

7 THINGS **YOU** CAN DO FOR NATIONAL PREVENTION WEEK 2020

National Prevention Week (NPW) is an annual health observance dedicated to increasing public awareness and action around substance use prevention and positive mental health. Individuals, organizations, and communities nationwide are at the heart of this observance, which **will take place May 10–16, 2020.**

Despite social distancing recommendations to prevent the spread of COVID-19, there are still many creative, engaging ways to host or participate in prevention-related activities and events during NPW that bring people together virtually. Below is a list of ways you can make prevention happen where you are!

1. **Participate in the #PreventionHappensHere Prevention Challenge.** This year, [NPW is challenging organizations and individuals](#) to show where substance misuse prevention is happening around the country by taking photos or videos to show where they are preventing substance misuse, then sharing their photos or videos on social media using the #PreventionHappensHere and #NPW2020 hashtags. To visually share your content while staying at home, you can [download and fill out](#) a #PreventionHappensHere sign that you can hold in your photo or share by itself. To keep the challenge and discussion moving, tag family members, friends, colleagues, and neighbors to participate in the prevention challenge and share on social media too.
2. **Follow SAMHSA on [Twitter](#) and [Facebook](#) and show support for NPW on your social media profiles.** Substance use prevention and mental health promotion make a difference! To build excitement about and engagement in SAMHSA's NPW in May, participate in an online dialogue through social media using the hashtags #NPW2020 and #PreventionHappensHere and tag others to join. Raise awareness of NPW by posting NPW 2020 graphics on your social media channels and making it your profile picture. You can find logos and stickers to [download](#) on the NPW website.
3. **Download and share SAMHSA resources.** Are you passionate about one of this year's daily health themes? Many publications, tools, and resources available in the [SAMHSA Store](#) relate to NPW's theme days: prevention of prescription drugs and opioids, alcohol, illicit drugs, marijuana, tobacco/vaping, and promotion of positive mental health. Explore the store, get smart on the materials, and share them with your friends.

4. **Watch and share the NPW “This is Prevention. This is Changing Lives.” [video](#).** Use this public service announcement as an inspiration and starting point for what prevention actions you can influence in your own community—even from home!
5. **Write a letter to your future self about the choices you make every day to live a healthier life in the future.** Share your “Dear Future Me” letter on social media using #DearFutureMe and #NPW2020. To keep the discussion moving, tag family members, friends, colleagues, and neighbors to participate and share on social media too. For additional ideas, watch the [NPW 2018 Dear Future Me video](#).
6. **Volunteer at your local [Boys & Girls Club](#).** Volunteering at a Boys & Girls Club or other youth-serving organizations in your community is a great way to help teach young people valuable life lessons and learn something about yourself in return. Whether you help with homework or teach an art project virtually, you’ll have the opportunity to build healthy relationships with young people eager for adult guidance and have a positive impact on their lives.
7. **Start a local SADD Chapter.** Work with leadership at your school or organization to start a [SADD \(Students Against Destructive Decisions\) Chapter](#) in your community. SADD envisions a world in which young people make positive decisions that advance their health and safety. With chapters across the country, SADD empowers young people with tools and resources needed to confront the risks and pressures they face every day, including substance abuse, impaired and distracted driving, mental health issues, and more. If a chapter already exists, make a connection and find ways to support their activities and membership.

Looking for more ideas about potential virtual events that you can host or participate in during NPW 2020? Be sure to check out SAMHSA’s online planning toolkit: <https://www.samhsa.gov/prevention-week/toolkit>.

Be sure share your virtual activity and event plans with SAMHSA through the [Community Events and Activities Form](#) and post updates, photos, and videos on social media using hashtag **#NPW2020**.