



Happy Liberation Day!

Thank you for pledging to be ALCOHOL-FREE

Q: What does an alcohol-free pledge mean?

A: By pledging to be alcohol-free, your family commits:

- to not to drink alcohol or get in a car with someone who has been drinking alcohol,
- to make healthy choices that are alcohol-free so that you can live your lives to the fullest,
- to display your Personalize One Nation/Foremost Foods Family banner at the parade route,
- to wear and use all of the One Nation items contained in the family pack, and
- to have an alcohol-free tent at the parade grounds. Alcohol beverages (such as beer, wine coolers, etc.) will not be allowed within your family tents.

Q: How do I get my One Nation Liberation Day Family Pack?

A: It's simple! Follow these steps:

STEP 1 Residents must obtain a permit from DPR for a secured spot at the liberation parade grounds and complete a family pledge promising to be healthy and alcohol-free during the event.

STEP 2 Use the coupon below to redeem your One Nation Liberation Family pack at the PEACE office on July 19th from 2pm – 5pm only.

The PEACE office is located at the J&G Commercial Center, Bldg. F (2nd floor, above the Mayor's Council of Guam) in Hagatna.

STEP 3 On July 21, 2012, One Nation team members will be scouting the parade grounds to check if families are fulfilling their pledges, wearing and displaying the One Nation items, and if family tents are "alcohol-free" zones. Families that are total in compliance with their pledges will be eligible to receive additional prizes.

Q: What One Nation prizes do I receive as part of the Family Pack?

A: Listed below are the items included in the One Nation Liberation Day Family Pack:

- 1 Personalized Family Banner
- 1 Large One Nation Expandable Cooler
- 10 One Nation T-shirts
- 10 One Nation Fans
- 10 One Nation Water Bottle
- 5 One Nation Recyclable Bags

Q: Can I get more than one Family Pack?

A: There is a limit of one (1) One Nation Liberation Day Family Pack per liberation day permit is-
sued by Dept. of Parks and Recreation.



Redeem and enjoy your
**One Nation Liberation Day
Family Pack**

on July 19th, 2pm–5pm at the PEACE office

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WHAT IS THE ONE NATION CAMPAIGN?

Controlling alcohol abuse and its consequences on our island is both a public health issue and a cultural challenge. One Nation, Alcohol-Free is a social marketing campaign that proposes to reduce the social acceptability and norm that alcohol is part of the Pacific island culture. Along with its partners, One Nation works to reclaim and preserve our true cultures of respect and strong family values.

WHAT ARE SOME TIPS TO PREVENT ALCOHOL ABUSE?

- Make rules about alcohol use – no one under the legal age is allowed to drink alcoholic beverages (wine cooler, beer, wine, etc.) with NO exceptions! Establish rules and consequences that you and your child(ren) agree on.
- Keep any alcohol you have at home out of reach or locked up and away from children
- Talk with your children about alcohol and LISTEN to them about what they know and understand about alcohol use.
- **Make the choice to not drink!** You are not alone. Find support from others who have also made the same choice.
- Know that you **CAN** have a good time with your friends without drinking. Offer to help make the right choice by doing things together that don't involve alcohol.
- Be involved and proactive. Meet with your senators and/or mayor to talk about your concerns. They need to know where minors are able to get alcohol in the community.

WHERE CAN WE GET HELP?

Department of Mental Health and Substance Abuse

24hr Crisis Hotline: (671) 647-8833

Drug & Alcohol Treatment Branch:
(671) 475-5438 / 39

www.dmhsa.guam.gov

Sanctuary, Inc.

24hr Crisis Hotline: (671) 475-7100

HOW DO WE LEARN MORE ABOUT ONE NATION?

For other questions, you may contact:

Department of Mental Health & Substance Abuse, Prevention & Training Branch (PEACE office)

J&G Commerical & Professional Center
Chalan Santo Papa St., Suite 203F, Hagatna

(671) 477-9079 ~ 83

www.peaceguam.org

www.facebook.com/OneNationGuam



Danghoko Na Si Yu 'os Ma 'ise' to our partners at:

