



The 2019 Community Health Needs Assessment, or the CHNA, is hot off the press, which means that our community has new health priorities that we collectively address to make a bigger impact towards a healthier community. Previously, we focused on mental health, cancer, sexually transmitted infections & teen pregnancies, and obesity, which were identified as our top concerns in the 2017-2019 CHNA. We have made huge strides on those health priorities, and we will continue to ensure Hult Center's programs and services empower people to live healthier lives in those areas of health. For the next three-year cycle we are adding substance abuse to that list of health needs, so you will begin to see additional programs and services being provided to address this need. For example, Hult Center for Healthy Living and UnityPoint Health Central Illinois are working with EVERFI, Inc. to provide a new virtual Prescription Drug Education Program for area schools. Stay tuned for more information about this program that will be offered to area schools at no cost, thanks to funding from UnityPoint Health Pekin and Methodist-Proctor Foundations.

For more information on the 2019 CHNA, visit the Partnership for a Healthy Community's website at [www.healthyhoi.org](http://www.healthyhoi.org). The Partnership for a Healthy Community is a multi-sector partnership that spearheads a collaborative approach in conducting a CHNA for the Tri-County Region, including Peoria, Tazewell, and Woodford Counties.



All the Best,

Holly Bill, BS, CHES  
Assistant Manager  
[hbill@hulthealthy.org](mailto:hbill@hulthealthy.org)

## Whitney's Walk for Life

Thank you to everyone who came out on Saturday, July 27th to support Whitney's Walk for Life. We had over 1,200 people attend the event and raised over \$110,000. Your generous support helps fund valuable suicide prevention education for adults and youth in our area. There is still time to make a donation to help us reach our goal of \$127,000. To make a donation visit [www.whitneyswalk.com](http://www.whitneyswalk.com).

## National Suicide Prevention Week

National Suicide Prevention Week is September 8-14 with Wednesday, September 10th being World Suicide Prevention Day. Hult Center for Healthy Living will partner with Peoria Public Schools during this week for a suicide prevention education campaign for 5th – 9th grade youth to learn the warning signs of suicide, find the words to talk about it, and reach out to a trusted adult for help.

## Healthy Heroes 2019

Healthy Heroes 2019 summer program was a success! Over the course of 4 weeks, the Hult Center's Health Education Specialists educated 838 unduplicated youth ages 5-12 years old on the topics of physical activity, mindfulness, and how to be a Healthy Hero. A total of 27 different local service agencies participated in this program. Each day, students were able to make and eat a healthy snack, engage in health education, and participate in various fitness activities. As a result of this program, 95% of

students displayed positive knowledge gain and 100% of students displayed positive behavior change. Altogether, 21 volunteers were utilized over the course of these 4 weeks which equaled a total of 132 hours. A huge shout out to Heart of Illinois United Way, Carver Community Center, and Southwest Kiwanis. This program would not be possible without your contributions and support!



## PNC Grow Up Great

Hult Center has a long-standing partnership with PNC Grow Up Great and has once again received funding from PNC to implement "Your Amazing Body" for the upcoming 2019-2020 school year. PNC Grow Up Great is designed to increase student readiness by introducing math, science, and vocabulary through a series



of interactive lessons and complimentary hands-on activities. Children from birth through age five develop a passion for learning that lasts a lifetime and can help set them on a path to success. For the “Your Amazing Body” program, Hult Center partners with Tazewell Woodford Head Start and Peoria County Bright Futures to educate over 900 Pre-K students at 20 schools on the wonders of the human body and will provide direct services to their supporting adults including teachers and parents.

