

Kids are Talking!

"When you talked about your life story and what you have to go through now, I believe that affected me the most."

Blake, 16

"When I was younger I was depressed. I hated everything about me. I would look in the mirror and see everything that was wrong with me. I still have issues but after seeing your presentation I felt like I really needed to improve my spirit. Thank you so much for helping me improve mentally and physically as a person." **Anna, 15**

"My choices now could make all the difference in the future. It's not, *we all have to die some way...* It's, *how do I want to live my life?*" **Jessica, 12**

"I've seen something like this before but it didn't have as much of an effect on me as your presentation did."

Victoria, 14

"Keep doing what you are doing because I believe it can help us kids understand that we aren't invincible."

Jordan, 14

"Thank you for my life." **Dustin, 15**

"My grandma is an alcoholic and her body is not good. I will not do drugs for my life could be better." **Alfonso, 9**

"My favorite part of the presentation was touching the brain and listening to my own heart beating." **Andy, 6**

Choice & Consequence™

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"The Real Inside Story™" program nurse follows the Revised Code of Washington, RCW 26.44.030 and all other laws governing nursing practice in the state. CC's nurse can present the program in all 50 states.

UBI# 602-240-990

EIN# 33-1027240

CHARITY REGISTRATION # 10357



Choice & Consequence™



The Real Inside Story™ & Body Buddy™

are empowering and unforgettable presentations delivered by a nurse at your school or event site and are adapted for audiences of all ages.

The Organ Lady™



Colleen Williams, BSN, MS
Psychiatric Mental Health Nurse

1-866-organs3

Mission

Our mission is to educate youth about the consequences of their health behaviors. We show the benefits of choosing wisely using real human organs and empower audiences of all ages to make positive health choices.



Zachary Klinger helps teach his class where organs go during the "Body Buddy™" program.

Other Services...

- **Body Buddy™ K-3 Program**

- *Healthy Organs
- *Bullying
- *Nutrition
- *Physical Activity

- Enhance Treatment Programs
- Employee Health Fairs
- Community Health Events
- Youth Events
- Conference / Keynote Speaker

Program Description

"The Real Inside Story™" (TRIS) is an enhancement to school curriculum. Healthy and damaged human organs are compared by youth at the end of each class. Each 60-90 minute (flexible) presentation uses...

- **Interactive activities**
- **Humor**
- **Hands-on Component**
- **Dramatic Storytelling**
- **Scientific Facts**

...to deliver essential information about racism/bullying, nutrition, physical activity, alcohol, tobacco, & other drugs to help youth contemplate their vulnerability. Substance use is not a "rite of passage" and most youth do not use. Children have the power to build their own wonderful life!

What Educators Say

"This program has inspired many of our Native American children to closely examine and understand the dynamics of their bodies and the importance of how they maintain their health. Our goal is to be healthy for the next generations to come."

Deborah Parker, Tulalip Tribe



Assistant, Marylou Hoidal, helps students touch the fragile human brain.



"What better way for our young people to learn about the consequences of their choices than by seeing first hand others' poor choices? Several of them are trying to quit smoking as a result of what they saw and heard. I am ecstatic!"

Debbie McMenemy, Special Education Teacher, Northwest Regional Learning Ctr.

"Your program really does show how an unhealthy lifestyle choice can definitely have an impact on your life. There is no better experience than to see it first hand."

Gina Wilson-King, Washington State Department of Information Services

"I rarely see such interest and involvement with all ages of adolescents. Students remark about going home and seriously talking with their parents about stopping smoking or using other drugs."

Kathy Colombo, Science Department, Kirkland Junior High

Help Educate Kids!

CC is a non-profit 501 (c)(3) charity.

Your tax-deductible donation check can be made out to Choice & Consequence™ and sent to the office. You can also make a secure donation using a credit or debit card on the web site.