



Just the Facts.

Science-Based Health Education

August 2019
School Newsletter

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From the Experts

Talk Often

by Edith Lule

Growing up I wish my mother had taken the onus of having certain conversations with me rather than leaning on my older siblings to navigate those "talks." As a parent, who happens to be rather versed in sex education, I feel confident and comfortable with the conversations I now have with my own two children. In this lies the difference between my mother and I, I believe she really did want to have those conversations with me, she just didn't feel confident or comfortable doing so. Most of the prevention field will agree on two things:



1. Parents are a protective factor for the well-being of their child(ren).
2. Parents are the primary educators of their child, particularly when it comes to a value-driven subject such as sex education.

We assume all parents have the skill set to initiate these conversations. My mother had neither.

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In the News

Healthline:

Why Alcohol, Nicotine Disrupt Your Sleep More Than Coffee



We could all use more sleep - or at least better quality sleep. And people who smoke cigarettes or have an evening drink may be cheating themselves out of some important deep slumber. New research published in the journal *Sleep* suggests that to get a good night's rest, you should cut back on nicotine and alcohol, and

not necessarily caffeine, four hours before bed. They say that could help improve the quality and quantity of your sleep. A study led by a researcher at Florida Atlantic University (FAU) - with help from Brigham and Women's Hospital, Harvard University, Emory University, the University of Mississippi Medical Center, and the National Institutes of Health - focused on the evening consumption of alcohol, caffeine, and nicotine among 785 African-Americans over a combined 5,164 days.

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What You Need to Know For the Upcoming School Year

Puberty I: "Understanding Changes" replaces the traditional Linda/Michael programs.

Puberty II: "Navigating Changes" will be available in October and addresses more of the social and emotional aspects of puberty.



Take a look at the short video for an overview of the two new programs.

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In the News

Chicago Tribune:
Parents may feel back-to-school stress, too



As a parent, the new school year could be stressful, and that feeling only began to crescendo when my kids started high school, with each year adding a new stressor. I worried about whether my children would be able to adapt to a new academic environment and how we would accommodate all of the activities and homework. If it was a transition year, from grade school to middle school or the start of high school, the anxiety was a little more intense.

While there is nothing unusual in parents' feeling that sort of anxiety around this time of year, according to the experts, dealing with it can seem counter intuitive because it is the same old advice as the flight attendants give on the plane: "Secure your own oxygen mask first before helping others.

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Different Viewpoints

One of the Best Solutions to Climate Change? Family Planning by Sheila Evans



Usually when we think of solutions to Climate Change images of solar power, wind power, and electric cars come to mind. However, one of the best solutions includes very little technology at all, family planning.

You may be asking yourself, "How could family planning help the environment?" and the answer is pretty simple. By providing more accessibility to sex education and reproductive healthcare, more unintended pregnancies can be avoided which lowers the global population and puts less strain on the environment. Family planning policy aims to reduce not the size of carbon footprints but the number of them. After an analysis of different potential climate change policies, family planning is ranked as the seventh-best solution and if implemented could result in 51.48 gigatons reduced CO2 (Hawkin, Paul). Unintended pregnancies aren't just relegated to developing countries. Looking at the United States, 45% of pregnancies are unplanned (Finer, L.B., and M.R. Zolna).

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Meet the Team

Lance Williams - Senior Health Educator



Lance received his Bachelor of Science degree in Community Health Education from Illinois State University. After graduating, Lance began working with the Kane County Health Department as a Health Contractor, aiming to lower childhood obesity and tobacco use within the community. In February of 2011, Lance joined the Robert Crown Center as a Health Educator. In addition to teaching, Lance contributes to curriculum development and educator scheduling.

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