

# THE PREVENTION TOOLKIT

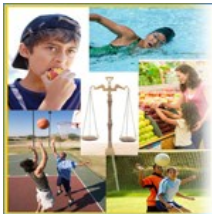
BE AN ASSET! HELP FAIRFAX YOUTH THRIVE

[www.fairfaxcounty.gov/ncs/prevention/toolkit.htm](http://www.fairfaxcounty.gov/ncs/prevention/toolkit.htm)



## Support

- Step-By-Step Guide to learning about youth experiences in Fairfax County, sharing information, and taking action to address concerns
- Resource List of Prevention Agencies and Organizations
- Frequently Asked Questions
- Contact [Prevention Staff](#) for guidance or assistance



## Presentations, Handouts and Resources

- Fairfax County Youth Survey Results Highlights
- Toolkit Topics: Alcohol, Tobacco and Other Drugs; Bullying and Cyberbullying; Mental Health: Depression and Suicide; Nutrition and Physical Activity; Teen Dating Abuse
- Each topic includes Videos, Fact Sheets, Discussion Guide, Ideas for Neighborhood and Family Prevention Activities you can do, and Resource Lists for Prevention Agencies and Organizations.



## Take Action

- Start a Prevention Program or Activity
- Develop a Public Awareness Campaign
- Get Involved in Policy, Systems or Environment Change
- Connect with Others in Your Community
- Find Sources for Funding

### FAIRFAX COUNTY CSIPM PREVENTION UNIT

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The Prevention Toolkit is a collection of suggestions, tools, and resources to assist families, school staff, PTAs, community- and faith-based organizations, social clubs, and others in promoting the well-being of youth in our community.



Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY 711.





### Do you work with youth?

Find out more about challenges facing youth in Fairfax County and how you can help.



#### Presentations, Handouts and Resources

Visit the Prevention Toolkit website [Presentations, Handouts and Resources](#).

If interested in a specific topic, view the presentations, handouts and resources for that topic.

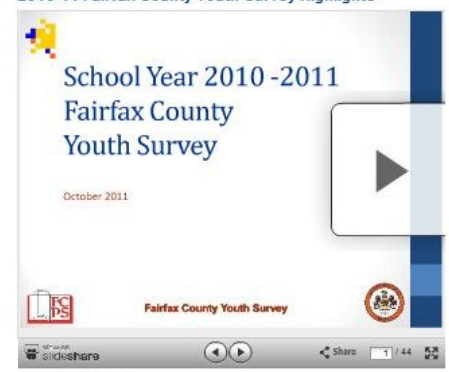
#### Toolkit Topics

- Youth Survey Results Highlights
- Alcohol, Tobacco and Other Drugs
- Bullying and Cyberbullying
- Mental Health: Depression & Suicide
- Nutrition and Physical Activity
- Teen Dating Abuse

Share the **Fairfax County Youth Survey Highlights, Three to Succeed Video**, and **Risk and Protective Factors Fact Sheet** with your committee or interested group to get a better understanding of how protective factors can positively affect a young person's life.

- **Three to Succeed Video** (📺 4:31 minutes)
- **Risk and Protective Factors Fact Sheet** 📄

2010-11 Fairfax County Youth Survey Highlights



Use the [Discussion Guide](#) for sample questions to lead a conversation to determine what topic you want to address.

#### Discussion Guide

Explore ideas to **Take Action** through [Ideas for Neighborhood and Family Prevention Activities](#), view [Prevention Programs in Fairfax County](#), research [Evidence-Based Prevention Programs](#).

#### Take Action

### Are you a parent or guardian with a specific concern?

Use the Prevention Toolkit to find out more about a topic and look for helpful resources.

Visit the toolkit websites [Take Action](#), [Start a Prevention Program or Activity](#), and [Ideas for Neighborhood and Family Prevention Activities](#) to view videos, fact sheets, and helpful websites on any of the toolkit topics.



This would be a good starting place to look into questions such as "How do I know if my child is a healthy weight?", "What if I suspect my child is being bullied?", "What resources are available at my school?" and what you can do if you are concerned.

Follow the links for [Prevention Agencies and Organizations](#) to find a list of resources if you need help.