

Use this activity to make your *#MyPreventionStory* — finish the sentences below, take a screenshot or photo, and share it on social media using the hashtag *#MyPreventionStory* to join the conversation.

## GENERAL

1. Prevention is important to me because: \_\_\_\_\_
2. To me, prevention represents: \_\_\_\_\_
3. I love that the prevention community: \_\_\_\_\_
4. I take care of my mental health through: \_\_\_\_\_
5. I help prevent substance use by: \_\_\_\_\_
6. I lead a safe, healthy life by: \_\_\_\_\_

## PERSONAL STORY

1. I feel supported in my [prevention/recovery] journey by: \_\_\_\_\_
2. An activity that is important to my prevention story is: \_\_\_\_\_
3. Prevention/recovery allows me to: \_\_\_\_\_

## PROFESSIONAL STORY

1. I got involved with the field of prevention because: \_\_\_\_\_
2. My organization is committed to prevention by: \_\_\_\_\_
3. I enjoy working in the field of prevention because: \_\_\_\_\_