***Save the Date for Tazewell Woodford Head Start and Peoria Bright Futures Fall Family Fest! See page 14 for more details.***

#### Youth Reproductive Health Education

Thanks to the Women Services of Peoria, Inc. Board, the Youth Reproductive Health Education Program will now be able to provide five adults with a Certified Peer Education (CPE) Train-the-Trainer Course and training kits required for implementation. This training will allow the very first cohort of nine student leaders in Peoria Public Schools (PPS) to become Certified Peer Educators. This training course is provided through National Association of Student Personnel Administrators (NASPA) and has proven to be an effective strategy for building a well-educated and sustainable peer education program. This opportunity will contribute to sustainability and capacity building of the existing programs within the schools, create additional student buy-in, and expand health education efforts and services beyond the capacity of Hult Center for Healthy Living and community partners. Through the

generosity of the Women Services of Peoria, Inc. Board we can continue working towards capacity building and change in Peoria!

#### Jim and Katie Owens Partner Award

Hult Center for Healthy Living was awarded the 2019 Jim and Katie Owens Partner Award through Heart of Illinois United Way. We were honored alongside our partner, Central Illinois Friends. It's a great accomplishment that highlights our efforts of strong collaborations to improve health outcomes in our community. Thank you, Heart of Illinois United Way, for your support!

#### Thank you!

A huge thank you to all of Hult Center for Healthy Living's donors whose generous contributions and support continue to empower people to youth healthier lives!

- Caterpillar Foundation
- City of Peoria Community Development Block Grant
- Community Foundation of Central Illinois: Community Needs
- Community Foundation of Central Illinois: Women's Fund
- Delta Dental of Illinois
- Heart of Illinois United Way
- Human Service Center
- Illinois Department of Public Health
- Illinois Tobacco Free Communities
- Peoria Public Schools
- PNC Grow Up Great
- Safe Fleet
- Southwest Kiwanis
- UnityPoint Health Foundation- Central Illinois
- UnityPoint Health Foundation- Pekin
- Peoria City/County Health Department





## Hult Center for Healthy Living Youth Health Education Programs

309-692-6650 or [info@hulthealthy.org](mailto:info@hulthealthy.org)  
for details, fees, and scheduling

### Social-Emotional Wellness Programs

#### QPR: Question, Persuade, Refer Youth and Adults

Learn three simple steps to save a life from suicide:

**Question, Persuade, and Refer.** QPR helps train people to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help.

**\*In-house & Outreach**

#### Youth Mental Health Matters Grades K-12

This program is designed to promote social-emotional health in youth. Topics include: bullying prevention, resiliency, stress management, coping skills, and suicide prevention. A new classes featured included self-management and yoga for kindergarten classes.

**\*In-house & Outreach**

#### Youth Mental Health First Aid Adults

An interactive training designed to teach adults how to help youth experiencing a mental health or addictions challenge, or what to do if the school-aged child is in crisis. Topics covered include: anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. Training is 8 hours, and can be conducted for 10-30 individuals. Pricing varies depending on training date, location, and number of participants.

**\*In-house & Outreach**

### Youth Reproductive Health Programs

#### Puberty I: Exploring Changes Grades 4-5

Can be co-ed or separated by sex assigned at birth.

Grades 4 to 5. Uniqueness of all individuals, the reproductive system, introduction to how it works, and changes that will happen during puberty.

(90 minutes) **\*In-house & Outreach**

#### Puberty II: Navigating Changes Grades 4-5

Can be co-ed or separated by sex assigned at birth.

Grades 4 to 5. Review of the reproductive system, body changes during puberty, and hygiene products.

(90 minutes) **\*In-house & Outreach**

#### Human Reproduction & Pregnancy Grades 6-8

Introduction to genetics, male and female reproductive systems, fertilization, conception, fetal growth and development, childbirth, abstinence

(90 minutes) **\*In-house & Outreach**

#### FYI: STIs Grades 6-12

What everyone should know about sexually transmitted infections. Topics include: modes of transmission, risk factors, prevention, personal responsibility, signs, symptoms and treatment of bacterial and viral STIs, including HIV. This program engages student interaction through Turning Technologies® response system.

