

Your child visited the Life Education Center!

The focus of this visit was on alcohol, its effects on the body, and bullying. Students viewed a movie and discussed alcohol's negative effects. They took a quiz to test their knowledge of alcohol and used TAM, the transparent anatomical mannequin, to learn how it moves through the body and to see the damage done along the way.

They also learned about the ways advertisers convince people to buy their products and dissected advertisements to look for methods of persuasion.

To confirm that there are better things to do than to drink, they were asked to state their favorite Wise High activities.

The lesson on bullying examined real life incidents and asked students to identify solutions for victims and ways bystanders can take an active role to discourage bullying.

Students also discussed the vocabulary word "dosage" and the danger of mixing medicine and alcohol. They learned to read labels and warnings, and were made aware that people can become dependent on drugs.

Remind your child that as a family you choose:

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

To reinforce this lesson at home:

Discuss these topics as a family:

Alcohol: Ask your child, "What are the risks of drinking before the legal age 21? (higher risk of addiction, damage to organ development); "What are some of the tricks alcohol advertisers use to sell their products?" (popularity, humor, flavor).

Bullying: Ask your child to, "Name some forms of cyberbullying." (sending mean messages via text or internet, spreading rumors on-line, taking unflattering pictures and sending them through the internet); "How can kids be an active bystander in a bullying situation?" (ask questions, report, refuse to join in).

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

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



Pledge for Life Partnership

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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:

