

TOILET TALK

OCTOBER



DEA National RX Take Back Day

Unneeded prescription medication—those that are old, unwanted, or no longer needed – are a public safety issue, too often becoming a gateway to addiction. The majority of opioid addictions start with prescription pills found in medicine cabinets at home. Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a doctor's supervision. A majority of people who misuse a prescription medication obtained the medicine from a family member or friend. DEA's National Prescription Drug Take Back Day events are one way to dispose of unneeded medications.

www.DEA.gov
www.GetSmartAboutDrugs.com
www.JustThinkTwice.com

One in three women and one in four men, on average, have been victims of physical violence over their lifetimes at the hands of an intimate partner, according to the National Coalition Against Domestic Violence. Domestic violence can manifest as physical or sexual assault, intimidation, harassment, stalking, threats, emotional or psychological abuse, or other abusive behavior.

October is Domestic Violence Awareness Month. It's a prime time to stand up and speak out on this issue, as well as support life-saving programs to help domestic violence victims find safety and stability.

MORE INFO: thehotline.org



HOLIDAYS

- October 9: Leif Eriksson Day
- October 13: Columbus Day
- October 13: Indigenous Peoples' Day
- October 16: Bosses Day
- October 24: United Nations Day
- October 31: Halloween

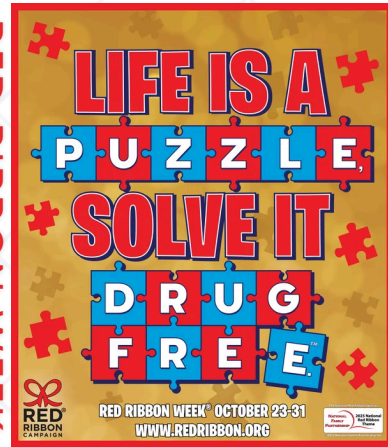
JUST FOR FUN DAYS

- October 1 - Homemade Cookie Day
- October 6 - National Noodle Day
- October 15 - National Grouch Day
- October 21 - Nacho Day
- October 26 - National Pumpkin Day
- October 30 - National Candy Corn Day

What Is Red Ribbon Week?

IT IS AN IDEAL WAY FOR PEOPLE AND COMMUNITIES TO UNITE AND TAKE A VISIBLE STAND AGAINST DRUGS. SHOW YOUR PERSONAL COMMITMENT TO A DRUG-FREE LIFESTYLE THROUGH THE SYMBOL OF THE RED RIBBON, OCTOBER 23 - 31ST. THE MISSION OF THE RED RIBBON CAMPAIGN® IS TO PRESENT A UNIFIED AND VISIBLE COMMITMENT TOWARDS THE CREATION OF A DRUG-FREE AMERICA.

RED RIBBON WEEK



MORE INFO: redribbon.org



Goal:

- To educate the public about the impact of bullying and encourage communities to take action to prevent it.

Activities:

- Schools, organizations, and individuals participate in various activities throughout October to promote anti-bullying messages and initiatives.

Unity Day:

- A signature event of the month where people wear orange to show support for kindness and inclusivity.

Focus Areas:

- The month highlights the importance of kindness, acceptance, and inclusion, and addresses the different forms of bullying, including cyberbullying.

Domestic Violence Awareness Month



DVAM is a chance for anyone and everyone – victims, survivors, advocates, supporters, and political leaders – to unite in our work to end domestic violence. This is a time of solidarity and support. It is also a time for victims and survivors to share their stories.

WEAR PURPLE ON
#PURPLETHURSDAY
THURSDAY,
OCTOBER 23, 2025

Did you know?

- It takes roughly 540 peanuts to make a jar of peanut butter
- The average person blinks 14 to 17 times per minute
- The average cloud weighs over one million pounds
- It would take 19 minutes to fall to the center of the Earth