



JUST THE FACTS

March 2021
Community Newsletter

IN THE NEWS

The Keys to Ending "Period Poverty"

*Sandi Metcalfe-Health Educator
Candor Health Education*



According to The World Bank, on any given day nearly 800 million people are menstruating, yet many people lack the necessary sanitation products needed to manage their periods. This lack of supplies is known as “period poverty” and affects millions of people in the United State and across the globe. Why does period poverty exist? The answers may lie in the way menstruation is portrayed and addressed by those around us and the lack of affordable menstrual management supplies. Some keys to

ending period poverty include normalizing menstruation through science-based, age-appropriate education at school, home, and in the community, increasing efforts to get period management supplies in the hands of those that need them most, and continuing to challenge current laws that impart unfair and inequitable taxes on menstrual products and supplies.

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UPDATED PROGRAMS NEXT SCHOOL YEAR

We're excited to announce changes to our Teen Sexual Health programming beginning next school year. Biggest news: We've added a Teen Sexual Health II program which dives deeper into aspects of sexual health. Both programs now follow a blended learning format. More information will be coming, but here's a little about each program:

Teen Sexual Health I

Includes all of the the same health content as the previous program as well as:

- Healthy Communication
- Consent
- Gender Identity
- Sexting

Teen Sexual Health II

Brand new content to follow TSH I and focus on decision-making:

- Setting Boundaries
- Unhealthy Relationships
- Effects of Drugs & Alcohol on Decisions
- Effects of Viewing Explicit Content

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IN THE NEWS

Smart Answers to Kids' Sex Questions

Parenting

A friend recently confessed that when her 6-year-old son asked how babies are made, her wimpy nonreply was, "Because a wife and husband love each other and want a baby badly." She was caught even more off guard when he followed up with, "How do some women have babies if they don't have husbands?" Red-faced, she stammered, "They go to sperm banks, honey, and pay money to get babies." Skydiving would have probably been a lot less nerve-racking than that exchange.



Saying too little can confuse kids even more; saying too much can overwhelm them. To guide you, we've pinpointed the most common questions children ask, canvassed the experts for advice, and broken down the answers into two levels: minimum disclosure (the bare-bones info kids need to hear) and maximum disclosure (when you and your child feel comfortable enough to explore the topic further). There's no need to follow these responses word-for-word; consider them a blueprint. Now go on, speak up!

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THANK YOU FOR UNWINED-ING WITH US

Our inaugural *UnWined* virtual wine tasting event on

Saturday, March 6 was a success! Special thanks to Matt and Karen Meyer and the Meyer Family Cellars for hosting the event from the winery in Napa! They brought some amazing insights and really made it a special evening for all involved!

We're excited to announce we raised almost \$18,000!

We look forward to hosting our next *UnWined* event soon.



IN THE NEWS

Young Adult Who Vape Cannabis Are More Likely To Experience Cough, Bronchitis, and Wheezing, Study Finds

CNN



The associations between vaping cannabis and respiratory health symptoms haven't been fully known before — but one new study has revealed a key discovery.

The study, which published Tuesday in the journal *JAMA Network Open*, found that vaping cannabis at any frequency was linked with symptoms of bronchitis and wheezing in young adults around 19 years old.

Toward the end of 2019, mysterious cases of lung injury associated with using e-cigarettes or vaping products — described by the US Centers for Disease Control as EVALI (which stands for e-cigarette or vaping product use-associated lung injury) — broke out.

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ARE YOU FAMILIAR WITH THE ILLINOIS YOUTH SURVEY?

The Illinois Youth Survey is a study done every two years by the University of Illinois and gathers information about a variety of health and social indicators for 8th, 10th and 12th graders. The IYS helps provide some very important data about young people, their activities and perceptions. Take a look at the most recent findings!



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MEET THE TEAM

Eleanor Evins - Health Educator



Eleanor joined the Candor Health Education team in May of 2019 as an intern and transitioned to becoming a health educator with the organization in August of the same year. She is a double-alumni from Northern Illinois University (NIU) and holds a Bachelor of Science in Nursing and a Master of Public Health specializing in health promotion. She is currently pursuing a Master of Science in Nursing Education from NIU and hopes to eventually teach the next generation of nursing students within a university setting.

Eleanor has a variety of professional and academic interests and has worked as a registered nurse in a number of different healthcare settings such as inpatient critical care, outpatient surgery, and reproductive medicine. As a nurse and health educator, she values the role of primary prevention in addressing health disparities and promoting optimal health. She is excited to work with an organization that gives her the opportunity to continuously provide primary prevention and health promotion education to the students served by Candor Health Education.



**Empowering young people
to make informed decisions**



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