

POSITIVE SKILLS BUILDING

- » **Alexandria's Youth Leadership Conference** is an annual event that empowers emerging young leaders by providing training opportunities and connecting them to resources in the Alexandria community. Hosted by SAPCA, ACAP, the Alexandria Sexual Assault Center and the Alexandria Library, this free conference for Alexandria youth who are rising 9th through 12th graders includes major skills building training – such as navigating through challenging times, engaging in the process of community healing, building advocacy skills, and networking and interviewing. The conference culminates with a networking fair comprised of community and non-profit leaders, elected officials and representatives from several local boards and commissions. These leaders provide information about local leadership positions for youth.

MEDIA CAMPAIGNS

- » **"I don't vape because..."** and **"I don't drink because..."** are prevention campaigns featuring a series of short



An Alexandria City High School student shares reasons why she does not vape, encouraging youth to be substance-free.

videos created by Alexandria City High School students that encourage youth to be substance free. The videos, which feature Alexandria youth sharing reasons why they do not use e-cigarettes or drink alcohol, reinforce and raise awareness of the social norm that the majority of youth in Alexandria do not use e-cigarettes or drink alcohol.

- » **"Parents Who Host Lose the Most: Don't Be a Party to Teenage Drinking"** is a media campaign SAPCA promotes to raise awareness of consequences of providing alcohol to teenagers. SAPCA disseminates materials from the campaign. This campaign educates parents about the health and safety risks of providing alcohol to teenagers. It also increases awareness of, and compliance with, underage drinking laws. It targets celebratory times for youth—such as homecoming, holidays, prom, and graduation—when the likelihood of underage alcohol consumption increases.
- » **SAPCA's social media channels** provide youth and adults with information about coalition activities.
- » **SAPCA's monthly newsletter** shares information about past and future events and initiatives, as well as community announcements and events.

SUPPORT FOR YOUTH AND PARENTS

- » **The Teen Text Line** answers questions about substances during business hours. Teens and adults can text "DRUGS" to 30644 to have questions answered within 24 hours Monday – Friday.

11/19/2021

Substance Abuse Prevention Coalition of Alexandria

An alliance of parents, youth, schools, city health and recreation agencies, media, nonprofits, businesses, policymakers and law enforcement.



Department of Community and Human Services

Substance Abuse Prevention Coalition of Alexandria

Our mission is to engage diverse sectors of the community in collaborative, cross-cultural and comprehensive substance abuse prevention efforts that result in a reduction of underage substance use and abuse in the City of Alexandria.

Questions?

Contact **Allen Lomax**, SAPCA Chair, at aclomax@aol.com, and **Emma Beall**, SAPCA Coordinator, at Emma.Beall@alexandriava.gov or 703.746.3670.

PreventItAlexandria.org | 703.746.3670

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AWARENESS AND EDUCATION

» **Alcohol Awareness Month** activities provide information to middle and high school students about the harmful effects of alcohol. In the past, teens have hosted and participated in workshops and outreach events, quizzing youth and adults on their alcohol knowledge and awarding prizes for participation.

» **Facts and Consequences About Substance Use Presentations** are delivered in classrooms or assembly-style to **middle and high school youth, as well as to their parents**. These presentations challenge youth to think more about their own and their friends' behaviors regarding alcohol and other drugs.

» **Healthy Conversations Dinners** facilitate **guided conversations with parents and their teens** about avoiding risky behaviors and healthy decision-making. Interpretation services are provided because our schools have parents and adults from many countries.

» **Project Sticker Shock** is an **annual youth-led** community awareness initiative designed to **educate adults** who might purchase alcohol legally and provide it to minors. Teams of youth and adults place warning stickers on multi-packs of beer and other alcohol products in Alexandria stores.

» **Red Ribbon Week** is the oldest and largest drug prevention program in the nation. Each year, SAPCA works with community partners to promote an Alexandria City Public Schools (ACPS) Red Ribbon Week Poster Contest. It also works with ACPS staff to design lesson plans for teachers that focus on **supporting**



Patrick Henry K-8 School students celebrating Red Ribbon Week during "Wear Red" day.

youth to learn about and reflect on topics that nurture social emotional skills. During these activities, students explore how to help a friend in need; resist peer pressure; improve communication skills to create and maintain friendships; make the world a better place; and stay substance-free by focusing on sparks—the interests and passions that give people great enjoyment and a sense of purpose. Students also participate in lunch time discussions where they and adult volunteers share information about the harms of alcohol and other drugs.

SAFE EVENTS FOR YOUTH

» **Titan Takeover Over Teen Nights** provide **Alexandria youth** with safe and substance-free events to build and nurture relationships with their peers and enjoy, food, games, raffle prizes, a DJ and a photobooth. During these events, teens also have the opportunity to learn about initiatives hosted by SAPCA and the Alexandria Campaign on Adolescent Pregnancy (ACAP).