

Let's stick together during this time and have some fun! Show how you are social distancing during this time to keep yourself and community strong. Complete the activities below. This challenge will end on May 31st. The top 3 youth with the most points will win a \$50 Amazon Gift Card! Post to the Delaware Prevention Partners Facebook, Instagram, or Twitter page with #DEPreventionPartners for your post to count.

TikTok Family Challenge

1. Post a Family TikTok Video. (5 points)
2. Post a Drug Prevention TikTok Video. (5 points)
3. Post Any Challenge of your choice. (5 points)



Stay Drug Free & Healthy

4. Post a picture of you being active outside. (2 points)
5. Post a picture of you eating something healthy. (2 points)
6. Post a picture of you and your family taking a walk. (4 points)
7. Tell us how you are live your best life. (3 points)
8. Post 3 pictures of people/things you are thankful for in your life. (5 points)
9. Post a video of why you stay drug free. (5 points)
10. Tell us how you are staying positive during this Time. (5 points)
11. Complete the Prevention Happens Here Sign on www.samhsa.gov/prevention-week/prevention-challenge and post a picture. (5 points)



Stay Creative

12. Post a picture of something crafty you created. (3 points)
13. Post a video of a talent you have. (3 points)
14. Post a picture of something new you have cooked. (2 points)
15. Post a cute and creative picture of your pets. (2 points)
16. Post a picture of the sunrise or sunset. (2 points)
17. Post a picture of something new you learned. (3 points)



Appreciate Your Community

18. Post a video giving a shout out to someone that is making a difference in the community during this time. (5 points)
19. Tell us what are you missing the most now and why you miss it. (3 points)
20. Tell us your favorite sports team and why you miss watching them now. (2 point)
21. Tell us a restaurant you miss the most and what food you miss eating. Tag the restaurant. (3 points)
22. Give a shout out to a high school or college Senior. (5 points)



Being Productivity

23. Tell us a goal you have set for yourself. (5 points)
24. Tell us about a project that you have worked on or helped with at home. (3 points)
25. Post a picture of yummy food you have cooked. (3 points)
26. Share a list of things you are looking forward to after the quarantine is lifted. (3 points)
27. Tell us how you are staying busy. (2 points)



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