adolescents need much more than a one-time chat about the birds and the bees. Pregnancy prevention and safe sex really should be ongoing, age-appropriate topics.



Camille Tokerud/The Image Bank/Getty Images

Ideally, children will get all of the information they need at home, from their parents, but school also should be an important source of information. And although some schools Research has shown time and time again that abstinence-only education doesn't work. Here are 10 reasons why comprehensive sex education should be taught in schools.

[READ MORE >](#)

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## Thank You For All Your Support

A huge thank you to all of you who supported us on a cold April morning for DuPage Foundations *Human Race*.



While the rain chased some away, the brave souls that donned their parkas made it through unscathed.

Ahh, spring in Chicago!

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## Changing How We Teach Puberty

Spring has sprung...so what better time to launch our new puberty education program. The new programs are infused with social-emotional learning and effectively use storytelling and age-appropriate scenarios to help students understand puberty.



## Meet the Team

### **Sandi Metcalfe - Health Educator**



Sandi joined the Robert Crown Center as a Health Educator in the Fall of 2018. Prior to joining the RCC team, Sandi spent several years working in DuPage County managing a Special Olympics sports program in a community special recreation cooperative for youth and adults with disabilities. It is here where she realized her passion for helping school aged children feel empowered and in control of their health and lifestyle choices. She looks forward to continuing this passion through delivering community health, sex, and drug education programs under the mission and vision of the Robert Crown Center. Sandi received a Bachelor of Science in Therapeutic Recreation and Master of Science in Health, Physical Education and Recreation from Illinois State University.

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