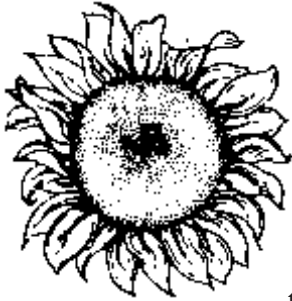


DISCUSSION COURSE



Healthy Children Healthy Planet

This seven-session course explores the pervasive effects advertising, media, and our consumer culture have on a child; considers ways to create meaningful family times and healthful environments for children.

They say that our children are our future. As such, parents today must be intentional and countercultural in raising their children to teach and expose them to a natural world that they can experience and fall in love with. But first, parents must understand the affects of our culture that is systematically destroying the support systems that sustain us and disconnects us from the natural world without knowing it.

PURPOSE:

- To address the cultural pressures, the impact of advertising on a child's worldview, the link between diet and learning, and the impact of technology and media on a child's development;
- To discover ways to create meaningful family times and healthful environments for children;
- To explore ways to develop a child's connection to nature, to foster creativity, and release a child's inborn sense of wonder.

The only fee associated with the course is \$25, which covers the cost of the book of readings and materials. The course is being offered by the Passionist Earth & Spirit Center, located in the barn and on the land behind the Passionist Monastery at 1920 Newburg Road in Louisville, KY.

For more information about hosting or participating in this discussion course or other transformative learning opportunities, contact the Earth & Spirit Center by phone at 502.452.2749, or email: earthandspirit@passionist.org, or visit our website: www.earthandspiritcenter.org.

TOPICS COVERED:

Cultural Pressures: A powerful fusion of pop culture and peer influence creates a *social smog* that has a strong influence on today's children. How should adults respond to these pressures?

Family Rituals and Celebrations: Meaningful family time can provide an antidote to cultural pressures of consumption. Explore how ritual can enrich a child's family experience and examine alternatives to elaborate celebrations and gifts.

Advertising: The average child sees an estimated 20,000 commercials every year. What are the effects on our children, and what steps can adults take to lessen the impact?

Food and Health: Many schools serve high-fat lunches, soda, and candy is readily available on school grounds. What is the link between diet and learning? How can adults encourage children to include healthy foods in their meals?

Time and Creativity: Today's children may have schedules that rival the busiest adults. How can adults help children find balance between activities and unstructured time, which is often the source of creativity?

Technology and the Media: Opinions differ on whether computers hinder or help the natural process of child development. Watching TV can displace more valuable experiences. What steps can adults take to create a healthy media environment at home?

Exploring Nature: Children have an affinity for the natural world and as Rachel Carson says, "an inborn sense of wonder." As children spend more time indoors, they connect less to the wild places in their neighborhood. How can we give children the opportunity to connect with the natural world?