



HOLMES
MURPHY®

HOLMES MURPHY FRATERNAL PRACTICE

**2019-2020 PREVENTION
RESOURCE CALENDAR**

HOLMES MURPHY FRATERNAL PRACTICE

2019-2020 PREVENTION RESOURCE CALENDAR

pre· ven· tion

/prəˈven(t)SH(ə)n/

noun

the action of stopping something from happening or arising

This calendar was created for **YOU**. Maybe you are a staff member who is looking for new programming ideas. Maybe you are an Advisor and want to do new programming this year. Or maybe you are an officer and want to do more than just read curriculum to your members. Perhaps you are a member who wants to do some good. Regardless of who you are, at Holmes Murphy Fraternal Practice, we believe everyone can make an impact through the lens of safety, prevention and education.

In this calendar, you will find information about health and safety observances throughout the year and resources that can help guide your programming efforts. You will note many “outside the box” resources and we hope this will help you plan differently and more effectively with the themes of kindness and inclusion at the core of your work.

We also invite you to share your efforts throughout the year on our Holmes Murphy social media channels. We look forward to seeing the good you can do within your organization!

We offer this information to provoke thought and discussion and it should not be viewed as a mandate or requirement. We view part of our role as an insurance and risk management professional to anticipate your needs and educate you in an effort to complement the organization's loss prevention and control efforts, not replace the decision making autonomy of our client organizations. We hope you find this educational piece to be of value and stand ready to discuss it further with you or any of your constituents.

 Holmes Murphy
Fraternal Practice

 @HolmesMurphyFS

 @HolmesMurphyFS


HOLMES
MURPHY[®]

WAYS TO ENGAGE THROUGH AWARENESS CAMPAIGNS

Raise awareness through sharing information.

- Share information about your campus and community resources - hours, location, phone number, services.
- Share information on national resources – websites, helplines, and organizations that work directly to offer support and education around the cause.
- Take the time to provide education at a meeting.
- Post facts and statistics on social media to visually show support and spread awareness.
- Watch an educational awareness video at a meeting on the topic and process what you watched together.
- If there is a color to show support and/or ribbon you can wear, encourage members to wear this for a meeting and/or on a certain date. Take a picture together. Post this on social media as a show of support with facts and/or resources.
- Coordinate an awareness tabling event with a student organization, campus office, and/or community resource. Work collaboratively to spread information, show support, and share resources available. You can also volunteer at tabling events that are already happening.
- Retweet and share information via social media from organizations that work with the cause.

Participate in educational programs and available trainings.

- Learn more about the signs of issues and concerns, as well as available support through the educational resources.
- Attend and/or partner with another student organization for education.
- Explore ways to get involved with local organizations doing work on the issue. This could be through volunteering, donating supplies/funds.
- Get involved with local philanthropic efforts and campus or community programming around the cause.

**Resource credit to Phi Kappa Psi Fraternity.*





AUGUST

Preventing Underage Drinking

SAMHSA's initiatives Communities Talk and "Talk.They Hear You." encourage conversations about how to prevent underage and high-risk drinking. Learn about Communities Talk: Town Hall Meetings to Prevent Underage Drinking and the "Talk.They Hear You." campaign.

samhsa.gov/underage-drinking

National Happiness Happens Day Aug 8

Observed each year. Therefore on this day each year just let it happen. The Secret Society of Happy People is an organization that was founded in August of 1998 and formed to celebrate the expression of happiness.

sohp.com

Women's Equality Day Aug 26

This day is celebrated in the United States to commemorate the 1920 adoption of the Nineteenth Amendment to the United States Constitution, which prohibits the states and the federal government from denying the right to vote to citizens of the United States on the basis of sex.

nationalwomenshistoryalliance.org/resources/commemorations/womens-equality-day

International Overdose Awareness Day Aug 31

International Overdose Awareness Day is a global event held on August 31st each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose.

overdoseday.com

				1	2	3
4	5	6	7	8 NATIONAL HAPPINESS HAPPENS DAY	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 WOMEN'S EQUALITY DAY	27	28	29	30	31 INTERNATIONAL OVERDOSE AWARENESS DAY



SEPTEMBER

#MyFraternity September 10

Join with thousands of fraternity men around the world to share your story on social media. Post with the key phrase and tell your story: "I am ___ because of #myFraternity." myfraternitylife.org/2019/07/31/sept-10-social-media-day

