



# Parents and Guardians of **FIFTH GRADERS**

*The **Life Education Center**  
visited your child's school!*

- Through the use of discussions, games, multimedia tools, and role playing, students demonstrated their knowledge of Wise Highs, or making healthy choices.
- The students 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

- Students were encouraged to promote Wise Highs and healthy choices by participating in a billboard contest used for publication throughout Kankakee and Iroquois counties.

***Ask your child to tell you more!***

**REMINDE YOUR  
CHILD THAT  
AS A FAMILY  
YOU CHOOSE:**



## To reinforce these lessons at home:

Have some fun as a family by role playing peer pressure scenarios. For example, pretend to offer your child an electronic cigarette (vape) or a drink of beer, or pretend to try to convince them to steal something or to skip school. Take turns practicing refusal skills and strategies.



To reinforce lessons taught on **prescription medicine**, check all prescription and over-the-counter medications 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.*



For more resources, please visit us at  
[www.pledgeforlife.org](http://www.pledgeforlife.org)



Administered by the I-KAN Regional Office of Education  
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