(45-60 minutes) **\*Outreach**

#### Teen Talk Grades 9-12

Typically combined as a two-day outreach program with "FYI: STIs," the "Teen Talk" program discusses teen pregnancy, as well as other student-driven topics. The students are combined in groups to discuss how they would handle real-life situations in dealing with prescription drugs, date rape, mental health concerns, and more. Emphasis is placed on seeking resources in the community for each of the scenarios.

(45 minutes) **\*In-house & Outreach**

## General Health Education Programs

### Your Amazing Body! Grades Pre-K-K

Your Amazing Body! highlights the wonders of the human body through educational lessons and hands-on activities. Our Health Education Specialists will provide two programs on-site in each classroom (Option of coming to Hult). Programs will emphasize the Social Emotional Learning, Dental, Nutrition, and Exercise. If students come to Hult Center they will experience education come to life in our teaching theaters. Lessons will be reinforced and student interest will be captured by displays, and interactive models that can be explored. This multisensory approach is designed to enhance overall retention of the material. All programs will be approximately 30 minutes in length and utilize methods and materials appropriate for the pre-k school child.

**\*In-house & Outreach**

### My Special Body Grades Pre-K-1

Students rotate to different learning centers for hands-on multisensory learning. Topics include heart, lungs, brain, and the five senses. Preferred class size is no more than 24 students. (60 minutes)

**\*In-house only**

### Tooth or Consequences Grades Pre K-1

Participants will learn how to properly brush and floss their teeth using hands-on dental models, learn how many times a day to brush and floss, and the importance of proper nutrition as it relates to dental hygiene. In addition, each student will also receive their own toothbrush at the end of the program.

### Dental Healthy Partners Pre-K-1

\*Please note-program is only offered in February for Dental Health Month, schedule here!\* Topics include: proper brushing and flossing techniques, food groups, healthy vs unhealthy snacks, importance of regular dental checkups, hands-on brushing and flossing stations that utilize dental models. Each child will receive a new toothbrush.

(45 minutes) **\*In-house only**

### Super Kids, Super Feelings Grades K-1

Topics include: Uniqueness of each individual, food groups, dental health, healthy behaviors, skeletal system, and getting along with others. (60 minutes) **\*In-house only**

### Safe Kids, Smart Kids Grades K-2

Topics discussed in this class include animal safety, safety in the home, stranger danger, how to say "no", and how to get help in an emergency. (60 minutes) **\*In-house only**

### Healthland Grades 1-3

Every child should understand the criteria for making healthy decisions and developing healthy habits. This program will teach just that through discussion on the five food groups, the five senses, and how to care for them. Each child will receive a new toothbrush.

(60 minutes) **\*In-house only**

### Food, Fitness & FUN Grades 2-5

Students will learn about portion sizes and explore the differences between healthy and unhealthy foods and fats. Students will also learn the importance of exercise in a fun, heart-healthy activity that will increase their heart rates.

(90 minutes) **\*In-house only**

### Healthy Adventure (obstacle course) Grades 3-4

Students will take a tour through the human body, uncovering everything from cells and tissue to organs and body systems. They will learn about the digestive system, healthy nutrition, and what it takes to truly care for and respect the body they live in. (60 minutes) **\*In-house only**

### Healthy Kids, Healthy Classrooms (HKHC) Grades 4-6

Students use Turning Technologies® response system to answer a series of questions about: nutrition, exercise, substance abuse, tobacco, puberty, and social/emotional health. After Hult staff reviews the students' results, three targeted interventions are provided to the students that focus on their two areas of greatest need. Following the interventions, the students complete a post-test to assess knowledge gain and positive behavior change (Five sessions, 60-90 minutes each) **\*Outreach only**

### Our Incredible Machine- Heart Adventure Grades 4-5

Topics discussed in the program include cells, organs, and body systems, with particular focus on the respiratory and circulatory systems. Students will have the opportunity to run, scoot, and dribble their way through the "Heart Adventure Challenge Course" where they will be encouraged to increase their heart rate as they race through a series of tubes designed to show the flow of blood through the body. (90 minutes)

**\*In-house only**

### Fueling Around Grades 5-9

Students will learn about portion sizes, reading food labels, and the roles of fiber and calcium. They will also learn the difference between healthy and unhealthy fats and nutrient-dense and empty-calorie foods. They will understand the importance of exercise and maintaining a healthy weight.

