



**Big Brothers
Big Sisters**
OF CENTRAL IOWA

PROTECTING AND
IMPROVING THE HEALTH
OF IOWANS

IDPH
IOWA Department
of PUBLIC HEALTH

**November
Prevention Toolkit**

Toolkit Highlights

BBBSCI is pleased to announce another month of service to the community through prevention efforts with the Improving Tomorrow: Prevention Focused Mentoring program.

OF CENTRAL IOWA

We hope that this collection of resources helps you to better connect with your Little and aids in the prevention of substance misuse, problem gambling & the development of life-skills.

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Tobacco Awareness Month

Featured Educational Video detailing the Great American Smokeout from

"Youth Tobacco & Vaping Prevention"

<https://youtu.be/N0ajV5NEFgY>

Feature article:

Youth, Vaping, Smoking, and Nicotine



PREVENTION AND SUPPORT RESOURCES

Your Life Iowa (YLI): For support with alcohol, drugs, or gambling issues call (855) 581-8111, TXT (855) 895-8398 or visit [Your Life Iowa](#)

Substance Abuse Prevention <https://youth.gov/youth-topics/substance-abuse/evidence-based-programs-youth-substance-abuse-prevention-and-treatment>

NEW National Suicide & Crisis Lifeline <https://www.samhsa.gov/find-help/988>

American Cancer Society: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

Your Influences

November 2022 Prevention Match Activity

There are several aspects of our lives that influence the decisions we make. Our guardians, teachers, favorite tv shows, etc. Acknowledging healthy influences as well as not so healthy influences is essential to determining what is the right decision for us. Use the activity below to identify how influences play a part in your opinion on vaping and tobacco use.

Your Influences Activity

The QR code below is to a worksheet with instructions on how to identify influences. Use the prompts to identify what influences your opinion on vapes and nicotine use. Use this to discuss the risk factors and how to develop strategies to refuse vaping and nicotine use.

