

### Your child visited the **Life Education Center!**

Students focused on the importance of making good choices for their amazing and unique bodies. With the help of TAM, a transparent anatomical mannequin, they reviewed the bodies organs before being introduced to transparent animated body systems. They discussed how each organ's health is important, and how all the organs work together as a team. They reviewed the importance of medicine safety in keeping their bodies healthy.

Students then had the opportunity to help mascot, Harold the Giraffe, get out of a peer pressured situation and then role played different scenarios.

The importance of making good choices everyday was highlighted again when students took a spaceship ride to Conformatron-a place where everyone is the same and individual choice is not an option. Students had to escape back to earth by thinking about choices they have in their lives and the importance of individuality.

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 with the activity: Did You Know:

**DYK:** The appendix is an organ you can live without!

What other interesting facts can you find out about the human body?



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

## Parent Tips:

### 1. Model Healthy Screen Time Behavior

Teach your kids how to limit screen time and find healthy alternatives like family game night.

### 2. Model Positive Social Behavior

Demonstrate healthy relationship behaviors like respect, empathy, and conflict resolution.

### 3. Model Positive Self-Talk

Demonstrate how to use your words to build yourself up rather than tear yourself down.

### 4. Model Perseverance

Include your kids in home projects and activities that demonstrate how to work hard to accomplish a goal.

Administered by the I-KAN Regional Office of Education with support from the



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[www.pledgeforlife.org](http://www.pledgeforlife.org) [www.i-kan.org](http://www.i-kan.org)

Funding provided in whole or in part by the Illinois  
Department of Human Services  
and the Substance Abuse  
and Mental Health Services Administration (SAMHSA).  
Printing of this brochure also partially funded by:

