



**Big Brothers
Big Sisters**
OF CENTRAL IOWA

March Prevention Toolkit

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

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.



Toolkit Highlights

March 18-24 is National Drug and Alcohol Facts Week
Pg.2

Prevention and Support Resources
Pg.2

March Match Activity: Identifying Positive Qualities
Pg.3

Women's History Month
Pg.4



IOWA DEPARTMENT OF PUBLIC HEALTH



National Drug and Alcohol Facts Week

Featured Educational Video
“National Alcohol and Drug Facts
Week for Teens”

[https://youtu.be/6uH75bY8Gdo?
si=2L5toXg3qB4Bi9i1](https://youtu.be/6uH75bY8Gdo?si=2L5toXg3qB4Bi9i1)

Featured Article:

[10 Myths about Alcohol and Underage drinking](#)



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/national-drug-alcohol-facts-week>

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

National Alliance on Mental Illness <https://namiowa.org/>

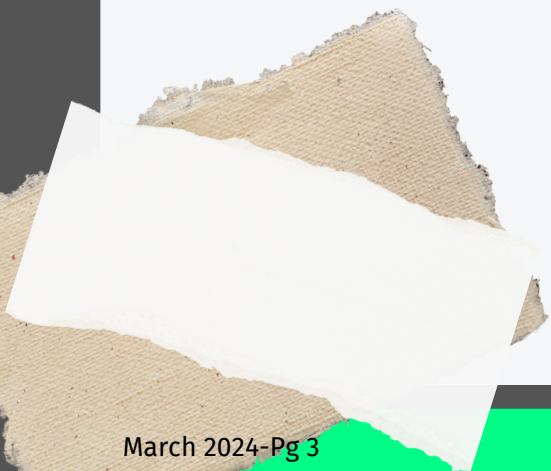
March 2024

Prevention Match Activity

It's important to have strong support systems in place, especially when you need to lean on someone for comfort, help, or advice. This activity is designed to help you identify positive qualities in your peers to create community. You will also have a chance to learn what it is about you that people admire so you can develop some self confidence.



The QR code will take you to
the Brown Paper Bag Activity





Womens History Month

“THE SUCCESS OF EVERY WOMAN SHOULD BE THE INSPIRATION TO ANOTHER. WE SHOULD RAISE EACH OTHER UP. MAKE SURE YOU'RE VERY COURAGEOUS: BE STRONG, BE EXTREMELY KIND, AND ABOVE ALL BE HUMBLE.” – SERENA WILLIAMS.

INTERNATIONAL WOMENS DAY
MARCH 8TH

