

TOILET
TALK

NOVEMBER

HOLIDAYS

- November 1: All Saint's Day
- November 2: End of Daylight Savings
- November 4: Election Day
- November 11: Veterans Day
- November 27: Thanksgiving Day
- October 31: Halloween

JUST FOR FUN DAYS

- November 6 - Zero Tasking Day
- November 8 - National Cappuccino Day
- November 13 - World Kindness Day
- November 14 - National Pickle Day
- November 16 - National Button Day
- November 21 - World Hello Day



The Great American Smokeout®

The American Lung Association is committed to helping educate, intervene and prevent the use of tobacco and nicotine by the next generation. This is especially important because close to 95 percent of smokers try their first cigarette before the age of 21. Teen vaping is a public health crisis and the fight against nicotine and tobacco has become even more vital.

My Life My Quit is a free youth tobacco cessation program made especially for teens. Get the truth about vaping, smoking and other tobacco products so you're not left in the dark when it comes to your future. If you decide you want to quit, we give you the tools you need to do it successfully. 100% free, confidential and made for teens.



**SPEND YOUR MONEY
WITH FRIENDS,
NOT RUNNING OUT
OF PODS.**

Text "Start My Quit" to 36072 or call 855-891-9989. Free, confidential help to quit vaping, smoking or chewing. Just for teens.

WWW.MYLIFEMYQUIT.COM

MY LIFE MY QUIT

The Toll of Tobacco in Iowa

High school students who smoke	4.1% (7,500)
High school students who use e-cigarettes	16.4%
Male high school students who smoke cigars (female use much lower)	3.9%
Kids (under 18) who try cigarettes for the first time each year	3,900
Adults in Iowa who smoke	13.7% (343,900)

National Methamphetamine Awareness Day

Methamphetamine, or meth, is a potent central nervous system stimulant and highly addictive drug. According to the National Survey on Drug Use and Health, 176,000 individuals aged 12 or older initiated methamphetamine use in 2022 and 1.8 million individuals aged 12 and older had a meth use disorder that year.

According to the Centers for Disease Control and Prevention, the rate of fatal overdoses involving meth and other stimulants has increased significantly. According to SAMHSA, about 2 million people aged 12 years or older use meth in any given year, while about 500 people each day try meth for the first time.

DO YOU KNOW THE DANGERS OF METH?

Meth not only changes how the brain works, but also speeds up the body's systems to dangerous, sometimes lethal, levels—increasing blood pressure and heart and respiratory rates. People who repeatedly use meth may also experience anxiety, paranoia, aggression, hallucinations, and mood disturbances.

Being a kid is hard, peer pressure, stress, trying to fit in, curiosity or even boredom are reasons why kids try drugs for the first time. Just remember that over time, the regular or habitual use of drugs becomes a crutch and only adds to the stress. Find healthier ways to cope, fit in, or to stay busy. Reach out to a trusted adult if you are feeling the pressure to start any kind of substance legal or not.

More Info: www.samhsa.gov

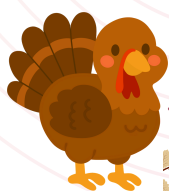


Integrated Behavioral Health Services



SCAN ME FOR THE ZION WEBSITE

Happy Thanksgiving



Did you know?

The first Thanksgiving feast in 1621 was a three-day event

The tradition of football on Thanksgiving started with a college game between Yale and Princeton in 1876

A ripe cranberry will bounce

The day after Thanksgiving, is the busiest day for plumbers