



JUST THE FACTS

January 2021
School 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 delivery model. We believe this presents a huge opportunity as we move the organization forward. If you haven't had an opportunity, please take a look at what these [Delivery Models](#) include.

As always, we hope to be a resource for you and your school to provide students the health education that is critical...now more than ever. 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 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. Our Virtual Delivery Options may be a perfect fit! Please [contact us](#) or [schedule online](#).

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 >](#)

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

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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," Armbrust, 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 >](#)

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

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**



