



JUST THE FACTS

April 2021
School Newsletter

IN THE NEWS

Consent Lays the Foundation

*Nicole Holmes-Health Educator
Candor Health Education*



April is Sexual Assault Awareness Month, and we are once again reminded of the importance of sexual health education to help prevent sexual assault. Sexual health education is typically thought of as a class taught in middle school or high school with information on preventing pregnancy and sexually transmitted infections (STIs). However, the reality is that it's so much more. One area that has recently garnered more attention is the notion of consent. Sexual education not only teaches young people about their bodies, but also begins to lay the foundation about consent – what it is and, most importantly, what it isn't – and what is considered sexual assault.

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APRIL IS ALCOHOL AWARENESS MONTH

Underage drinking is common in the United States. In fact, alcohol remains the number one most abused drug by teenagers.

The 2019 Youth Risk Behavior Survey found that 29% of American high school students had consumed alcohol in the last 30 days and of those that drank, the majority binge drank. In this newsletter, you will learn more about why underage alcohol consumption is particularly concerning, why it is important to have conversations with your child about alcohol use, and tips for having those conversations.

Parental behavior and communication can delay early initiation of alcohol consumption. Your child IS listening!!

ALCOHOL Information for Parents

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Alcohol and Its Influence on Teens

Public health experts generally agree that America has a drinking problem. The CDC data (January 2020) indicated that American youth were drinking more and that binge drinking was on the rise. And since the drinking age, over 21, has been suggested to be the minimum age for alcohol consumption, Nationally alcohol sales climbed 20% between March and June of 2020 compared to the prior year (Pew Research Center). Youth in the United States are 16 times more likely to see an advertisement for alcohol that they can use as an accepted part of a teenager's everyday experience. Studies have found that the average 11 year old is exposed to about 3 advertisements for alcohol each day, or over 1 thousand each year. Also, it is estimated that kids receive about 35 references to alcohol and drug use for every hour they listen to music. Not only are young people bombarded by references in the media, but they commonly use the trusted adults in their lives including all of this can be confusing.

Alcohol and the Developing Brain

There is a notion that alcohol is "safe" because it is light. This is a common misconception, but especially among teens. So, talking to young people about the impact of alcohol use on their developing brain is critical. Drinking is particularly harmful to teens because their brain is developing well into their twenties. Alcohol use impairs learning and memory. Studies show that adolescent drinkers perform worse in school. Binge drinking or drinking 4-5 drinks in one single occasion, is especially dangerous for teens as their brains are more susceptible to long term damage. In addition, alcohol use before age 15, increases the risk of developing a substance use disorder as an adult by 5 times.

Underage drinking can "wire" the brain for alcoholism

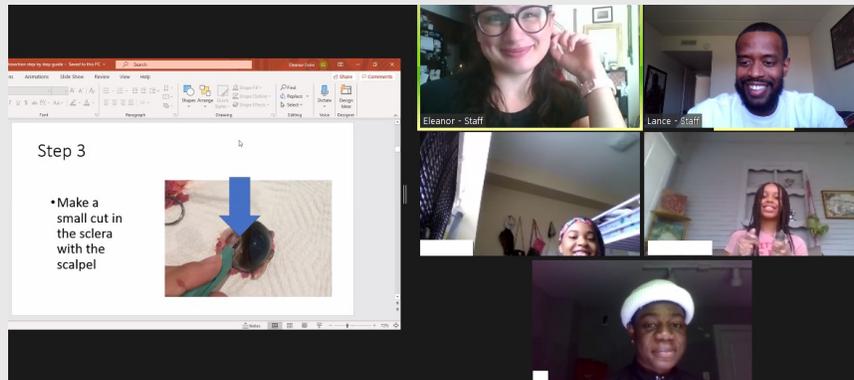
Chances of becoming an alcoholic
40% (Teens who binge drink)
7% (Teens who don't binge drink)

Additional Resources: <https://candorhealth.org/parent-information/family-resources/resources-drug-education/alcohol-information/>
 Online: <https://www.drugabuse.gov/>
 Resources: <https://nida.nih.gov/>

