

SUBSTANCE USE PREVENTION MONTH

ACTIVITIES:

* Required activity

September 15 - 19	Download and print activity page	* <u>Create and send Conference video/pictures</u>	Add a <u>banner</u> in email signature	Discuss and plan activities for the month	Reach out to a neighboring coalition and swap strategies
September 22 - 26	Send a Prevention Month email to someone	Campaign locally (tabling, news ad, etc)	Follow the <u>KPC on social media</u> and share 1 post	Change your profile picture to include the frame	Share your progress with a friend or family member
Sept 29 - Oct 3	Advertise Prevention Month in your community	Join a webinar or take an online course	Post a picture of you(r team) wearing teal	Watch a video or documentary about substance use	Read and present an article to your colleagues
October 6 - 10	Host and share a community chalk walk	Go to the <u>KCTC website</u> and look at your county's data	Write down questions for KPC Conference speakers	Write a card or letter of encouragement	Share a resource on social media
October 13 - 17	Attend a city council meeting and introduce yourself	Talk to a friend about Prevention	* Attend the <u>KPC Conference</u> Oct. 16-17	Ask a question at a breakout session	Complete the Conference exhibitor Bingo
October 20 - 24	Download the <u>Red Ribbon Week</u> planning guide	Make a post congratulating a Prevention colleague	Host a puzzle party and post pictures	Post a picture of you(r team) wearing red	Light up a local building in red

Complete at least 5 activities to win a t-shirt!

Post photos or videos on social media and tag the Kansas Prevention Collaborative!

Name: _____

Coalition/Org: _____

Were youth involved?

yes no





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ACTIVITY RULES:

A limited number of t-shirts are available to participants who complete at least five activities, including the two required activities.

Required Activities – You must complete both of the following:

- **Attend the KPC Conference** – October 16–17, 2025
 - *This is where you'll pick up your shirt!*
- **Share your Prevention Story**
 - Record a short video or include pictures answering the question: **“What is your prevention story?”**
 - Send it to Abbi at abbi.wend@wichita.edu or (316)712-8638 by **September 30**.
 - More information at knowmoreks.org.

How to Participate

- **Download and print** the Substance Use Prevention Month Activities page.
 - *Only printed pages will be accepted for prize eligibility.*
- **Complete at least 5 activities**, including the 2 required ones.
 - You can choose any 3 additional activities from the activities page; more is better!
- **Turn in your completed activities page** at the **KDADS exhibitor booth** during the KPC Conference on **Friday, October 17**.
 - Be present at the conference to receive your t-shirt
 - *T-shirts are first-come, first-served, and sizes are limited*

Employees of KDADS and partners of the KPC (DCCCA, Greenbush, KU, and WSU) are not eligible to win a t-shirt but are still encouraged to participate and share their prevention stories!

Visit knowmoreks.org/supm-25 for more information.

