



Parents and Guardians of **SIXTH GRADERS**

The Life Education Center
visited your child's school!



The Life Education Center focuses on how to keep our body and mind healthy, which includes medicine safety. Through the use of discussions, games, and multimedia tools, the students learned many facts about medicine safety, including:

- Medications can help us when used as directed by a healthcare professional.
- Misusing medication includes taking more than is prescribed, taking medication for a reason different than prescribed and sharing or taking someone else's medication.
- Although the majority of teens do NOT misuse prescription drugs, it is a problem nationwide.
- Students can make a difference by following these guidelines:
 - Keep the medicine for yourself (*do not share!*)
 - Follow the instructions on the bottle/container (how much/how often)
 - Be a good role model (learn and share information, talk with a trusted adult)

As a reminder to make healthy choices in their lives, the students were asked to share their own Wise Highs, or healthy alternatives to prescription drug use.

Ask your child to tell you more!

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



To reinforce these lessons at home:

Encourage WISE HIGHS, or fun activities that don't hurt your body, by doing things together as a family like taking a walk or bike ride, making a meal, or having a family game night.



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.



Life Education Center
Pledge for Life Partnership

Iroquois - Kankakee
I-KAN
Regional Office of Education

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

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

