



**Big Brothers  
Big Sisters®**  
OF CENTRAL IOWA

PROTECTING AND  
IMPROVING THE HEALTH  
OF IOWANS

**IDPH**  
IOWA Department  
of PUBLIC HEALTH

## June Prevention Toolkit

### Toolkit Highlights

June is National Safety  
Month & Pride Month-  
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Prevention and Support  
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June Prevention Match  
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Safety  
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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



# National Safety Month & Pride Month

## Featured Educational Video

"Anxiety Explained"

<https://youtu.be/16EoZOscJgs>

## Feature article:

Preventing Substance Abuse Among LGBTQ Teens



## 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](#)

[The Trevor Project](#)

<https://www.samhsa.gov/resource/dbhis/trevor-project>

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

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

# Emotional Safety

June 2023 Prevention Match Activity

Emotional safety refers to an emotional state achieved in relationships where in each individual is secure. Emotional safety enables us the freedom to share and express ourselves openly with one another. It is vital and necessary for emotional connection. In youth, it gives you a sense of feeling safe and secure, enabling you to learn and develop. Emotional safety gives us the confidence to explore and overcome any challenges we may face.

## Activity:

The QR code below is an explanation and steps to create an emotional safety plan. This is a plan you can create with your Little, Big, and/or Guardian.

