



**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

December is Drunk and
Drugged Driving
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**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.**



IOWA
DEPARTMENT
OF PUBLIC
HEALTH



Drunk & Drugged Driving Awareness Month

Featured Educational Video detailing the risks of
driving under the influence

"Impaired Driving PSA"

https://youtu.be/_SskZhRzLFo

Feature article:

Facts vs Myths about Alcohol Consumption



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>

National Today: NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH -
December 2022 - National Today

Test Yourself

December 2022 Prevention Match Activity

There can be very serious consequences to driving either drunk or drugged. There are steps to take to make sure we are keeping ourselves as well as others safe. One step being educating ourselves on the risks. Use the activity below to identify what you have learned about impaired driving.

Test Yourself Activity

The QR code below is to Kahoot! quiz questions related to drunk and drugged driving. Use the prompts test your knowledge about impaired driving. Use this to discuss the risk factors and how to develop strategies to ensure you know all the important ways to prevent impaired driving.

