






JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Set SMART goals for 2023!	2 Hunt  (4-H)health this month!	3  Mind, Body, Wellness Day!	4 10 Reasons to Join a Parent Hub	5  3 Buckets of Support	6 SET SCHOOL BOUNDRIES	7 Explain why you're a Mentor Day!
8 Would you be a good fit for 	9 	10 Are you gambling responsibly? 	11 <u>Check-ups aren't just for Doctors. This resource will help your teen...</u>	12 NATIONAL YOUTH DAY! 	13 Let youth set plans around the house for sense of responsibility.	14 Youth - Led Dance Party at Home! 
15 Don't be afraid to: 	16 Honor Martin Luther King Jr. Day 	17 Celebrate small school victories! 	18  MENS DAY WEDNESDAY	19 Make a family statement wall 	20  Take a Wintery Penguin Walk 	21  Social Saturday
22 Safe Place Sunday: There ARE options! 	23 Mental Health Monday: Follow footprints in the snow! 	24 ANTI-RACISM TOOLKIT 	25 Guiding Growth with Restraint 	26 On Thursday's we Thrive 	27 Write letters to future you. 	28 Inspire your with ART day!! 
29  Vibe Check 	30  WHY DO I FEEL SAD?	31 What are youth  signs to look for?	1	2	3	4

Click the links for short activities you can do to help support [everyday prevention](#) in your community.

Prevention
Action Alliance

Lifetime Prevention | Lifetime Wellness

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