

Parents/Guardians of Fifth Graders

Your child visited the Life Education Center!

Students were asked to demonstrate their understanding of Wise Highs by creating their own plan to escape peer pressure through the use of discussions, experiments, and other teaching tools.

They used strategies to refuse peer pressure including:

1. Ask Questions
2. Identify Consequences
3. Suggest an Alternative
4. Get Away
5. Talk to an Adult

Putting their plans into action was the highlight of this lesson where the students created movies using refusal skills to evade peer pressure.

Students were encouraged to teach their community about Wise Highs. They were also encouraged to participate in a billboard contest to promote healthy choices and behaviors.

The billboards are used for publication throughout Kankakee and Iroquois counties.

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 role playing peer pressure scenarios: For example, pretend to offer your child a cigarette or a drink of beer. Pretend to try to convince them to steal something or to skip school. Take turns practicing refusal skills.



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.

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