

Your child visited the Life Education Center!

The focus of this visit was alcohol and its effects on the body. Students discussed alcohol abuse and its negative effects with the use of four comic strip activity books. Each focused on activities to get students and parents talking together about alcohol. They used TAM, the transparent anatomical mannequin, to learn how alcohol 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 coercion.

Lessons for 6th graders utilized student-led group discussions, and project workshops, showcasing what they learned throughout the program.

Students also discuss the vocabulary word "dosage" and the danger of mixing medicine and alcohol. They learn to read labels and warnings, and are 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!”**

Parents/Guardians of Sixth Graders

To reinforce this lesson at home:

Take some time as a family to discuss these topics with your kids:

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?"

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

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