



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



Administered by the I-KAN Regional Office of Education in collaboration with the Pledge for Life Partnership

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