National Hispanic Heritage Month Sept 15 – Oct 15

Celebre el Mes de la Herencia Hispana dando prioridad a su salud y la de su familia. ¡Elija un estilo de vida que contribuya a su salud mental y física, y marque la diferencia en su comunidad! The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society. hispanicheritagemonth.gov

International Day Of Peace September 21

"Peace Day" is observed internationally each year. Established in 1981 by a unanimous United Nations resolution, Peace Day provides a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace. internationaldayofpeace.org

National Hazing Prevention Week Sept 23-27

NHPW is an opportunity for campuses, schools, communities, organizations and individuals to raise awareness about the problem of hazing, educate others about hazing, and promote the prevention of hazing. HazingPrevention.Org is the organizer of National Hazing Prevention Week (NHPW). hazingprevention.org/home/prevention/national-hazing-prevention-week

Women's Health & Fitness Day September 25

Women's Health & Fitness Day is the nation's largest annual health promotion event for women of all ages. fitnessday.com/women

1	2	3	4	5	6	7
8	9	10 WORLD SUICIDE PREVENTION DAY	11	12	13	14
SUICIDE PREVENTION WEEK		#MYFRATERNITY	SUICIDE PREVENTION WEEK			
15	16	17	18	19	20	21 PEACE DAY
NATIONAL HISPANIC HERITAGE MONTH						WORLD CLEAN UP DAY <small>WORLDCLEANUPDAY.ORG</small>
22	23	24	25 WOMEN'S HEALTH & FITNESS DAY	26	27	28
		NATIONAL HAZING PREVENTION WEEK				
29	30					
NATIONAL HISPANIC HERITAGE MONTH						

September is Hunger Action Month Where people all over America stand together with Feeding America and the nationwide network of food banks to fight hunger. It's a month to spread the word and take action on the hunger crisis, and dedicate ourselves to a solution. Will you join in? feedingamerica.org

National Recovery Month is an annual designation observed in September. Take some time to improve yourself. Set goals to help you on the path to making a better you. recoverymonth.gov

National Campus Fire Safety Month Plan a fire drill and test your members' knowledge of how to operate a fire extinguisher. campusfiresafety.org/Campus-Fire-Safety-Month

Suicide Prevention Awareness Month Help promote resources and awareness about suicide prevention and ways to help others in need.

National Suicide Prevention Lifeline suicidepreventionlifeline.org – 1.800.273.8255

JED Foundation Get help now: Text "Start" To 741-741 or call 1-800-273-Talk (8255) jedfoundation.org

Crime Prevention Month

A time when the National Crime Prevention Council (NCPC) asks us to renew or join the commitment to help “Take A Bite Out Of Crime ®.”

nnw.org/october

Domestic Violence Awareness Month

Don't stay silent. It's time to speak up all month long. October is National Domestic Violence Awareness Month, which first began in 1981 by the National Coalition Against Domestic Violence as a Day of Unity to connect battered women's advocates across the country.

nrcdv.org/dvam/home

LGBT History Month

LGBT History Month celebrates the achievements of 31 lesbian, gay, bisexual or transgender Icons. Each day in October, a new LGBT Icon is featured with a video, bio, bibliography, downloadable images and other resources.

lgbthistorymonth.com

Positive Attitude Month

This is an annual designation observed in October. A positive attitude is the best trait you can carry with you, because it makes any difficult or frustrating situation a lot easier to deal with. If you look at most scenarios as “glass half empty,” now is the time to change that!

selfgrowth.com

Mental Illness Awareness Week October 6-12

Help yourself and those around you by learning about tools and resources for screening for mental health disorders. SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals facing mental and/or substance use disorders.

SAMHSA'S NATIONAL HELPLINE – 1.800.662.HELP (4357)

Halloween October 31

If your organization is hosting a Halloween event, take the time to educate your members and guests on appropriate themes and costumes. Event themes should NOT be disrespectful or degrading to any person or population, NOT rely on stereotypes of a certain group, NOT encourage offensive dress or costumes, NOT stereotype men or women, and should NOT be centered on making fun of a particular group of people, culture, or organization.



