

## HCA Growing Understanding of Prevention

**GUIDANCE:** Social media content - Create 3-5 graphics and post content that HCA, CPWIs, and other prevention partners can use to promote prevention and its value.

<b>Post 1</b> <b>Character count: 495</b>	<b>What to know about prevention</b>	<b>What to do about prevention</b>
	<b>Prevention is everyone's job.</b>	<b>Claim your role.</b>
<p>Prevention is everyone's job. Whether you're a parent, caregiver, teacher, coach, or other trusted adult, you play a part in preventing substance use disorder (SUD) and promoting health and wellbeing to young people in your life. Every positive connection and act of care counts. You don't need a title or degree to contribute to prevention where you live. Claim your role and get involved with a local prevention coalition in your community: <a href="https://theathenaforum.org/cpwi-community-coalitions">https://theathenaforum.org/cpwi-community-coalitions</a></p>		

<b>Post 2</b> <b>Character count: 476</b>	<b>What to know about prevention</b>	<b>What to do about prevention</b>
	<b>Together is better.</b>	<b>Partner up for prevention.</b>
<p>When it comes to prevention, together is better. Prevention efforts are stronger and more effective when schools, families, and communities come together to collaborate. So, get involved! Attend parent meetings, school events, and gatherings of your community prevention coalition. By partnering up, we can prevent substance use disorder (SUD) and promote health and wellbeing to young people across Washington. Learn more: <a href="https://theathenaforum.org/cpwi-community-coalitions">https://theathenaforum.org/cpwi-community-coalitions</a></p>		

<b>Post 3</b> <b>Character count: 486</b>	<b>What to know about prevention</b>	<b>What to do about prevention</b>
	<b>Connection is prevention.</b>	<b>Talk to the young people you know.</b>
<p>You don't have to be a prevention expert to help the young people in your life avoid substance use disorder (SUD) and enjoy health and wellbeing. In fact, you are doing prevention work when you build trusting relationships, keep the lines of communication open, and create safe and accepting environments. Let the young people in your life know they can come to you with questions or for help. Because connection is prevention. Get tips and convo starters: <a href="https://starttalkingnow.org/">https://starttalkingnow.org/</a></p>		

<b>Post 4</b> <b>Character count: 506</b>	<b>What to know about prevention</b>	<b>What to do about prevention</b>
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	<b>Prevention is about more than just saying, “no.”</b>	<b>It’s about connection.</b>
<p>Preventing substance use disorder is about more than just saying, "No." While abstinence may be part of the picture, prevention is also about helping young people feel connected, capable, and confident in their ability to make safe and healthy choices. It's about giving them the tools to handle life's challenges. Look for ways to surround the young people in your life to healthy connections to family, friends, hobbies, interests, culture, and community. Find resources: <a href="https://www.youthnow.me/parents/">https://www.youthnow.me/parents/</a></p>		

<b>Post 5</b> <b>Character count: 493</b>	<b>What to know about prevention</b>	<b>What to do about prevention</b>
	<b>Prevention starts early.</b>	<b>Everyday actions add up. Stick with it.</b>
<p>Effective prevention begins in early childhood and adds up over time. Simple actions like checking in, asking questions, setting boundaries, sticking to routines, and providing support can help build long-term resilience. Start early and stick with it. Remember, it's never too late to support a young person's path to health and wellbeing. Check out this guide to raising kids in a drug-free environment:  <a href="https://www.hca.wa.gov/assets/program/A%20parents%20guide%20to%20drug%20free%20kids.pdf">https://www.hca.wa.gov/assets/program/A%20parents%20guide%20to%20drug%20free%20kids.pdf</a></p>		