TAKE A LOOK >

BODY TREK IS BACK

Our 2021 summer science camp dates have been announced:
 June 28-July 2: 12pm-2pm
 July 12-16: 12pm-2pm



Perfect for students entering grades 5-8. The camp will include:

- **Interactive Games** - Learn about the organs and body systems through interactive health scenarios and games.
- **Dissections** - You can either participate in dissections of a cow eye, cow heart, sheep brain, bullfrog and fetal pig or watch as one of our professionals does some fancy camera work to provide students with an engaging observation experience.
- **Special Guest Visits** - We will be hosting discussions with healthcare professionals and campers will have the opportunity to interact and ask questions.
- **Activities & Experiments** - We'll provide campers some fun and engaging experiments that can be done after the camp each day.

REGISTER NOW >

IN THE NEWS

Expanding Social Emotional Learning is Key
The Hill

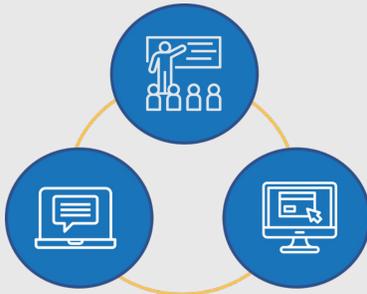
This month marks one year since widespread lockdowns shuttered school buildings across

the country and forced the rapid transition to remote learning for millions of students, educators, staff and school leaders.

Today, schools are scattered across a wide spectrum of “openness,” but students and educators everywhere are continuing to confront the trauma inflicted — and, in some cases, worsened — by the pandemic. On the second annual international Social and Emotional Learning (SEL) Day, it’s more important than ever that policymakers and educators embrace educational approaches that not only account for academic learning loss but prioritize the social and emotional needs of all students and educators to ensure a more effective and equitable recovery from the COVID-19 pandemic.

[READ MORE >](#)

NO TIME LIKE THE PRESENT



With the School Year Ending...Let's Think About Next Year!

It's never too early to schedule your programs for next school year. Remember we have 3 delivery options to meet your schools needs!

Live Virtual - Live Educator via Zoom

In-Person - Educator visits your school

Online Interactive - Asynchronous option through LMS

[VISIT OUR PROGRAM PAGE >](#)

SUCCESS STORIES: ILLINOIS YOUTH SURVEY

- "Conducting the IYS at our school has been a first step to identifying how we address the issues of alcohol and drug education and prevention. If we don't have any data about the problem, we don't know how to respond appropriately. The IYS also allows our community to know if what we are doing is working. By surveying students before and after interventions, we can get a sense of how they are responding to the efforts we are implementing to minimize use."

~ Principal Dan Tully, Notre Dame College Prep, Niles

- "From the beginning, [Wilmington Coalition for a Healthy Community (WCHC)] members placed great value on the data provided by the Wilmington School District's Illinois Youth Survey report, using it to direct their efforts, especially in the area of underage drinking prevention.... It is important to note that the IYS is not the only data that WCHC relies upon, but it has been key to starting the necessary conversations that lead to additional data and the answers to the question, 'Why is this happening in our community?'"

~ Wilmington Coalition for a Healthy Community

- "Prevention efforts targeted toward parents, communities, and students are much more effective when risk factors are identified and priorities are set in response to accurate data collected. IYS is a reliable touchstone for prevention planning."

~ Sharon Pohl, Chestnut Health Systems



ILLINOIS YOUTH SURVEY

[SEE ALL THE SUCCESS STORIES >](#)

MEET THE TEAM

Shelly Nicholson - Grants Manager



Shelly joined the Candor Health Education staff in October 2015 as the Grants Manager. Prior to Candor Health Education, she worked for the McHenry County Department of Health as a grant writer and manager of a community outreach, education and health insurance enrollment grant as part of the initial roll-out of the Affordable Care Act. She has a Master's in Public Health from Tulane University and a BA in International Relations from Tufts University. Shelly worked as a health educator for the US Peace Corps in Ecuador early in her career and is very happy to help sustain and expand

Candor Health Education programming for the next generation.



**Empowering young people
to make informed decisions**



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