

## Here are some opportunities for involvement with SAFE's work this semester!

### Learn:

- Follow our Facebook page and like/share info. to increase our reach. Facebook.com/ESSAFE
- Check out SAFE's website at [www.excelsiorspringssafe.com](http://www.excelsiorspringssafe.com)
- Visit Parentupkc.com and learn about the impacts of substances on youth and for tips on talking with your kids about youth substance use.
- Attend the virtual State Prevention Conference November 15-16. *SAFE covers registration for anyone living or working in Excelsior.*

### Help Get the Messages Out:

- Hang up a poster or give out flyers at your business in support of one of SAFE's campaigns. Current campaigns are Great American Smoke-out, This is Quitting (vaping cessation), and safe drug disposal.
- We need photos of local youth doing positive things! It can be *anything* from reading a book to participating in a sport/hobby, or doing a service project. We use these photos to illustrate the 40 Developmental Assets important for youth prevention in our bi-annual Youth Connections magazine.
- If you have a scout troop or 4H group that needs a speaker or activity, let us know! We can help!

### Reduce Availability of Substances:

- Clean out your medicine cabinet and take extra medications to the Excelsior Springs Police Department Drop-Box. *It's available 365 days/year.* Medication disposal bags are also available from SAFE for home/office disposal of extra medications.
- If you own a business that sells alcohol or nicotine, sign up for a Responsible Retailer Training for your employees.
- Secure your own personal alcohol and nicotine (vapes, cigarettes, chewing tobacco) so that they can't be accessed by youth.

### Reach out:

- Mentor a child. SAFE is partnering with Big Brothers Big Sisters KC to increase Big/Little matches in Excelsior. *There are kids in Excelsior waiting for matches right now!* Check out BBBSKC.org.
- Be part of a Roots of Resilience Action Guide Group. This is a book club-type group that consists of 5 sessions focused on learning about the impact of Adverse Childhood Experiences (ACES) and discovering how we can each build resilience in kids. [www.rootsofresiliencekc.com/action-guide](http://www.rootsofresiliencekc.com/action-guide)
- If you own multi-unit rental property in Excelsior, learn more about SAFE's Smoke-Free Homes initiative to reduce the harms of secondhand smoke in local multi-unit housing.

### Support SAFE Meetings:

- Be a lunch sponsor for one of SAFE's meetings (approx. \$250 for 25-30 people)
- Volunteer to give the in-service on a prevention-related topic at a SAFE meeting.
- Attend a SAFE meeting. Our next couple of meetings are November 4<sup>th</sup> and December 2<sup>nd</sup> from 11:30-1:00 at First United Methodist Church, Excelsior. *RSVPs required* so we can get a lunch count.

For more information on any of these ideas, or to share a new idea you might have for "building your own fencepost" for prevention, please contact Julia Mees, SAFE Program Director, at [jmees@esmc.org](mailto:jmees@esmc.org) or [safedfc@gmail.com](mailto:safedfc@gmail.com). Thank you!

