



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

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

June 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

June is National
Safety Month-Pg 2

Family Health and Fitness
Day Match Activity
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Summer Fun & Safety and
Prevention Tips -Pg 4



IOWA
DEPARTMENT
OF PUBLIC
HEALTH





National Safety Month

National Safety Month is the annual observance to help keep each other safe from the workplace to any place ([nsc.org](https://www.nsc.org)).

Organizations such as the National Institute for Occupational Safety and Health (NIOSH) and the National Safety Council (NSC) concentrate on different themes to emphasize research and prevention efforts. These themes cover musculoskeletal disorders (MSDs), workplace impairment, injury prevention, and slips, trips, and falls. All of which target various aspects of safety effectively.



PREVENTION AND SUPPORT RESOURCES

National Institute for Occupational Safety and Health (NIOSH):

Website: [NIOSH Homepage](https://www.niosh.gov)

Contact Number: 1-800-232-4636

National Safety Council (NSC):

Website: [NSC Homepage](https://www.nsc.org)

Contact Number: 1-800-621-7615

Workplace Impairment:

Substance Abuse and Mental Health Services Administration (SAMHSA): SAMHSA Helpline

NSC Substance Use Resources: [NSC Substance Use Resources](#)

Injury Prevention:

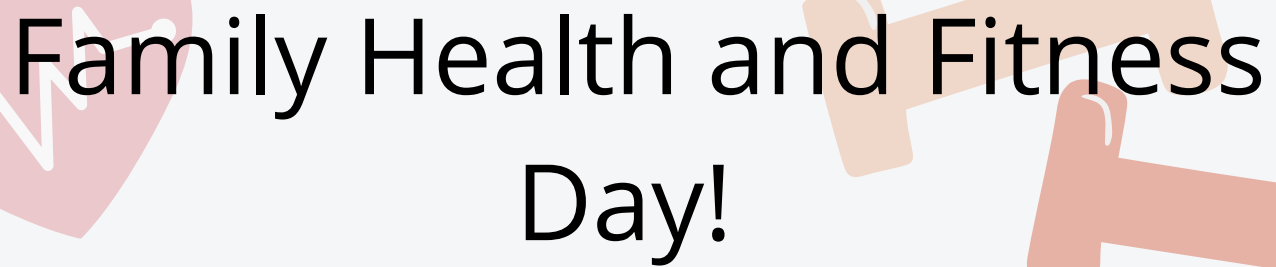
Centers for Disease Control and Prevention (CDC) Injury Center: [CDC Injury Center](https://www.cdc.gov/injury)

NSC Injury Facts: [NSC Injury Facts](#)

Slips, Trips, and Falls:

OSHA Fall Prevention Campaign: [OSHA Fall Prevention Campaign](#)

NSC Slips, Trips, and Falls Resources: [NSC Slips, Trips, and Falls Resources](#)



Family Health and Fitness Day!

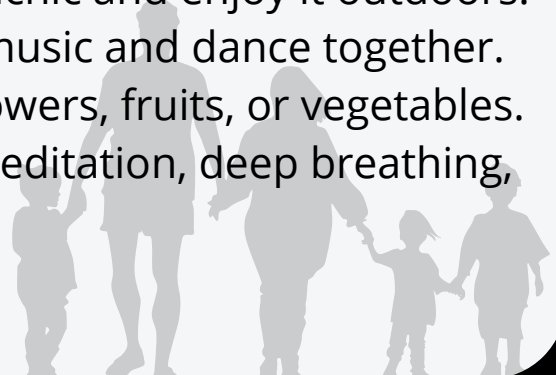
June 2024 Match Activity

Family Health & Fitness Day will be held on **June 8, 2024!** Celebrated the second Saturday in June each year, this special day promotes the importance of parks and recreation in keeping communities healthy and active. emotional resilience (npra.org).



Fun Activities & Opportunitites

- **Outdoor Adventures:** Go for a hike, bike ride, or nature walk.
- **Sports Day:** Organize a friendly sports tournament.
- **Family Workout Session:** Design a fun and engaging workout routine.
- **Group Fitness Classes:** Attend family-friendly classes like yoga or Zumba.
- **Swimming:** Head to a local pool or beach for a swim.
- **Obstacle Course Challenge:** Set up an obstacle course in your backyard.
- **Healthy Picnic:** Pack a nutritious picnic and enjoy it outdoors.
- **Family Dance Party:** Turn up the music and dance together.
- **Gardening:** Spend time planting flowers, fruits, or vegetables.
- **Mindfulness Activities:** Practice meditation, deep breathing, or yoga.





Summer Fun Activities and Safety/Prevention Tips

Activities for Families and Children:

- Outdoor adventures: hiking, camping, fishing, biking.
- Water fun: swimming, water parks, canoeing.
- Educational activities: museums, reading programs, art classes.
- Sports and recreation: community leagues, mini-golf, rock climbing.
- Creative projects: gardening, crafting, family scrapbook.
- Community engagement: volunteering, concerts, block parties.

Prevention of Substance Abuse and Promotion of Health/Smart Habits:

- Open communication and positive reinforcement.
- Education on effects of drugs and alcohol.
- Establishing clear rules and boundaries.
- Encouraging healthy lifestyle practices.
- Seeking support from local resources: National Institute on Drug Abuse (NIDA), Substance Abuse and Mental Health Services Administration (SAMHSA), American Academy of Pediatrics (AAP), and Centers for Disease Control and Prevention (CDC).