

Parents Empowered Month Social Calendar

Post Date	Post Copy	Source Link	Link to Graphic
1/3	As we kick off the New Year, January is recognized as Parents Empowered Month. There's no better time than Learn more about the importance of starting the conversation early at https://www.samhsa.gov/talk-they-hear-you/parents-empowered-month #ParentsEmpowered #UnderageDrinkingPrevention #Utah #ParentsEmpoweredMonth	https://www.samhsa.gov/talk-they-hear-you/parent-resources/why-you-should-talk-your-child#:~:text=If%20parents%20don't%20talk.to%20alcohol%20and%20other%20drugs	Facebook: https://www.dropbox.com/scl/fi/k5onbnpgcz20s2xcguvcc/January_3_FACEBOOK.png?rlkey=ayco9qqzaxcedct3qo2qtsape&st=jpkumg71&dl=0 - Instagram: https://www.dropbox.com/scl/fi/zrulh3g1oxqwktx45bult/January_3_INSTAGRAM.png?rlkey=js9bciv6aske5dkz0lg2kecju&st=ysvxzj42&dl=0
1/6	El Mes de los Padres y Madres Empoderados es un recordatorio de que USTED tiene el poder de proteger a su hijo. Al involucrarse, informarse y actuar proactivamente, usted podrá preparar a su hijo o hija para tener éxito. Para consejos y recursos, visite: parentempowered.org #ParentsEmpowered #Utah #UnderageDrinkingPrevention #EmpoweredParents #ParentsEmpoweredMonth	ParentsEmpowered.org	Facebook: https://www.dropbox.com/scl/fi/4g6cs3a0hrqdflpzj36t/January_6_FACEBOOK.png?rlkey=7qj910b9ocwfehx0h0feutkx9&st=5d1a96w3&dl=0 - Instagram: https://www.dropbox.com/scl/fi/cjt3rkgnilpd0skylx3px/January_6_INSTAGRAM.png?rlkey=zmlddt6a13e7zvekzmochqe8x&st=a0678crb&dl=0
1/6	Parents Empowered Month is a reminder that YOU have the power to protect your child from the dangers of underage drinking. By staying engaged, informed, and proactive, you can set your child up for success. For tips and resources, visit: parentempowered.org #ParentsEmpowered #Utah #UnderageDrinkingPrevention #EmpoweredParents #ParentsEmpoweredMonth	ParentsEmpowered.org	Facebook: https://www.dropbox.com/scl/fi/4g6cs3a0hrqdflpzj36t/January_6_FACEBOOK.png?rlkey=7qj910b9ocwfehx0h0feutkx9&st=5d1a96w3&dl=0 - Instagram: https://www.dropbox.com/scl/fi/cjt3rkgnilpd0skylx3px/January_6_INSTAGRAM.png?rlkey=zmlddt6a13e7zvekzmochqe8x&st=a0678crb&dl=0
1/8	As we observe Parents Empowered Month this January, it's the perfect time for all parents to ensure their child isn't exposed to underage drinking. Take action and learn how to prevent underage drinking by visiting: ParentsEmpowered.Org #ParentsEmpowered #UnderageDrinkingPrevention #Utah #ParentsEmpoweredMonth	https://dsamh-training.utah.gov/documents/SHARPreports/2023/StateOfUtahProfileReport.pdf Page 9	Facebook: https://www.dropbox.com/scl/fi/dikwwd2bs0u8irsakf8ig/January_8_FACEBOOK.png?rlkey=n9abh4cpabzlf67qxm8wcnki&st=qrtauoev&dl=0 - Instagram: https://www.dropbox.com/scl/fi/hdlve9t2uj93bpmet9lw9/January_8_INSTAGRAM.png?rlkey=quwbfq5y7y5h4u8pml4b8sp&st=75ict50m&dl=0
1/11	Hay muchas formas de pasar tiempo con sus hijos e hijas. Écheles un vistazo a nuestras sugerencias, y encuentre otras formas de divertirse en https://zenhabits.net/100-ways-to-have-fun-with-your-kids-for/ #ParentsEmpowered #UnderageDrinkingPrevention #Utah #ParentsEmpoweredMonth	https://zenhabits.net/100-ways-to-have-fun-with-your-kids-for/	Facebook: https://www.dropbox.com/scl/fi/6km3f2vdm6ugizsl2rchi/SP-January_11_FACEBOOK.png?rlkey=9wcvhjy886n1k4n2v659if9dx&st=wnpdfumt&dl=0 - Instagram: https://www.dropbox.com/scl/fi/2d0x96o9r79bcqmtroxp/SP-January_11_INSTAGRAM.png?rlkey=05c13jg3o85boapwfkfchmb&st=3aw67sp2&dl=0
1/11	There are so many ways to spend time with your kids. Check out our suggestions, then find other ways to have fun at https://zenhabits.net/100-ways-to-have-fun-with-your-kids-for/ #ParentsEmpowered #UnderageDrinkingPrevention #Utah #ParentsEmpoweredMonth	https://zenhabits.net/100-ways-to-have-fun-with-your-kids-for/	Facebook: https://www.dropbox.com/scl/fi/q72exw6qj9ivmh45lmt9y/January_11_FACEBOOK.png?rlkey=um9am0qw5zt3x5t0xcbgwpnv9&st=xq8u9mjh&dl=0 - Instagram: https://www.dropbox.com/scl/fi/osmv959v5wydvigeu9bpo/January_11_INSTAGRAM.png?rlkey=j0985rfcatq0e5oourvfup0&st=jgo0kezm&dl=0
1/14	There are many things that can lead to underage drinking. By knowing and understanding these influences, you can help your child avoid them. Learn more about underage drinking at https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking #ParentsEmpowered #UnderageDrinkingPrevention #Utah #ParentsEmpoweredMonth	https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking	Facebook: https://www.dropbox.com/scl/fi/lyzpwptz3t2197hg1t5/January_14_FACEBOOK.png?rlkey=g5o5vv7ssnkr9figtwuj1de6&st=vm6bp8lu&dl=0 - Instagram: https://www.dropbox.com/scl/fi/ywc8vvy8dygfyfrcf8azj/January_14_INSTAGRAM.png?rlkey=bdtvsagav6wb4nznjinifxvihb&st=txof4k8u&dl=0
1/16	Creating close bonds with your kids is one of the most effective ways to avoid underage drinking. One effective way is to use a 4-to-1 ratio of positive praise to negative feedback. Learn more at https://biasbehavioral.com/four-simple-ways-to-use-a-4-to-1-ratio-of-positive-praise-that-actually-work/ #ParentsEmpowered #UnderageDrinkingPrevention #Utah #ParentsEmpoweredMonth	https://biasbehavioral.com/four-simple-ways-to-use-a-4-to-1-ratio-of-positive-praise-that-actually-work/	Facebook: https://www.dropbox.com/scl/fi/m9vlnenckg7r0sses9g74/January_16_FACEBOOK.png?rlkey=qojzujdx36v003dra4mfxmzmt&st=vx0ax9nm&dl=0 - Instagram: https://www.dropbox.com/scl/fi/idx2erkmgzwf2go733w1a/January_16_INSTAGRAM.png?rlkey=lr9e8vxxdrzcbc5ucwf2r3zn8&st=75m9ekia&dl=0

