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
#NCADDAlcoholAwareness-Month

Twitter
@NCADDNational
@NIAAAnews

Facebook
National Council on Alcoholism and Drug Dependence

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 @SahreUMN.
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.

Compiled with the help of the University of Minnesota State Adolescent Health Resource Center (SAHRC), part of the Adolescent and Young Adult Health - National Resource Center.

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