(90 minutes) **\*In-house and Outreach**



## Hult Center for Healthy Living

### Substance Abuse Education Programs

#### Drugs: Choice or Chance? Grades 4-5

This program discusses tobacco, alcohol, and marijuana and teaches students how to deal with peer pressure. It will engage critical thinking among students. (90 minutes) **\*In-house only**

#### Steroids & Supplements in Sports Grades 6-12

Students will participate in a competitive "game" format. They will be presented with information on anabolic steroids, supplements, diet, and exercise and then answer questions about them. (45 minutes) **\*In-house & Outreach**

#### Decisions: It's Up to You Grades 8-12

Whether it's alcohol, marijuana, or the latest designer drug, use of these substances always has consequences. Students will learn about each as well as how to deal with peer pressure. This program engages critical thinking and student communication. (90 minutes) **\*In-house only**

#### Generation Rx Grades 8-12

Participants will realize the impact prescription drugs have on the body and dangers of their use/abuse. They will discuss opioids, CNS depressants, stimulants, and over-the-counter drugs. Students will also learn about the dangerous and sometimes fatal consequences of mixing alcohol and prescription drugs through an interactive activity. (45 minutes) **\*In-house & Outreach**

#### Prescription Drug Safety Program Grades 8-12

Prescription Drug Safety is an innovative digital course that arms students with the knowledge and tools to make healthy, informed decisions when it comes to prescription medications. The program is provided at no cost to participating schools and students. (30-45 minutes)

Thank you to our  
*Whitney's Walk for Life*  
Sponsors

Running Towards Awareness-\$2,500

UnityPoint Health  
Par-A-Dice Hotel & Casino

Breaking the Stigma-\$1,000

Brimfield United Methodist Church  
CEFCU  
K2 Benefits

Speaking Out For Life-\$500

Akron Services  
Associates in Mental Health  
Brimfield Insurance  
Growing Smiles Pediatric Dentistry  
Illinois National Bank  
Riverside Tool & Die Co.

Steps to a Brighter Future-\$250

Wieland Lawn Mower  
Ronald Flanigan DDS

**Don't see what you're looking for?** Contact us at 309.692.6650 or [info@hulthealthy.org](mailto:info@hulthealthy.org) to have the Hult Center's team of educators create a program that will be perfect for the needs of your school!

# Meet the Team

Kari Pauli, BS, CHES, Certified Health Education Specialist – Bachelor of Science in Community Wellness and a Minor in Health from Bradley University



Kari graduated from Bradley University where she received her Bachelor of Science in Community Wellness and a minor in health. She has been at Hult Center since September 2016 where she was a Health Education Intern. It was through her

internship that she realized her desire to work with children and to promote healthy living in the Peoria community. During her time at Bradley, Kari had the opportunity to design and implement in-school health and work wellness programs, promote health education, and assist in community health events. Kari is the Healthy Heroes Program Coordinator, responsible for planning, implementing, and evaluating the program, ensuring that program goals and objectives are met. Kari is responsible for coordinating and implementing Coordination Approach to Child Health (CATCH) activities and education regarding nutrition, obesity, and physical activity. In addition, Kari oversees in-house programming to youth ages 3-12 years old on variety of comprehensive health education topics. Through this role, she ensures that programs are impactful and continuous improvements are being made.

