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JUST THE FACTS

December 2020
Community Newsletter

WE WISH YOU A SAFE & HAPPY HOLIDAY SEASON!



WE NEED YOUR HELP, LIKE NEVER BEFORE

As you consider end of years gifts, we hope you'll consider health education for your kids!

It's a Giving Season like none before. Like so many businesses the pandemic has dramatically effected the non-profits too! This year, more than ever, we need your help to ensure that kids get the health education they need...from the experts. Please consider giving what you can. The button below will take you to our secure support page. Thank you.

YOUR DONATION WOULD MEAN THE WORLD TO US >

IN THE NEWS

New Alcohol Laws May Mean Easier Access for Teens

*Katie Gallagher-Director of Education
Candor Health Education*

Alcohol is the number one most abused drug by teens. According to SAMSHA (Substance Abuse and Mental Health Services Administration), nearly 60% of teens have had an alcoholic drink by age 18 and 11% of all alcoholic beverages sold in the U.S. are consumed by people between the ages of 12 and 20. With statistics like these, it's obvious that teens have long been resourceful in locating places to get alcohol. Should we expect this to be different during a crisis like the Coronavirus pandemic? No, and in fact, new laws allowing for the sale of "to-go" cocktails during COVID may be further contributing to easy access to alcohol by minors.



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IN THE NEWS



How Teens Helped Secure Washington's Prop 90 Sex Education Mandate

Teen Vogue

One of the last things that Lilienne Shore Kilgore-Brown did during her senior year of high school before the pandemic was travel to Olympia, the capital of Washington, to advocate for state-wide comprehensive

sex education.

"There are a lot of kids who aren't getting the information they need," she said. "They're not getting that education about healthy relationships, or gender and sexuality, which just means that you have a group of people who simply because they had less education are less likely to be aware of their own bodily **rights** and autonomy."

Shore Kilgore-Brown, now a first-year student at Columbia University, was part of a group of teens who visited local schools in her community in eastern Washington to provide peer-led sex education. In March, the Washington State legislature **passed the legislation that Kilgore-Brown and her peers had advocated for.**

IN THE NEWS

Are the kids all right? Supporting your teen's mental health through COVID-19

CNN Health

Less than a month into the academic year at Brophy College Preparatory in Phoenix, Alex, a 17-year-old high school senior, is feeling the strain of life in an uncertain time.



Growing up, he saw tests, grades and applications as part of a predictable, step-by-step process leading toward college. Not so much in a pandemic.

"All of that is sort of gone right now. You don't really know what to do next, and that's a big point of stress," he said. "It's really easy to feel isolated in terms of everything that's going on. You don't necessarily know where to turn."

Since the pandemic began, thousands of Arizona teens have turned to Teen Lifeline, a crisis line where Alex volunteers as a peer counselor. (Teen Lifeline volunteers use their first names only in the media to keep counselors anonymous.)

In an average year, calls and texts to the hotline decrease between 30% and 40% over the summer. Kids are simply **less stressed** during summer vacation. This year, summertime volume at the hotline went up by 6%, instead. A much higher proportion of the contacts have come in by text, as well. Many teens are stuck at home, without enough privacy from their families to make a confidential phone call.

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TODAY'S MARIJUANA AT A GLANCE

Marijuana today is not the same as it was in the 60's. Legalization has made marijuana big business with different types and potencies. Take a look at the basics about marijuana, teen use and more,

TAKE A LOOK >

candor health education **MARIJUANA** Information for Parents

The movement to legalize marijuana in Illinois and other states across the nation has normalized the use of marijuana and decreased perceptions on the harmfulness of the drug, especially among young people. Some adults may recall having tried marijuana in their youth, but the marijuana available today is a very different drug. Learn more about what has changed with marijuana and how you can have critical conversations with your child about it.

What is marijuana?

Marijuana comes from the Cannabis plant. There are two main chemicals in marijuana: Tetrahydrocannabinol (THC) and Cannabidiol (CBD). THC is the chemical that can make someone feel high, light-headed, giggly, or relaxed. CBD is the chemical with more medicinal properties to help with epilepsy, seizures, nausea, and pain.

It is important to note that marijuana today is not the same as it was just 20-30 years ago. The levels of THC in marijuana have risen significantly over the last decade of decades, making today's marijuana more likely to cause addiction as well as induce psychological effects such as hallucinations, paranoia and anxiety. The graph at the right shows the average percent of THC in marijuana has greatly increased while the levels of CBD have remained the same.

Average THC and CBD Levels in recreational cannabis: 1980-2018

How Does Marijuana Affect the Brain and Body?

Marijuana has many short- and long-term effects on the brain and body. Some of these effects are listed in the table below.

| Short Term Effects | Long Term Effects |
|---------------------------------------|---|
| Slower reaction time | Difficulty with memory and learning |
| Slurred sense of time | Lack of motivation |
| Impaired memory and problem solving | Physical - problems with breathing, coughing or lung sickness |
| Feeling less coordinated | Mental - paranoia |
| Feeling relaxed/hazy | |
| Feeling anxiety, fear, distrust | |
| Disturbance, insomnia (at high doses) | |

Additional Online Resources:

<https://candorhealth.org/parents-information/family-resources/resources-drug-education/>
<https://www.cdc.gov/drugopinion/marijuana/>
<https://www.drugabuse.gov/parents/health-of-kids/>

PARENT/STUDENT WEBINARS JANUARY SCHEDULE RELEASED



You can now be with your student as they attend one of our programs. This is a great opportunity for both parents and students to learn about how we present the content, which hopefully can spur discussions!

Currently available are two of our most popular programs, *Puberty I-Understanding Changes* and *Life Begins*. We're offering the puberty program webinars separately for males and females.

SCHEDULE:

Puberty 1-Male: Jan 26 - 7 pm

Puberty 1-Female: Jan 27 - 7 pm

Life Begins: Jan 28 - 7 pm

[MORE INFORMATION & REGISTRATION >](#)

MEET THE TEAM

Amanda Byrne - Development Manager



Amanda brings more than fifteen years of development experience to Candor Health Education as their Development Manager. Amanda has been fortunate enough to work for some of the most exceptional nonprofit organizations in the area. She spent much of her career working in the arts and has also been integral to the development teams at child and animal welfare agencies. Amanda was drawn to these organizations out a deep sense of commitment for their missions.

Amanda is proud to be a member of the Candor Health Education team and an organization that is dedicated to making an impact on the health education of so many students. Amanda looks forward to meeting friends of the Candor Health Education at upcoming events and programs.

Amanda holds a Bachelor of Arts degree from Eastern Illinois University and a Master of Science degree from Roosevelt University. Amanda and her husband currently live in Palos Heights with their three children.



Empowering young people
to make informed decisions



Candor Health Education (Formerly the Robert Crown Center for Health Education)
630.325.1900 | info@candorhealthed.org | candorhealthed.org

