

Your child visited the Life Education Center!

Using multi-media and special effects, they took a spaceship ride to meet a friend named Ozone, who was trying to put together a body as amazing as ours without messing it all up or forgetting anything vital.

With the help of TAM, a transparent anatomical mannequin, students were introduced to the problem of alcohol and nicotine abuse and the negative effects they can have on the body. Strategies to refuse peer pressure to use these drugs were introduced through role playing.

Students finished with a game of Jeopardy that reinforced healthy concepts. Mascot, Harold the Giraffe stopped by for a visit.

Students were taught safe practices for over-the-counter and prescription medications through questions on a Jeopardy game.

Remind your child that as a family you choose:

**“Wise Highs...
Choices You Can
Live With!”**

To reinforce this lesson at home:

Have some fun as a family by answering these questions together:

1. What are two Wise Highs activities you can do after school this week?
2. What should we do in a peer pressure situation such as this: "Hey, I found a cigarette! Do you want to try it?"

To reinforce lessons taught on prescription medicine, check all prescription and over-the-counter medicines in your home and make certain they are in a secure location.

The Life Education Center encourages every household in Kankakee and Iroquois counties to:

1. Take medications exactly as prescribed
2. Store prescription drugs in locked and secure locations
3. Properly dispose of unused medications
4. Promote safe medication practices and teach others to do the same

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