Jessica Johnson, BS, CHES, Certified Health Education Specialist – Bachelor of Science in Community Health Education and a Minor in Psychology from Illinois State University



Jessica's first formal experience in health education began at the ISU Health Promotion and Wellness office where she thoroughly enjoyed facilitating programs for college students as a peer educator and undergraduate intern. She joined Hult Center

for Healthy Living team in 2015 to continue her passion for teaching people how to live healthier lives. At Hult Center, Jessica is responsible for the Illinois Tobacco Free Communities program. In this role she assists college campuses, businesses, multi-unit housing properties, and other outdoor spaces in strengthening and adopting tobacco-free policies. She also teaches most of the youth education programs for pre-k through high school students. Jessica believes the healthy choice can be the easy choice for individuals through policy change, education, and empowerment. Jessica loves spending time outdoors in nature and is constantly discovering new ways to optimize her own health and well-being. In the months before her journey began at Hult Center, Jessica spent the summer of 2015 living and working on an organic blueberry farm in Sonoma County through an organization called World Wide Opportunities on Organic Farms. She is always looking for local and traveling opportunities where she can have a positive impact on a community.





## **Candies and Cookies and Cupcakes, Oh My! A Deeper Understanding of Dental Hygiene**

*Author: Kari Pauli, BS, CHES*

Oral health is an essential component for overall wellbeing. Encouraging healthy oral habits at a young age can significantly improve a child's dental hygiene throughout their lifetime. In the 2016 Tri-County Community Health Needs Assessment, dental health was identified as one of the most important areas of impact on prevention behaviors. According to the Centers for Disease Control and Prevention, 1 in 5 children (20%) ages 5-11 years old and 1 in 7 (13%) adolescents ages 12-19 years old have at least one untreated decayed tooth. As stated by the National Institute of Dental and Craniofacial Research, dental caries (tooth decay) remains the most prevalent chronic disease in children, even though it is highly preventable.

Taking a closer look at daily consumption of sugar can provide a deeper insight into this health concern. There are two types of sugar that Americans consume: naturally occurring sugars (naturally found in foods like fruit) and added sugars (sugars that are added to foods to enhance sweetness and flavor). According to dietary guidelines 2015-2020, added sugars account on average for 13-18% of calories per day consumed by children ages 3-18 years old. Dietary Guidelines for Americans recommend limiting the percentage of calories from added sugars to no more than 10% (children & women: no more than 6 teaspoons of added sugar per day, and men: no more than 9 teaspoons of added sugar per day). The major source of these added sugars come from beverages which include sodas, fruit drinks, flavored waters, sports drinks, and energy drinks with added sugars. Beverages account for almost half (47%) of all added sugars consumed by the U.S. population (WWEIA, NHANES 2009-2010).

A diet that consists of excess sugar does not only increase a person's risk for developing chronic health conditions such as diabetes and heart disease, but can quickly result in oral health complications. When a child is regularly consuming sugar-filled drinks and snacks, plaque begins to form on, around, and in between the teeth. Due to this plaque buildup, bacteria of the mouth create acids which can result in the outermost layer of the tooth, known as the enamel, to erode, leading to the development of a cavity. In order to maintain oral health hygiene, children and adults should brush their teeth at least two times per day, for two minutes each time with a fluoride-containing toothpaste. It is recommended to brush your teeth once in the morning, and once before bedtime to ensure that all plaque that has built up over the day is removed. In addition to brushing, children and adults should be flossing their teeth at least one time per day. Drinking plenty of water, and limiting sugary foods and drinks are crucial for maintaining healthy oral habits.

Hult Center's Dental Health Education programs, funded in part by Delta Dental of Illinois, equip students with the skills and knowledge to improve their overall dental hygiene. Mary the Mandible, Hult's larger-than-life dental health tooth model, helps engage students to learn the importance of brushing and flossing their teeth, and the negative effects of sugary foods and drinks. At the end of the program, each student is given a new toothbrush which encourages the practice of these newly learned oral health habits!