OCTOBER

		1	2	3	4	5
		NATIONAL HISPANIC HERITAGE MONTH				
6	7	8	9	10	11	12
		NATIONAL HISPANIC HERITAGE MONTH				
		MENTAL ILLNESS AWARENESS WEEK				
13	14	15	16	17	18	19
		NATIONAL HISPANIC HERITAGE MONTH				
20	21	22	23	24	25	26
		NATIONAL COLLEGIATE ALCOHOL AWARENESS WEEK				
27	28	29	30	31		
				HALLOWEEN		

National Collegiate Alcohol Awareness Week

October 20-26

College and university students will join forces with their peers and campus professionals on more than 800 campuses across the country to promote NCAAW. During NCAAW, students have the opportunity to participate in a variety of awareness and educational events, all designed by the campus' prevention partners and leaders to reinforce personal responsibility and respect for current state laws and policies when it comes to the consumption of alcohol beverages.

cohasap.myacpa.org/ncaaw



NOVEMBER

National Scholarship Month

November is National Scholarship Month, referred to by the National Scholarship Providers Association as a time to raise awareness of scholarship opportunities for current and future college students. November is an excellent time to begin the scholarship application process if you have not done so already.
scholarships.com

National Native American Heritage Month

This month is dedicated to learning about the unique culture and richness of Native American people and the contributions they have made to the United States.
nativeamericanheritagemonth.gov

Veteran's Day November 11

Veterans Day is a United States federal holiday observed annually on November 11, honoring and remembering all those who have served in the United States Armed Forces.
military.com/veterans-day/ways-to-give-back-to-veterans.html

World Kindness Day November 13

The purpose of World Kindness Day is to highlight good deeds in the community, focusing on the positive power and the common thread of kindness that binds us.
randomactsofkindness.org

Great American Smoke Out November 21

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event be your day to start your journey toward a smoke-free life.
cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html

Random Acts of Kindness Friday November 29

A random act of kindness is a non-premeditated, inconsistent action designed to offer kindness towards the outside world. The phrase "practice random kindness and senseless acts of beauty" was written by Anne Herbert on a placemat in Sausalito, California in 1982.

					1	2
3	4	5	6	7	8	9
10	11 VETERAN'S DAY	12	13 WORLD KINDNESS DAY	14	15	16
17	18	19	20	21 GREAT AMERICAN SMOKE OUT	22	23
24	25	26	27	28	29 RANDOM ACTS OF KINDNESS FRIDAY	30



DECEMBER

National Impaired Driving Prevention Month
Enjoy time with friends and families responsibly as the holiday season approaches. Take action against impaired driving.
nhtsa.gov/risky-driving/drunk-driving#view-campaign

International Day of Persons with Disabilities Dec 3
“On this International Day, let us reaffirm our commitment to work together for a better world that is inclusive, equitable and sustainable for everyone, where the rights of people with disabilities are fully realized.”
— António Guterres, UN Secretary-General
un.org/en/events/disabilitiesday

1	2	3 INTERNATIONAL DAY OF PERSONS WITH DISABILITIES	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



JANUARY

National Mentoring Month

National Mentoring Month is a campaign held each January to promote youth mentoring in the United States. It was inaugurated in 2002, and is spearheaded by the Harvard School of Public Health, MENTOR, and the Corporation for National and Community Service. mentoring.org

National Thank You Month

What can you do to express gratitude this month? writeawriting.com/creative/national-thank-month

National Volunteer Blood Donor Month

The American Red Cross will continue to play its key role of supplying blood all across the nation to the hospitals, clinics, care centers, and medical facilities that serve our communities. redcrossblood.org/

NIDA Drug And Alcohol Facts Week Jan 19-25

Join National Drugs and Alcohol Chat Day, an annual live online chat held among students and National Institute on Drug Abuse (NIDA) scientists during National Drug and Alcohol Facts Week. teens.drugabuse.gov/national-drug-alcohol-facts-week

Martin Luther King, Jr. Day January 20

Reverend Martin Luther King Jr. was born on January 15, 1929. He was a Baptist minister and leader of the civil rights movement, championing justice and equality from the mid-1950s until his death by assassination in 1968. As he said, "Injustice anywhere is a threat to justice everywhere." This federal holiday falls around his birthday, January 15. On this day, many Americans celebrate his legacy through community volunteering. thekingcenter.org

Healthy Weight Week January 21-25

This year marks the 21st annual Healthy Weight Week, a time to celebrate healthy, diet-free living habits that last a lifetime. cdc.gov/healthyweight/index.html

