



# Alcohol Awareness Month

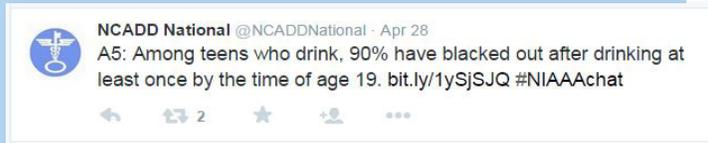
## Alcohol Free Weekend: April 3-5, 2015

“Alcohol use by young people is extremely dangerous—both to themselves and to society, and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors, even for those who may never develop a dependence or addiction. (NCADD, 2015)

A publication of the Center for Leadership Education in Maternal and Child Public Health

We hope you find this health observance quick-guide helpful! Roll over text to find live links to sites and materials. Most messages, materials, and facts can be adapted to fit other audiences not specifically depicted here.

## Social media



### Hashtag

#NIAAAchat

#NCADDAcoholAwareness-Month

### Facebook

National Council on Alcoholism and Drug Dependence

### Twitter

@NCADDNational

@NIAAAnews

### YouTube

NCADDNational

Social media can be a great tool for finding up-to-date resources and facts.

Follow leading organizations to find out what they are doing, share their posts, and join in national chats.

One of the easiest ways to find more resources is to search the hashtag for this observance. This can be done on almost all social media sites. Include it in any posts you create.

*Please share these documents and consider tagging the Centers: @UMN\_MCH and @SahrcUMN.*



## Print, post, or share

### The National Council on Alcoholism and Drug Dependence (NCADD)

29th Annual Alcohol Awareness Month: Organizer's Guide

Facts About Underage Drinking

Self-test for Teenagers: How Are Alcohol and Drugs Affecting Your Life?

"I wasn't having fun anymore"

Stories of Recovery

Underage and College Drinking

Alcohol Energy Drinks

### National Institute on Alcohol Abuse and Alcoholism (NIAAA)

NIAAA recognizes Alcohol Awareness Month 2015

What's your pattern?

Rethinking drinking: Alcohol and your health

Tools, Interactive worksheets, calculators, and more

Underage Drinking

If available, use logos and other graphics to enhance your posts, emails, or websites. Visuals help catch people's attention and often have higher engagement numbers.

Use available facts from these organizations to create quick and easy posts for social media or a newsletter. Many also provide templates for press releases and other modes of communication.



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