***Are you interested in scheduling a dental health program for your students? Call Hult Center for Healthy Living at (309) 692-6650!***



## Improving Lung Health, Reducing Substance Use

*Author: Jessica Johnson, BS, CHES*

It's a great time to talk about lung health, as coming up this Fall we have Healthy Lung Month in October and Lung Cancer Awareness Month in November. Hult Center for Healthy Living staff is proud to serve on each committee of the Partnership for a Healthy Community. This is a tri-county (Peoria, Woodford, and Tazewell) effort that brings community partners together in collaboration to improve the health and wellness of Central Illinois by focusing on key priorities found through the Community Health Needs Assessment. The Lung Cancer Committee meets monthly and works strategically to reduce lung cancer deaths and increase lung cancer screenings. These strategies include increasing tobacco screening and cessation counseling, decreasing secondhand smoking through creating more tobacco-free policies, reducing the use of tobacco products by adolescents, and increasing the number of homes with an operating radon mitigation system for persons living in homes at risk for radon exposure. For more information visit: <https://www.healthyhoi.org/>.

Hult Center staff works directly on these tobacco-focused strategies through the Illinois Tobacco Free Communities program by assisting stakeholders in adopting tobacco-free policies for multi-unit housing properties, college and business campuses, and other outdoor spaces and events. In addition to the strategic focus on tobacco in the Lung Cancer Committee, Substance Use is a newly chosen health priority that the Partnership for a Healthy

Community will be forming a committee whose goal is to reduce substance abuse for youth and adults in the tri-county area over the next several years. Hult Center staff currently works to reduce substance use, including tobacco use, by adolescents through the **Drugs: Choice or Chance** and **Decisions** youth programs facilitated for students in Hult's Substance Abuse Theater. These programs involve interactive displays and activities that help empower youth to make smart decisions as they grow up in the face of peer pressure, media, and other factors that can influence behavior. For more information on tobacco-free advocacy or Hult's youth education programs, give the Hult Center for Healthy Living a call at 309-692-6650 or visit the Hult Center's website.

See the next two pages for information on an exciting new program promoting prescription drug safety that Hult Center for Healthy Living and UnityPoint Health - Central Illinois are offering at no cost to schools in the tri-county area this year.



**Local Resource-** Illinois Institute for Addiction Recovery is committed to assisting adolescents and their families with substance-related concerns and co-occurring emotional problems. Any use of substances in adolescence, including alcohol, cannabis, tobacco, and others, is considered problematic. Early identification of use is important, as substance use can have a long-lasting impact on the developing brain. Our team is here to help, offering early intervention education and outpatient services for adolescents ages 13-17 years of age. For questions or more information, connect with our team today at 1-800-522-3784.

Brittany Ott, MS, CADC

Manager of Clinical Outreach

## UnityPoint Health *Prescription Drug Safety Program*

Prescription drug abuse and misuse is a growing issue, with opioid abuse now the leading cause of accidental deaths in the U.S.<sup>1</sup> Reversing this trend will require a focused, population-wide approach. With one in five high school seniors reporting that they have misused prescription drugs,<sup>2</sup> reaching students early is now more important than ever.

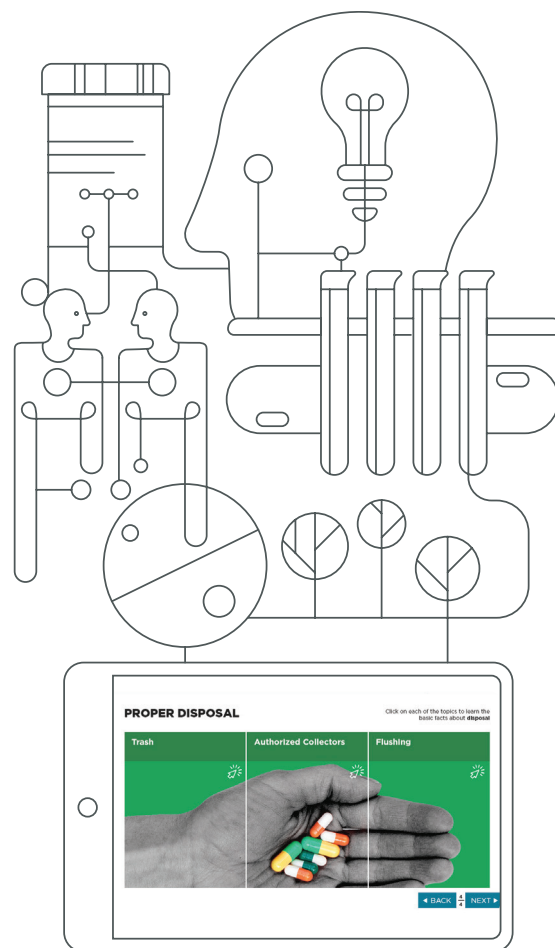
*Prescription Drug Safety* is an innovative digital course that arms students with the knowledge and tools to make healthy, informed decisions when it comes to prescription medications. As the largest health system in Iowa, UnityPoint Health is proud to be the first health system in the country to sponsor this critical digital resource and is committed to helping resolve prescription drug misuse and abuse to help improve the health of our communities.

