

# THE PARTNERSHIP @ DRUGREENH



## NATIONAL DRUG & ALCOHOL FACTS WEEK® SOCIAL MEDIA MINI TOOLKIT

National Drug and Alcohol Facts Week® (NDAFW), an annual health observance week, connects youth with resources to SHATTER THE MYTHS® about drugs, alcohol, and related health topics. NDAFW will be held March 21-27, 2022. The campaign originated with AlcoholChange.org.

The Partnership has created this mini-kit of posts for partners to share. The easiest way to promote this content is to follow The Partnership social channels and “like” and “share” the content that we post. The social mini toolkit includes sample messages and graphics that will support digital communication of drug and alcohol facts to support our prevention community’s response to youth substance use across New Hampshire.

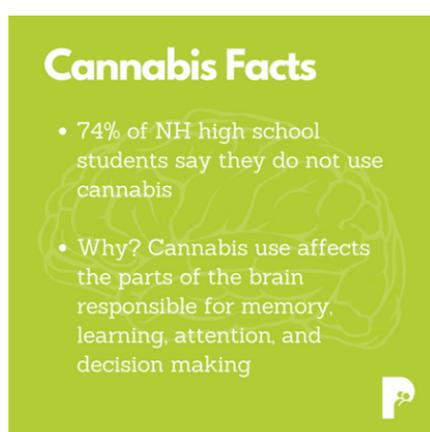
Also included are three prompts to use #MyWhyNDAFW, a hashtag encouraging youth to share their reasons for not using drugs or alcohol. Messages can be modified to suit your needs. Find more great activities and help planning your events on the NDAFW pages.



Help us "Shatter the Myths" this week with National Drug and Alcohol Facts Week®! NDAFW is all about bringing together youth, scientists, educators, healthcare providers, and members of the community to help bring awareness to substance use in our communities-locally and nationwide. What are you doing for #NDAFW2022 ? Let us know in the comments!



Keep everyone in your home safer with these prescription safety tips! Only taking medication as prescribed, communicating with your doctor, and properly storing medication out of reach of others can prevent misuse. You can also dispose of unwanted medication at a Drug Takeback Center or a DEA sponsored "Drug Takeback Day". #NDAFW2022



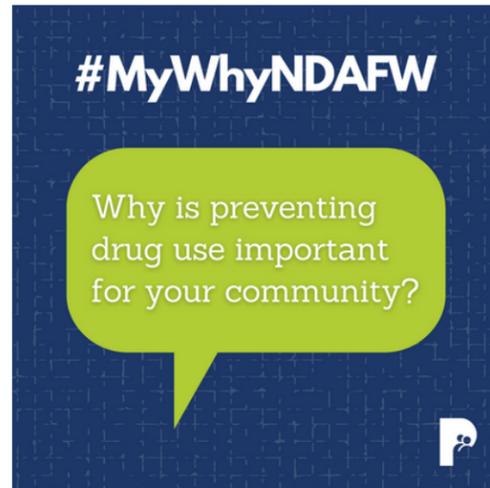
With more states legalizing cannabis, people may start to feel like it's no longer a concern- however, cannabis can still have negative effects on the brain, especially during development before the age of 25. When teachers, coaches, and other caring adults talk with young people about using cannabis, they strengthen healthy coping skills and help them avoid the negative physical, mental and social costs associated with misuse. #NDAFW2022



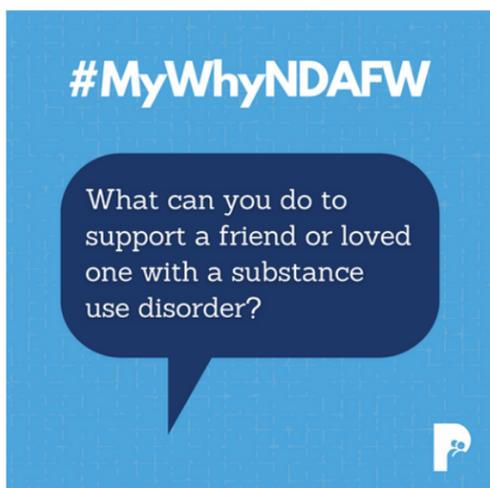
Many young people think vaping is safer than smoking cigarettes, but that just isn't true. Vapes and e-cigarettes contain harmful chemicals like nicotine, which is addictive. Being open and honest with youth about vaping can help them make smarter choices around tobacco. #NDAFW2022



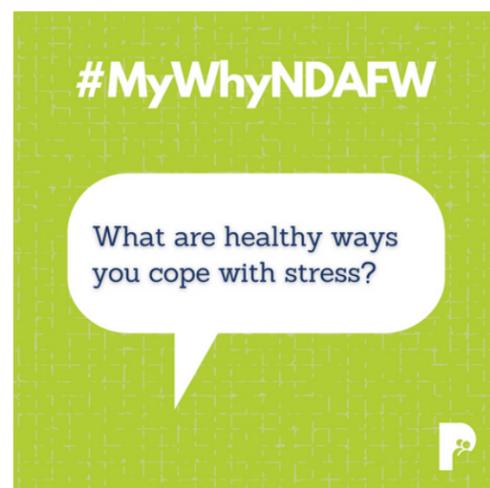
Heavy drinking shouldn't be glamorized. Binge drinking can impair decision making, cause memory loss (blacking out), disrupt healthy sleep, and more. Cutting back on alcohol consumption or taking a break from alcohol altogether can improve someone's mood, anxiety, sleep, and overall wellbeing. Talk to the youth in your life and be a role model for healthy habits around alcohol. #NDAFW2022



Share your "Why"! #MyWhyNDAFW encourages youth to share their reasons for not using drugs and alcohol. Why is preventing drug use important for your community? Let us know in the comments! #NDAFW2022



#MyWhyNDAFW encourages young people to share their reason for not using drugs and alcohol and encourages them to create stronger connections within their communities. How can youth support friends or loved ones with a substance use disorder? Let us know in the comments! #NDAFW2022



#MyWhyNDAFW encourages young people to share their reason for not using drugs and alcohol. Some people use substances to cope with stress..what are some healthy ways you cope with stress? #NDAFW2022

Feel free to save images and add your logo before posting, or just post to your branded channels as-is. While we have suggested text to use, feel free to use your own post messaging as well.

Don't forget to tag us too! #ThePartnershipNH