



JUST THE FACTS

January 2021
Community Newsletter



HAPPY NEW YEAR!

MESSAGE FROM OUR EXECUTIVE DIRECTOR:

As we all get a "fresh start" with the new year, we are optimistic for a very different 2021 and a return to "relative normalcy". While we, like so many others, have struggled a bit through the pandemic, we are both proud and optimistic of the byproducts of "having" to convert our programming to an online/digital format. One of the major initiatives has been our [Drug Education Portal](#) where we have interactive modules, videos and more. If you haven't had the opportunity, I hope you can take few minutes to experience it for yourself!

As always, we hope to be a resource for you and your family to help with some of the challenging discussions with young people around drug use and sexuality. We look forward to a fantastic 2021.

Thank you.
Barb Thayer
Executive Director

IN THE NEWS



Teen Vaping Rates on the Decline

*Lance Williams-Education Manager
Candor Health Education*

The year 2020 was one that brought a number of lasting memories. Although many of them seemed to be negative, there was a shining light of hope for the future. For the first time since 2016, data showed that vape (e-cigarette) use among teenagers had declined.

The National Youth Tobacco Survey showed a sharp decline in youth vaping (e-cigarette) use with 1.8 million fewer users than the previous year. In 2020, 19.6% of high school students vaped (27.5% in 2019) and 4.7% of middle school students vaped (10.5% in 2019). The progress made last year is completely different than the data gathered from 2011 to 2015, in which the U.S. Surgeon cited a 900% increase in vape (e-cigarette) use among teenagers.

[READ MORE >](#)

OUR 2020 ANNUAL REPORT

While it's been a challenging year, there certainly have been some highlights! Take a look:

ANNUAL REPORT
HIGHLIGHTS
FY2020

After 46 years as the Robert Crown Center for Health Education, the organization began the exciting process of a complete re-brand, changing our name to **Candor Health Education**. We thank the Crown Family Philanthropies for their on-going support and assistance during the re-brand process.

Our mission has not changed! Candor Health Education continues to educate students, their trusted adults and communities on the topics of drug and sex education. We continue to provide age-appropriate information to empower young people to make informed decisions that positively impact their health.

INSTANT DIGITAL DELIVERY. Due to COVID-19 school closures, all programming was converted to a digital delivery format.

Educating 12,616 Students Online

Even with the school shutdown in the spring, we still educated 60,894 students during the 2019-20 academic school year

Prepared for the re-brand to:
candor health education
Empowering young people to make informed decisions

Official launch: August 2020

[SEE THE FY20 ANNUAL REPORT >](#)

ALL NEW TEEN SEXUAL HEALTH

Exciting news! We've updated our Teen Sexual Health program...and better yet, we've made a Teen Sexual Health II to pick-up where Teen Sexual Health I leaves off. Teen Sexual Health II, which covers some of the grey areas like setting boundaries and identifying warning signs of an unhealthy relationship, will be available in Spring 2021...but **Teen Sexual Health I is AVAILABLE NOW!** We've put together a short video that will give you more information. Take a look:



IN THE NEWS



With Pot Rules Relaxed, More U.S. Teens Driving While High: Study

US News & World Report

America's roads are notoriously unsafe on New Year's Eve, and a new study shows that marijuana legalization could be making the situation even worse.

Almost half of teenagers who regularly use pot admit they've gotten behind the wheel while stoned, a new study in JAMA Network Open reveals.

Overall, twice as many teens report driving under the influence of marijuana than admit to drinking and driving, according to results drawn from a federal survey on youth risk behaviors.

Nearly 13% of teen drivers said they'd operated a vehicle while stoned within the past month, compared with 5% who said they drove drunk, the study says

[READ MORE >](#)

IN THE NEWS

Raising the COVID Generation: How to Help Your Child's Social-Emotional Learning During and After the Pandemic

Chicago Parent

Juliana Armbrust's 5-year-old has always been strong-willed, but COVID-19 has brought him to a breaking point.

"I'm losing the battle," Ambrust, of Humboldt Park, laments of her son.



The kindergartner gets frustrated if he's misinterpreted, if he doesn't have her full attention and if he's *gasp* forced to do virtual school. And sharing?

"He hasn't shared with other kids since March, so I have no idea on that one," Ambrust says.

Illinois parents may be going through their individual struggles during the pandemic — but they appear to be sharing one major parenting woe in common: they're very worried about the soft skills that have slipped through their children's fingers since COVID-19 entered their lives.

Our kids were learning how to share, how to communicate with friends, how to work in groups. And then poof, one day they were isolated in their rooms, playing with their own toys, doing their schoolwork solo and staying more than six feet away from their peers.

What's this doing to their development and how can we help?

[READ MORE >](#)

SAVE THE DATE TO "UN-WINED"



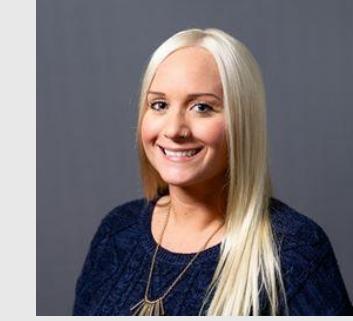
We're going to be hosting our inaugural VIRTUAL UnWined event. It will feature an assortment of stellar wines from "the Son of Silver Oak" (don't worry we'll explain)! More information will be coming soon. Most importantly....save the date:

March 6th @ 6:30pm

MEET THE TEAM

Sarah O - Administrative Assistant

Sarah joined Candor Health Education as an Administrative Assistant in July of 2018. After earning her Bachelor of Arts degree in Psychology and Sociology from Northern Illinois University, Sarah worked for five years for a non-profit organization helping adults with disabilities live full and abundant lives. The following six years were spent working for Northwestern Medicine in the inpatient Behavioral Health and



Addictions settings. The topics of general and mental well-being are important to Sarah and she believes that educating children on these topics can lead to healthy, productive adults.



**Empowering young people
to make informed decisions**



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