The program is provided at no cost to participating schools and students. UnityPoint Health is helping to provide prevention education as another important solution to help combat opioid addiction in Iowa.

**Every life matters – and keeping students and their families healthy and safe is our top priority.**

### Course Highlights

- Evidence-based, universal, public health approach to learning
- Interactive, true-to-life scenarios that reinforce key learning objectives
- Robust measurement and assessment of knowledge gains
- Supplemental materials, including curriculum guide and lesson plans



**Recommended Grade Level:** 8-12

**Total Time:** 30-45 minutes

**Subject Fit:** Health

**Standards Alignment:** National Health Education Standards (NHES)

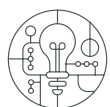
## Course Flow



### Lesson 1 The Basics



### Lesson 2 Science of Addiction



### Lesson 3 Understanding Prescriptions



### Lesson 4 Safe Use



### Lesson 5 Refusal Skills



### Lesson 6 Supporting a Friend

## Course Topics

- Opioids, stimulants, and depressants
- Proper prescription drug use, storage, and disposal
- Brain and body: the science of addiction
- Simulations: refusal and bystander skills
- Debunking common myths

## Program Impact | Since Fall 2018

**Over 2,000 students**  
across  
**48 schools**  
in Iowa and Illinois

After completing the UnityPoint Health  
*Prescription Drug Safety* program:

**55% more students**  
said they could identify the signs of  
prescription misuse and abuse.

**77% more students**  
said it was their responsibility to prevent  
drug misuse at their school.

**Over 90% of students**  
felt they had the skills needed to refuse  
prescription drugs.



**UnityPoint Health**

1. National Safety Council, 2016  
2. National Youth Risk Behavior Survey (YRBS), 2009  
3. Office of National Drug Control Policy, 2008



## INTERESTED IN BRINGING THIS NO-COST RESOURCE TO YOUR SCHOOL?

### CONTACT:

**RACHEL HENRY | EVERFI**  
rhenry@everfi.com

### LEARN MORE AT:

[unitypointhealth.org/drugsafety](http://unitypointhealth.org/drugsafety)



## HELP KIDS COPE WITH TRAGEDY

### What to Say to Help Them Feel Safe and Secure

by Dr. Charles Fay

**A**t a difficult time like this in our nation's history, parents all over this country—and the world—are wondering, "What do I tell my kids about this? What do I do?"

Children have an incredible capacity for strength, and parents can play a powerful role in helping their children cope with horribly difficult events. Here are some practical guidelines:

#### #1: Be honest about your emotions while modeling strength

Our children will cope only as well as we do. Children who see their parents overwhelmed with anxiety, fear, and grief also will become overwhelmed. On the other hand, kids will not have an opportunity to learn healthy expression of feelings if parents stuff their feelings inside.

The key is being honest about your emotions while showing that your family remains strong. For example, you might give your child a hug and say:

*This is a very sad thing. Sometimes I feel like crying about it. It also makes me mad. But I know that we will be OK... because we are strong!*

#### #2: Limit your child's exposure to media coverage of the event.

Turn the television and radio off when your kids are in the room. Repeated exposure to the visual and spoken images of the tragedy will create more anxiety and fear. Younger children who don't understand

that the scenes are being replayed often believe the actual events keep happening over and over.