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	MARTIN LUTHER KING, JR. DAY	HEALTHY WEIGHT WEEK				
		NIDA DRUG AND ALCOHOL FACTS WEEK				
26	27	28	29	30	31	



FEBRUARY

International Boost Self-Esteem Month

February is International Boost Self-Esteem Month, and boosting your self-esteem is great for fighting depression and anxiety and is good for your overall mental wellness. urlifematters.net/ff/february-is-international-boost-your-self-esteem-month

NPC Month of the Scholar

npcwomen.org/login/college-panhellenics/other-resources/month-of-the-scholar

Black History Month

February marks Black History Month, a federally recognized, nationwide celebration that calls on all Americans to reflect on the significant roles that African-Americans have played in shaping US history. africanamericanhistorymonth.gov

National Wear Red Day February 7

Wear red to raise awareness about cardiovascular disease and save lives. Because when we come together, there's nothing we can't do. goredforwomen.org

Random Acts of Kindness Day February 17

National Random Acts of Kindness Day has grown in popularity each year. It is celebrated by individuals, groups and organizations, nationwide, to encourage acts of kindness. It is a favorite day to many, as people everywhere are enjoying doing these acts of kindness. randomactsofkindness.org

National Eating Disorders Awareness Week Feb 23-29

Get the facts about eating disorders and how you can help others or yourself prevent eating disorders or get necessary treatment for this complex illness. nationaleatingdisorders.org

						1
2	3	4	5	6	7 NATIONAL WEAR RED DAY	8
9	10	11	12	13	14	15
16	17 RANDOM ACTS OF KINDNESS DAY	18	19	20	21	22
23	24	25	26	27	28	29
		NATIONAL EATING DISORDERS AWARENESS WEEK				

MARCH

Women's History Month

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

womenshistorymonth.gov

Safe Spring Break Awareness

Awareness is half the battle, but sometimes college students get caught up in the heat of the moment. Before you go, create a safety plan for Spring Break!

cdc.gov/family/springbreak/index.htm

NPC International Panhellenic Badge Day Mar 2

The celebration to honor sisterhood was started in 1997 by the National Panhellenic Conference. The date is recognized during March, which is also National Women's History Month and set aside for International Women's Day. The inaugural campaign was titled: "It's as Simple as Wearing your Pin...with Pride."

npcwomen.org/login/college-panhellenics/other-resources/badge-day

International Day of Happiness March 20

The International Day of Happiness is celebrated worldwide on this day, and was conceptualized and founded by philanthropist, activist, statesman, and prominent United Nations special advisor Jayme Illien to inspire, mobilize, and advance the global happiness movement.

dayofhappiness.net/#join

1	2 NPC INTERNATIONAL PANHELLENIC BADGE DAY	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 INTERNATIONAL DAY OF HAPPINESS	21
22	23	24	25	26	27	28
29	30	31				



APRIL

Keep America Beautiful Month

As the earth turns green, Keep America Beautiful Month in April reminds us of the ways we improve our environment. It's not just about picking up trash and keeping our own living space clean.

kab.org/news-info/affiliate-updates/ten-ways-celebrate-keep-america-beautiful-month

National STD Awareness Month

Each April, we observe STD Awareness Month to spread the word about what sexually transmitted diseases (STDs) are and how they impact people's lives, as well as to reach communities about why it's so important to prevent, test for, and treat these infections.

cdc.gov/std/sam/index.htm

Sexual Assault & Prevention Awareness Month

The goal of SAAM is to raise public awareness about sexual harassment, abuse, and assault and educate communities on how to prevent it. In April 2020, the "I Ask" campaign will enter its second year, as we continue to explore the importance of consent in healthy relationships and empower everyone to put it into practice.

nsvrc.org/saam

World Health Day April 7

From its inception at the First Health Assembly in 1948 and since taking effect in 1950, the celebration has aimed to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.

who.int

National Volunteer Week April 19-25

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." – Barack Obama, 44th President of the United States

pointsoflight.org/nvw

Denim Day April 24

Wear jeans with a purpose, support survivors, and educate yourself and others about sexual assault.

denimdayinfo.org

			1	2	3	4
5	6	7 WORLD HEALTH DAY	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 DENIM DAY	25
		NATIONAL VOLUNTEER WEEK				
26	27	28	29	30		



