



RAISING HEALTHY TEENS

Why prevention?

Kids are bombarded with thousands of peer and media messages daily. They need social-emotional skills and scientific information they can trust to inform their decision making. Studies show that youth are more influenced by their families than any other source. You may not think they're listening, but they are.

What can RCC do to help families?

Community programs are an important component of comprehensive health education. Educators can provide students with tools and information, but the conversation must continue at home and in communities to reinforce positive messaging and put information in the context of a family's own values and expectations.

RCC Programs:

- Observe trends and stressors in the lives of youth.
- Provide understanding of youth development and decision making.
- Share tools and strategies to support conversations with youth.
- Identify and strengthen protective factors for youth.
- Increase self-efficacy with conversation plans and strategies.

WHAT ARE MY PROGRAM OPTIONS?

1. Raising Healthy Teens in a Digital Age: Sex Ed

- Describe why youth are vulnerable decision makers due to brain development
- Identify what youth are seeing in regards to sexuality, including current research, trends, and barriers to healthy choices
- Develop skills on how to manage a healthy relationship and conversations around sexuality.
- Create a conversation action plan on a specific sexuality topic
- Identify resources for healthy conversations about sexuality

2. Raising Healthy Teens in a Digital Age: Drug Prevention

- Describe why youth are vulnerable decision makers due to brain development
- Identify what youth are seeing in regards to drug use, including current research, trends, and barriers to healthy choices
- Develop skills on how to reduce the risk of youth drug use through healthy relationships and conversations
- Create a conversation action plan on a specific drug topic.
- Identify drug abuse prevention resources

Why RCC?

- The nation's oldest health education center and a well-known Chicago-area resource for primary prevention has been an innovator in health education since 1974.
- RCC teaches students and families how to avoid risk-taking behaviors common in adolescence.
- Our educators are experts in the health education field and know how to create a comfortable environment for meaningful conversation.

How do I schedule a program?

Our programs are generally delivered on weekday evenings. Please contact us and we can discuss the best way to bring a program to your community: Kris Adzia, kadzia@robertcrown.org. Many programs are grant funded and can be brought to you free of charge. See more about our work at www.robertcrown.org.