

RISEVT VIRTUAL CALENDAR

October - Substance Use Prevention Month (Grades: 6-12)

TWO WAYS TO WIN PRIZES:

- 1 - From Franklin County Caring Communities (FCCC) and Franklin Grand Isle Tobacco Prevention Coalition - Post pictures, videos, or comments of ANY activity on FCCC's FB page and tag them, Rise VT - FGI & FGI Tobacco Prevention Coalition. Prizes will be given throughout the month. #ShowUpForHealthVT
- 2 - From RiseVT - At the end of the month, email your calendar (half of the items must be complete) to jfrost@nmcinc.org or bcherrier@nmcinc.org and RiseVT will give prizes for 1 classroom and 1 family.

	Mindfulness	Walking	Photo			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Classroom Challenge: National Drug & Alcohol Facts Week IQ Challenge https://teens.drugabuse.gov/quiz/national-drug-alcohol-facts-week/take-iq-challenge/2020	How many alcohol & tobacco ads are there on my walk or drive to school? Take a photo and post it on Franklin County Caring Communities FB page.	Simple Pleasures: Take some time to read a book, go for a walk, apple pick, cook/bake, etc.
4:30 PM Parent Café - VT Youth Project Information for families of MVU, Richford Jr./Sr. HS & Enosburg Falls Middle & HS. Zoom Meeting ID: 811 5796 0382 , Passcode: 177337)	5 Give Me 5: A very quick, very useful breathing exercise. Go to https://risevt.org/risevt-playground/give-me-five/	6 "Real Cost of Vaping" lesson https://www.scholastic.com/youthvapingrisks/index.html YouTube video: "My Vaping Mistake, Mental Health"	7 Head out for a walk and look for a tree in fall foliage, fall flower in bloom, a bird. Take a photo and post.	8 Classroom Challenge: Choose one of several Kahoot! challenges at https://create.kahoot.it/pages/test/dea33ab0-584e-4ed0-9464-5a1ec01b22aa?_=1584372908	9 Take and post a picture representing "The beauty in my neighborhood."	10 Check FCCC or the FGI Tobacco Coalition's Facebook pages for self care tips. Make sure to comment.
11 1:00 - Mental Health First Aid discussion for adults. Learn how a healthy mind aids in substance misuse prevention Zoom Meeting ID: 853 4229 1664 Passcode: 281952	12 Explore Your Heritage - Talk to family members about your family heritage and join in to the Swanton Totem Pole Dedication (FCCC FB Live Event)	13 "Real Cost of Vaping" https://www.scholastic.com/youthvapingrisks YouTube Video "My Vaping Mistake, How Addiction Impacted My Future"	14 Head out for a walk and answer the question: "How could I help make walking in my neighborhood safer?"	15 6:30 PM Parent Café: A discussion about the stressors facing teens. Also hear live from VSP on how to help our teen drivers be safer on the roads. Zoom Meeting ID: 816 6419 8185 Passcode: 356033	16 Take and post a picture representing "Healthy things in my community."	17 National Red Ribbon Week, print out the Red Ribbon Theme sign from the FCCC FB page or make your own, go for a walk and post a photo that shows us you're committed to living drug free.
18 1:00 - Youth Mental Health First Aid for youth and those who work with youth. Awareness about mental health & prevention. Zoom Meeting ID: 843 6677 9881 Passcode: 952939	19 Reflect on: How YOU can be a better you in 2021.	20 "Real Cost of Vaping" https://www.scholastic.com/youthvapingrisks/index.html YouTube Video: "My Vaping Mistake, Sports Performance"	21 Take and post a photo of "How many cigarette butts, alcohol cans, disposable masks or gloves did I see on my walk?"	22 Classroom Activity from Media Smarts. Search by topic and grade at: https://mediasmarts.ca/teacher-resources/find-lesson	23 Take and post a photo of "What inspires you to stay drug free?"	24 Prescription Drug Take Back Day: Remove unneeded medications from your home. See the FCCC FB page for more info and locations.
25 6:30 - Parent Café: Smart Approaches to Marijuana - discussion about what we can do to protect families and youth. Zoom Meeting ID: 849 6194 4807 Passcode: 899422	26 Reflect on: How WE can be stronger together in 2021.	27 "Real Cost of Vaping" https://www.scholastic.com/youthvapingrisks/index.html YouTube Videos: "My Vaping Mistake, Peer Pressure and Strained Relationships"	28 Discuss some ways laws help protect youth from substance use and help keep them safe? Post your ideas.	29 Go to the FCCC FB page and take the National Red Ribbon Campaign Pledge for a drug free America. You can also see local law makers taking the pledge.	30 Be Happy! Be Brave! Be Drug Free! https://www.redribbon.org/contest	31 Happy Halloween! Join us at the FCCC FB page for activities throughout the day. At 6:30 pm we go live with a Monster Bash! (virtual dance party with fun and games!) All ages!