



**Big Brothers
Big Sisters**
OF CENTRAL IOWA

PROTECTING AND
IMPROVING THE HEALTH
OF IOWANS

IDPH
IOWA Department
of PUBLIC HEALTH

March Prevention Toolkit

Toolkit Highlights

March 20-26 is National
Drug and Alcohol Facts
Week -Pg 2

Prevention and Support
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March Match activity:
National Drug &
Alcohol Challenge-
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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
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HEALTH



Drug and Alcohol Facts Week

Featured Educational Video

"Health Minute: National Drug & Alcohol Facts week"

<https://youtu.be/2L3NYw5xDRU>

Feature article:

10 Questions Teens Ask About Drugs and Health



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](#)

National Institute on Drug Abuse

<https://nida.nih.gov/research-topics/parents-educators/national-drug-alcohol-facts-week>

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

Help Guide: <https://www.helpguide.org/articles/addictions/underage-drinking.htm>

National Drug & Alcohol IQ Challenge

March 2023 Prevention Match Activity

The best thing we can do to prevent substance abuse is educate ourselves on the dangers of drugs and underage alcohol use. When we know the risks we can prepare to say no to temptation and peer pressure.

Quiz Yourself Activity

The QR code below is to a Kahoot! with questions about drugs and alcohol. With your little, please take time to go through each question and test to see how much you know about drugs and alcohol during National Drug and Alcohol Facts Week!

