



Just the Facts.

Science-Based Health Education

June 2019
School Newsletter

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From the Experts

Inclusivity Starts with Understanding

by Katie Gallagher

June is here! That means school is out and we are filling our days with fun activities that take us outdoors and on new adventures. June also means that it is LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning) Pride Month. In the midst of all of your summer planning, have you given thought to how you will be recognizing Pride Month? While some of us may join parades, marches or other celebrations to show our support, that may not be comfortable for everyone. I'd like to suggest that one way we can all observe this month is by spending some time educating ourselves on topics related to gender identity and expression, and sexual orientation and gender, regardless of our current levels of understanding, interest or personal beliefs.



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In the News

Recreational marijuana goes on sale Jan. 1 in Illinois. Dispensaries are already getting ready.



Recreational marijuana is just a signature away from being legal in Illinois, and dispensaries are staffing up, remodeling, and wasting no time preparing for new foot traffic.

Illinois lawmakers approved a bill Friday that, with Gov. J.B.

Pritzker's promised signature, will allow the state's 55 medical dispensaries to apply to sell recreational marijuana. Additionally, the dispensaries can apply to open a second location. That means more than 100 dispensaries could be

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What Teachers are Saying

"Very educational and appropriate. Students were comfortable with the instructor who was very knowledgeable regarding health and sex ed. Wonderfully done and the students learned a great deal."

-Teacher, Melrose Park

We've just finished up the pilot programs for our newly re-developed puberty program. The responses from teachers and administrators have been extremely positive, rating the programs as "very engaging". Take a look at the short video that provides an overview of the new puberty programs:



In the News

The Hill:

Sex education legislation offers young people information and access they deserve



Recently, the U.S. House of Representatives introduced legislation designed to help ensure that all young people have high-quality, culturally competent sexual health information and access to the care they need to make healthy decisions. The Real Education for Healthy Youth Act (REHYA) and the Youth Access to Sexual Health Services Act (YASHS) will help bridge the gap in access

that existing federal funding for evidence-based sexual health education cannot meet.

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Different Viewpoints

RCC's Different Viewpoints is a series of short articles from different age groups and their perspective on health education as they see it.

Step-out of Your Comfort Zone

by Danielle Gluckman

I've always worked with kids, from preschoolers to college students, but for the most part across this age span their biggest questions revolve around sexuality. I have seen this innately human topic get shut down from teachers or peers who are embarrassed or unsure of how to keep their composure when talking about the menstrual cycle, but I have also heard patient teachers give eloquent responses to a four-year-old asking why women have breasts. It does baffle me that toddlers, when seeking answers are usually told myths, their parents become unsure if they should tell them where babies come from, keeping private parts "private" and often using euphemisms to refer to these "secret" regions of the body.



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Meet the Team

Jessica Puri - Health Educator



Jessica joined RCC in December 2018 as a health educator. She received a Bachelor of Science in Biology from Loyola University and Masters in Public Health from DePaul University. She is currently pursuing a PhD in Integrated Health Sciences at the Feinberg School of Medicine, Northwestern University. Her research interests are in child health literacy and adolescent development. She also volunteers with non-profit organizations including SoapBox PO, Center for Community Health Equity and Chi Alpha Campus

Ministries.

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