



JUST THE FACTS

December 2020
School Newsletter

WE WISH YOU A SAFE & HAPPY HOLIDAY SEASON!



OUR SPRING SCHEDULE IS FILLING UP FAST

We understand the current uncertainty in the school environment, but to ensure that we have educators available to deliver programs to your students, please schedule as soon as possible. If you would like to schedule, please [contact us](#) or [schedule online](#). Our Virtual Delivery Options may be a perfect fit!



Drug and Sex Education is essential...**NOW MORE THAN EVER!** Questions about our delivery options, please contact us at info@candorhealthed.org.

[SEE OUR VIRTUAL DELIVERY OPTIONS >](#)

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.



[READ MORE >](#)

WHAT THEY'RE SAYING



Interview with:
Jessica Wrubel - Hester Junior High

We were able to catch-up with Jessica Wrubel from Hester Junior High to learn a little bit about her thoughts on Health Education, the programming they've implemented at their school and what she believes makes a health education program effective. Thank you, Jessica for taking the time to share your thoughts.

[SEE INTERVIEW >](#)

IN THE NEWS

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



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.

READ MORE >

TODAY'S MARIJUANA AT A GLANCE

We've developed a great resource to share with the parents of your students. Overall it outlines how marijuana today is not the same as it was in the 60's. Legalization has made marijuana big business with different types and potencies. We provide 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, dizzy, 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 drastically over the last couple 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: 1960-2018

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
Altered sense of time	Lack of motivation
Impaired memory and problem solving	Physical - problems with breathing, coughing or lung illness
Decreased food intake	Mental - paranoia
Feeling less coordinated	
Feeling stressed,慌	
Feeling anxious, low self-esteem	
Hallucinations, delusions (in high doses)	

Additional Online Resources:
<https://candorhealthed.org/parents-information/family-resources/research-drug-education/>
<https://candorhealthed.org/drug-education/parent/>
<https://drugfree.org/article/how-to-talk-about-marijuana/>
<https://www.drugabuse.com/parents/what-is-cbd/>

ILLINOIS YOUTH SURVEY FINDINGS & STATISTICS

What did the most current Illinois Youth Survey research find? The IYS helps provide some very important data about young people, their activities and perceptions. Take a look!



[SEE THE REPORT >](#)

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**



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