MAY

Mental Health Month

Mental Health Month has been observed every May since 1949 to emphasize that everyone should care about mental health. SAMHSA offers numerous resources that can help support positive mental health.
samhsa.gov | mentalhealthamerica.net/may

Asian-Pacific American Heritage Month

In May, we pay tribute to the generations of Asian and Pacific Islanders who have enriched America's history and are instrumental in its future success.
asianpacificheritage.gov

Skin Cancer Awareness Month

May is Skin Cancer Awareness Month. With over 5 million cases diagnosed in the United States each year, skin cancer is the most common cancer in the United States.
skincancer.org

National Prevention Week May 16-22

National Prevention Week is here! How are you inspiring action and changing lives?
samhsa.gov/prevention-week
nami.org/mentalhealthmonth

World No Tobacco Day May 31

Encourage a 24-hour period of abstinence from all forms of tobacco consumption within your organization and community.
who.int/news-room/events/detail/2019/05/31/default-calendar/world-no-tobacco-day

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
NATIONAL PREVENTION WEEK						
24	25	26	27	28	29	30
31						
WORLD NO TOBACCO DAY						



JUNE

National Safety Month

June is an annual month-long observance in the United States each June. During National Safety Month, individuals and organizations participate by making efforts to reduce the leading causes of unintentional injury and death at work, on the road, and in homes and communities.

nsc.org

LGBT Pride Month

The month of June was chosen for LGBT Pride Month to commemorate the Stonewall riots, which occurred at the end of June 1969. As a result, many pride events are held during this month to recognize the impact LGBT people have had in the world.

census.gov/newsroom/stories/2019/lgbt-pride.html

National Safety Month

Observed annually in June, National Safety Month focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities. We provide downloadable resources highlighting a different safety topic for each week in June.

nsc.org/work-safety/get-involved/national-safety-month

National Cancer Survivors Day June 7

ncsd.org

National Men's Health Week & Month June 7-13

Join your community in raising awareness around preventable health problems for men and encourage checkups to detect diseases early.

cdc.gov/features/healthymen/index.html

HIV Testing Day June 27

HIV Testing Day is an annual occasion to encourage people to get an HIV test. CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care.

hiv.gov/events/awareness-days/hiv-testing-day

	1	2	3	4	5	6
7 NATIONAL CANCER SURVIVORS DAY	8	9	10	11	12	13 NATIONAL MEN'S HEALTH WEEK
14	15	16	17	18	19	20
21	22	23	24	25	26	27 NATIONAL HIV TESTING DAY
28	29	30				



JULY

The Fourth of July

Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals, and not to use any fireworks at home.

nsc.org

The International Day of Friendship July 30

This is a United Nations (UN) day that promotes the role that friendship plays in promoting peace in many cultures.

un.org/en/events/friendshipday

			1	2	3	4 THE FOURTH OF JULY
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 INTERNATIONAL DAY OF FRIENDSHIP	31	

HOLMES MURPHY FRATERNAL PRACTICE

2019-2020 PREVENTION RESOURCE CALENDAR

At Holmes Murphy, we speak your language and also offer the essential insurance products to fit the unique needs of each client and respective organization.

Planning an event? Have questions about contracts or safe event planning? Or perhaps, how to build a guest list or figuring out the role of event monitors? Please visit our website for free and valuable resources.

HOLMESMURPHYFRATERNAL.COM

**DOWNLOAD THE FREE “HM EVENT PLANNER” APP
BY VISITING THE APP STORE.**

Other Useful Resources:

American Counseling Association counseling.org

Center for Disease Control cdc.gov

Gallup gallup.com/home.aspx

Higher Education Center hecaod.osu.edu

Higher Education Research Institute heri.ucla.edu

JED Foundation jedfoundation.org

Monitoring the Future monitoringthefuture.org

Multi-Cultural Mental Health Resource Center multiculturalmentalhealth.ca/en

NASPA naspa.org

National Alliance on Mental Illness nami.org

National Council for Behavioral Health thenationalcouncil.org

National Institute on Drug Abuse drugabuse.gov

National Institute of Health nih.gov

National Sexual Violence Resource Center nsvrc.org

NIAAA niaaa.nih.gov

Pew Research Center pewresearch.org

RAINN rainn.org

Questions: Dr. Lori Hart | LHART@HOLMESMURPHY.COM





HOLMES
MURPHY®