1/19	As a new parent, it's important to talk to your kids about the dangers of underage drinking. By having open and honest conversations, you can help your kids make better choices. Learn more about starting the conversation at https://www.samhsa.gov/sites/default/files/uad_tips_talking_kids_about_underage_drinking.pdf	https://www.samhsa.gov/sites/default/files/uad_tips_talking_kids_about_underage_drinking.pdf	Facebook: https://www.dropbox.com/sc/ff/jdbni5t98eidieqrwh3t/January_19_FACEBOOK.png?rlkey=uu7vffcljvlyj8iohyliv2kk19&st=tmq4rvfe&dl=0 - Instagram: https://www.dropbox.com/sc/ff/b4715nie2hfsf8x7d8b3/January_19_INSTAGRAM.png?rlkey=wqpmzmg2u5o5fjoqcu1wp1kerx&st=9pz6kj1t&dl=0
1/25	Underage drinking is more common than you'd think. One third of American youths drink alcohol before their 21st birthday. Learn more about the most up-to-date statistics on underage drinking at https://www.niaaa.nih.gov/alcohol-effects-health/alcohol-topics/alcohol-facts-and-statistics/underage-drinking-united-states-ages-12-20	https://www.niaaa.nih.gov/alcohol-effects-health/alcohol-topics/alcohol-facts-and-statistics/underage-drinking-united-states-ages-12-20	Facebook: https://www.dropbox.com/sc/ff/dlr9ajhq2bqh0vjyccix/January_25_FACEBOOK.png?rlkey=i8374m7i1fxz5mry0apee2a10&st=draggcon&dl=0 - Instagram: https://www.dropbox.com/sc/ff/d4s3liy508m4wgxqa3wbc/January_25_INSTAGRAM.png?rlkey=0qd86m0tqfid2zw8kwrjxge0a&st=k7n0wg4q&dl=0
1/27	What your coalition did this month to show support for parents empowered month OR how you support your community	N/A	Suggest to post pictures from any recent events or create a post for upcoming events.
1/29	¡Atención Padres y Madres! Mientras celebramos el Mes de los Padres y Madres Empoderados este enero, recuerden que ustedes aún pueden establecer un ejemplo positivo. Échenle un vistazo a una lista de aplicaciones que ustedes pueden usar con sus hijos e hijas en https://www.common sense media.org/lists/great-apps-to-play-with-your-kids		Facebook: https://www.dropbox.com/sc/ff/utln0qh22klzz5x04jxrc/January_29_FACEBOOK.png?rlkey=4hd4ro9xu5i10jwpcb0lp7sde&st=3lwxrw17&dl=0 - Instagram: https://www.dropbox.com/sc/ff/byiwsmyfdnr55pw2rdf/January_29_INSTAGRAM.png?rlkey=4oh2awduiewvic24uimdvah6s&st=lqoanfb&dl=0
1/29	Attention Parents! As we celebrate Parents Empowered Month this January, remember—you can still bond with your kids. Check out this list of apps you can use with your child at https://www.common sense media.org/lists/great-apps-to-play-with-your-kids	https://www.common sense media.org/lists/great-apps-to-play-with-your-kids	Facebook: https://www.dropbox.com/sc/ff/utln0qh22klzz5x04jxrc/January_29_FACEBOOK.png?rlkey=4hd4ro9xu5i10jwpcb0lp7sde&st=3lwxrw17&dl=0 - Instagram: https://www.dropbox.com/sc/ff/byiwsmyfdnr55pw2rdf/January_29_INSTAGRAM.png?rlkey=4oh2awduiewvic24uimdvah6s&st=lqoanfb&dl=0

<https://www.dropbox.com/sc/fo/plu4mz9w8j26oszhd611/APW9Ee1cprpsldOisazK13o?rlkey=ztdadwvt978pvuhtfu0cs26&e=1&st=zesanxnc&dl=0>