

#### Follow the health education continuum.

Just like students need to understand addition before algebra, it's important to learn the basics of health education before moving to more complex topics. Our goal is to ensure that every student has an age appropriate health education foundation as they head from elementary into middle school or middle school into high school. We can only do this with your help.

SEX EDUCATION CONTINUUM:

#### Puberty Education Linda and Michael Programs

GRADES 485

These programs provide a unique format separated for "girls only" and "boys only" and compares female and male reproductive anatomy and introduces the physiological changes that occur during adolescence.

DRUG EDUCATION CONTINUUM:

GRADES 4-5

**Science Behind Drugs:** Foundations

Learn the different type of drugs and how drugs impact the developing brain. Discuss peer pressure, refusal and coping skills in interactive stations for increased engagement.

GRADES 586

**Life Begins Program** 

Life Begins teaches reproductive science, beginning with the development of the reproductive organs and continuing through fertilization, implantation, gestation and delivery and provides a useful supplement to school human development curriculum.

GRADES 788

**Teen Sexual Health Program** 

This science-based health program provides students with straightforward information about sexuality and its risks, including teen pregnancy and sexually transmitted infections (STI).

GRADES 6-7

**Science Behind Drugs:** *Influencers* 

Students learn the influencers of drug use. Using videos, social media, memes, commercials and song lyrics to lead students in a discussion on risk factors, brain development and the difference between use, misuse and abuse.

#### **Parent Programs**

Do parents of your students ask about RCC programs, or how to talk to their kids about sex and drugs? Our Parent Programs have been developed to help. We provide parents with the information they need when having a discussion with their kids about puberty, sexuality and drug use. There are two different kinds of parent programs. Our Parent Overview Programs provide a snapshot of the content that our educators cover during programs that their kids attend primarily in their schools. The Community Presentations are intended for families and cover current trends and strategies to promote family conversations.

GRADE 8

**Science Behind Drugs:** *Decisions* 

This program promotes discussion between students and educators. Students will learn how drug use can impact goal setting and decision-making. More complex detail is provided on the effects of drug use on the brain.



#### **Sex Education Programs**

## LINDA – Puberty Education for Girls – Grades 4-5

The Linda program provides a unique "girls-only" format for puberty education. It compares female and male reproductive anatomy and introduces the physiological changes that occur during adolescence. Educators address secondary physical changes such as breast development, increased production of sweat and oil, acne, increased body fat, and the growth of body hair, as well as the menstrual cycle.

## MICHAEL – Puberty Education for Boys – Grades 4-5

The Michael Program provides a unique "boys-only" format for puberty education. It compares female and male reproductive anatomy and introduces the physiological changes that occur during adolescence. Educators address secondary physical changes such as voice change, increased production of sweat and oil, acne, and the growth of body hair, as well nocturnal emissions and spontaneous erections.

#### **LIFE BEGINS - Grades 5-6**

Life Begins teaches reproductive science. Starting with a review of puberty, this program outlines the development of the reproductive organs and continues through fertilization, implantation, gestation and delivery. The learning environment is comfortable and interactive, providing a useful supplement to school human development curriculum. The program's highly visual presentations bring vivid detail to the miracle of embryology.

#### **TEEN SEXUAL HEALTH - Grades 7-8**

This science-based health program provides students with straightforward information about sexuality and its risks, including teen pregnancy and sexually transmitted infections (STI). Students explore the psycho-social, economic, and academic outcomes of teen parenthood as well as the consequences of an STI. Educators teach skills for making responsible sexual choices based on the program content.

## PUBERTY EDUCATION FOR STUDENTS WITH SPECIAL NEEDS – Grades 5-9

These puberty education programs (girls-only and boys-only), tailored to students with special needs, focus on the physical and emotional changes that are a part of growing up. The programs address personal care, hygiene skills and gender specific content related to puberty. It teaches students to identify appropriate adults with whom they might discuss these issues, how to distinguish between appropriate public and private behavior and safe and unsafe touch.



#### **Drug Education Programs**

#### **NEW! SCIENCE BEHIND DRUGS**

Our completely redeveloped Science Behind Drugs programs incorporate a comprehensive, blended learning approach to substance abuse prevention education. Tied to both SEL and Health Standards our program structure includes an interactive e-learning lesson prior to the classroom visit from the RCC educators, whole and small group work infused with games, activities and discussions and an app-based post activity to help assessments for teachers. We have three programs that are part of our drug education continuum:

#### FOUNDATIONS: Grades 4-5

This program starts with the basics. We outline different types of drugs including alcohol, tobacco, marijuana, inhalants and medicines and their impact on the brain and body. Students will begin learning refusal and coping skills and become Peer Prevention Specialists.

## **INFLUENCERS:** Grades 6-7

Students learn about the short and long term risks associated with drug use including alcohol, marijuana and vaping. The influencers and normalization of drug use is explored including social media, song lyrics and advertising.

#### **DECISIONS:**Grade 8

Educators lead students in a discussion on more complex topics like polydrug use, the impact of drug use on short/long term goals and a deeper understanding of brain development. Small groups are utilized to help spur discussion and engagement.

# Deepen the engagement and SHOW students the effects of drug use.

**Resources to Enhance Drug Education and Engage Students** 

Our Curricular Resources focus on:

ALCOHOL & MARIJUANA and HEROIN & PAIN PILLS.

#### **RESOURCES INCLUDE:**

**Interactive Software:** To increase student engagement, we've developed unique software programs that SHOW students the social and physical effects of drug use.

- > Graphic Novel Software: Using a graphic-novel style, students walk with a group of friends as they journey with the lead characters as they engage in realistic situations around drug use and its impact. Students will experience the story from both an outside and users perspective.
- > Brain Software: Have your students seen the brain in action? Our software shows brain development, the chemical effects of multiple drugs on the brain and how it effects behavior.

**Presentations, Lesson Plans & Worksheets:** All supporting materials are accessible in the LMS for easy use.

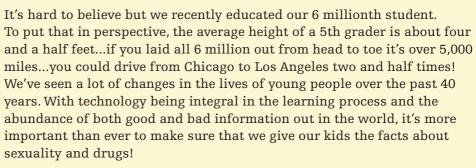


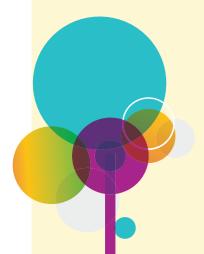
ALCOHOL & MARIJUANA





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