



Parents and Guardians of **FIFTH GRADERS**

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

Students were asked to demonstrate their understanding of Wise Highs by creating their own plan to escape peer pressure through the use of discussion, experiments, and other teaching tools.

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

Putting their plans into action was the highlight of this lesson where students role played in groups using refusal skills to evade peer pressure.

Students were encouraged to teach their community about Wise Highs and to participate in a billboard contest to promote healthy choices and behaviors. The billboards are 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.



**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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