



# Did You Know?

January 2018

**National Drug and Alcohol Facts Week (Jan. 22-28, 2018):** The National Institute on Drug Abuse (NIDA) hosts a week-long campaign every January to answer questions for teens about alcohol and other drugs. In 2018, NIDA's National Drug and Alcohol Facts week will be January 22<sup>nd</sup> through 28<sup>th</sup>. Although this is a national campaign, National Drug and Alcohol Facts Week also provides a platform for prevention agencies to host local events to raise awareness, so be on the lookout for events in Western New York.

## What You Should Know:

- Children, teens and young adults often get their information about sensitive topics from places like the media or friends. Unfortunately, this can fuel misinformation. When it comes to alcohol and other drugs, false information can mean the difference between a safe, healthy young person and a young person in danger.
- NIDA's National Drug and Alcohol Facts Week features a Chat Day to be held on January 22<sup>nd</sup>. Schools can register to allow students to participate in the online chat which is staffed by scientists and professionals who are experienced in the field. This year's transcript, along with past transcripts, will be available for students to find answers to questions that other students have asked. Check it out and register here:

<https://teens.drugabuse.gov/national-drug-alcohol-facts-week/chat-with-scientists>

## What You Can Do:

- Keep up to date on current alcohol and other drug trends. **The more informed you are, the more you will be able to share accurate information.** Keep in mind that trends are constantly changing. NIDA's website ([www.drugabuse.gov](http://www.drugabuse.gov)) is a great resource for staying current.
- It doesn't need to be a national facts week to talk to children and teens about alcohol and other drugs; regular discussions will help counter the inaccuracies they might be hearing. Have open, frequent, age appropriate and honest conversations that foster two-way discussion and make them feel comfortable enough to ask questions.
- Follow NIDA and local prevention agencies like ECCPASA on social media for current information about alcohol and other drug trends:

NIDA on Facebook: <https://www.facebook.com/NIDANIH/>

ECCPASA on Facebook: <https://www.facebook.com/ECCPASA/>



Information obtained from: <https://teens.drugabuse.gov/national-drug-alcohol-facts-week>, [www.drugabuse.gov](http://www.drugabuse.gov)

USE for PRESS RELEASE More info: Allexxia Mergenhausen 716-831-2298 [amergenhausen@eccpasa.org](mailto:amergenhausen@eccpasa.org)

The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs -- America's #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • [www.eccpasa.org](http://www.eccpasa.org)