



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

STATE OF IOWA DEPARTMENT OF  
**Health AND Human**  
SERVICES

## April Prevention Toolkit

**BBBSIA 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

**April is Alcohol Awareness  
Month**

**Prevention and  
Support Resources**

**April Match Activity: Healthy  
Habits**

**National Diversity Month**



IOWA  
DEPARTMENT  
OF PUBLIC  
HEALTH



# Alcohol Awareness Month

April is Alcohol Awareness Month, a time dedicated to increasing public understanding of the dangers of alcohol misuse and the importance of making healthy choices. Having conversations about alcohol use and its effects can help prevent underage drinking and promote positive decision-making. Use the link below to explore facts about alcohol and how it impacts health and well-being:  
<https://www.niaaa.nih.gov/alcohols-effects-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 [YourLifeIowa.org](http://YourLifeIowa.org)

*Health and Wellness in Recovery:* <https://americanaddictioncenters.org/rehab-guide/wellness-recovery>

*Quitline Iowa:* Take the first steps towards becoming tobacco free at [quitlineiowa.org](http://quitlineiowa.org)

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

# Building Healthy Habits

Developing and maintaining healthy habits is essential for overall well-being. This worksheet will help you reflect on your current habits and identify ways to make positive changes.

## 1. Matching Activity: Healthy Habits & Benefits

Match each habit with its benefit.

Healthy Habit	Benefit
Drinking water	Strengthens muscles, improves mood, and reduces stress
Getting 8+ hours of sleep	Improves sleep and reduces eye strain
Eating fruits and vegetables	Keeps your body hydrated and improves focus
Daily physical activity	Provides essential vitamins and improves digestion
Limiting screen time	Reduces stress and increases emotional well-being
Practicing mindfulness or relaxation	Boosts energy and helps with mental clarity

## 2. Reflection Questions

- Which of these habits do you already practice regularly?
- Which habit would you like to improve on?
- What steps can you take to make that change?

## 3. Goal Setting

Write down one healthy habit you want to improve and create an action plan.

Habit: \_\_\_\_\_

Why is this important to you? \_\_\_\_\_

Steps to achieve it:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# NATIONAL *Diversity* MONTH

*April is also National Diversity Month, a time to celebrate the unique backgrounds, cultures, and perspectives that make our communities stronger. This is a great opportunity to have meaningful conversations with your Little about the importance of diversity, equity, and inclusion. Consider exploring different cultures, sharing personal stories, or engaging in activities that promote understanding and respect.*