#### #3: Give them the facts about the event.

Don't try to keep the tragedy a secret! First, it's simply impossible to do. Second, humans create information when they lack it. When children get bits and pieces of bad news, they "fill in the blanks" with their imagination. Typically their fears, or rumors that float about at school, produce more anxiety than the truth.

Children, even as young as two-years old, may need you to lay out the facts about the event. Tell them the basics, while leaving out the more sensitive details. Remember, your tone of voice must communicate compassion *and* strength.

#### #4: Listen, listen, listen.

There is nothing more powerful than an open ear, heartfelt understanding and a warm hug.

#### #5: Let them know that they are safe.

Our children need to hear about the thousands and thousands of wonderful people who are working day and night to keep us safe. Despite any fears or doubts we may have, our kids need to hear that they are safe.

Make your reassurance short and to the point. When parents spend too much time, too many words, and too many emotions trying to reassure kids that they are safe, it backfires. Your message will be more

2207 Jackson St, Golden, CO 80401

800-338-4065

[www.loveandlogic.com](http://www.loveandlogic.com)

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## Parents Can Help Kids Cope with Tragedy

powerful and believable if it is very brief and business-like:

*There are thousands of people working to keep everyone safe. We are going to be OK. Have a good day at school. I love you.*

### **#6: To the greatest extent possible, maintain daily routines.**

Daily routines give all of us a sense of predictability, control, and safety. When we stick with them, we also communicate to our youngsters that we are strong enough to keep going ... and they are too.

### **#7: Involve them in helping others.**

There are few things more therapeutic than helping others. Even actions that may

seem small, like writing letters of support, can mean a great deal.

An elementary school principal who followed these tips voiced amazement at how they work. "I can't believe how well our school dealt with this yesterday. The teachers were calm, and so were the kids. Everyone is very saddened, but we are going to make it through!"

One last thought: Following these guidelines can help, but it is just as important to take good care of yourself. The healthier you are, the healthier your kids will be.

People who are really successful implementing this skill purchased [Grief, Trauma and Loss](#)



2207 Jackson St, Golden, CO 80401

800-338-4065

[www.loveandlogic.com](http://www.loveandlogic.com)



Grow Up Great

# Fall Family Fest

Saturday, September 28, 2019

10:00 A.M. - 12:00 P.M.

Hult Center for Healthy Living

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*Come see what your child will learn in the Your Amazing Body Program during the 2019-2020 school year. Visit the Hult Center for Healthy Living's interactive theaters, play games, win prizes, enjoy face painting, bounce house, balloon creations, and more.*

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Hult Center for Healthy Living  
5215 N. Knoxville Ave  
Peoria, IL 61614



# Save the Date

## *Empowering You: Health Education Event*

Saturday, October 5, 2019

10:00 AM - 2:00 PM

Hult Center for Healthy Living  
5215 N. Knoxville Avenue, Peoria, IL 61614

Families and adolescents ages 8-18 are invited to join us for a day full of community health resources and a variety of educational workshops and activities. \* No registration is required.

Questions? Call 309-692-6650







Hult Center for Healthy Living  
5215 N. Knoxville Avenue  
Peoria, IL 61614  
(309) 692-6650  
[www.hulthealthy.org](http://www.hulthealthy.org)



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## Help Us Go Green!



Stay in-the-loop and help us go green at the same time by opting out of our printed newsletter for the email version. You will receive an e-version of our quarterly newsletter, as well as other events and news updates throughout the year! Call us at 309-672-4926.

## Save the Date

*Uncorked! March 27, 2020*  
*Seneca Golf Classic June 12, 2020*  
*Whitney's Walk for Life July 25, 2020*



### MISSION

Empowering people to live healthier lives

### VISION

The Hult Center for Healthy Living is the premier non-profit provider of comprehensive health education and wellness services for people of all ages.