



Why should you Be Bothered?

Underage drinking is a big problem in Sacramento County, with 24% of 9th graders and 41% of 11th graders reporting having had one or more drinks.

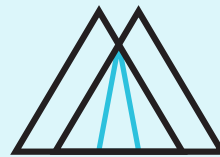
Even though marijuana is NOT legal for youth below age 21, use by youth in the county has escalated dramatically.

Alcohol and marijuana use on a regular basis can cause permanent brain damage because the brain is not fully developed until age 25.

Youth who start drinking before they are 15 years old are 5x more likely to become addicted as adults.

Alcohol and marijuana use can lead to other drug use.

Youth who drink are more likely to engage in risky behavior, like unprotected sex or drunk driving.



BE BOTHERED

Contact Info

bebotheredmovement.com
1540 River Park Drive, Suite 209,
Sacramento, CA 95815
Phone Number: (916) 498-6960
California Relay Service: 711
Email: office@connectccp.org

@_bebothered | Be Bothered Movement

This program is funded by Sacramento County Department of Alcohol and Drug Services.



BE BOTHERED

Be Bothered Movement

Preventing underage drug and alcohol use in Sacramento County.





Who We Are

The Be Bothered Movement was created by youth and caring adults to reshape how our community views underage alcohol and marijuana use in Sacramento County. Be Bothered is a program of the Center for Collaborative Planning with funding from Sacramento County Alcohol and Drug Services. We are part of a growing network of concerned and caring youth, parents, residents, and community organizations seeking to support young people's health and well-being.



What We Do

Be Bothered is committed to offering free programming that uses current research, youth development, and community engagement practices to prevent youth substance use and abuse. Services can be delivered in a variety of community settings including community centers, churches, schools, and community-based organizations. Our services include:

- Free community workshops
- Prevention outreach and education
- Free trainings with community agencies and organizations
- Leadership development and advocacy training
- Links to mental health, substance use treatment, and other prevention services

Community Workshops

We can come to your community or organization to offer free workshops for youth or caregivers about the impact of alcohol and marijuana on youth and ways to prevent underage drinking and drug use.



Organizational Trainings

We offer free training for staff at local agencies and community-based organizations who work with youth and/or parents and families using train-the-trainer methods.



bebotheredmovement.com



Leadership Development and Advocacy

Become a prevention advocate by joining a strong network of youth and caring adults who are working together to inform, educate, and take action to create healthy futures for our youth. Be Bothered Prevention Advocates meet regularly to:



- Learn about ways to prevent youth alcohol and marijuana use
- Lead community prevention campaigns throughout Sacramento County
- Gain leadership and advocacy skills such as conducting community research and presentations
- Promote youth development and safety
- Have fun working with other young people and parents

Youth ages 12-20 and adults of all ages are welcome to join the movement! Please check our website: bebotheredmovement.com for upcoming dates and events.



Linkages to Community Resources

We can connect you to resources for mental health, substance abuse treatment, and other prevention services as needed.