



2026 CALENDAR

Dry January

Dry January began in the United Kingdom in 2013 as a public health campaign launched by the charity Alcohol Change UK. The campaign was launched to encourage people to abstain from alcohol for the month of January. Although the movement took a few years to gain traction in the United States, participation began to grow significantly around 2017. This growth stemmed from a rising focus on wellness and sobriety culture, increased media coverage, endorsements from celebrities and influencers, and the expanding non-alcoholic beverage market. In 2019 and 2020, major U.S. media outlets such as The New York Times, CNN, and Time provided widespread coverage, marking a key milestone in public awareness. Starting in 2021, participation surged as many Americans re-evaluated their drinking habits during and after the COVID-19 pandemic. By 2023, surveys showed that about 1 in 5 U.S. adults had participated in Dry January.



HOW MANY DAYS CAN YOU GO
WITHOUT ALCOHOL THIS
JANUARY?

*30 DAYS:
YOU DID IT!*

*25 DAYS:
ALMOST
THERE!*

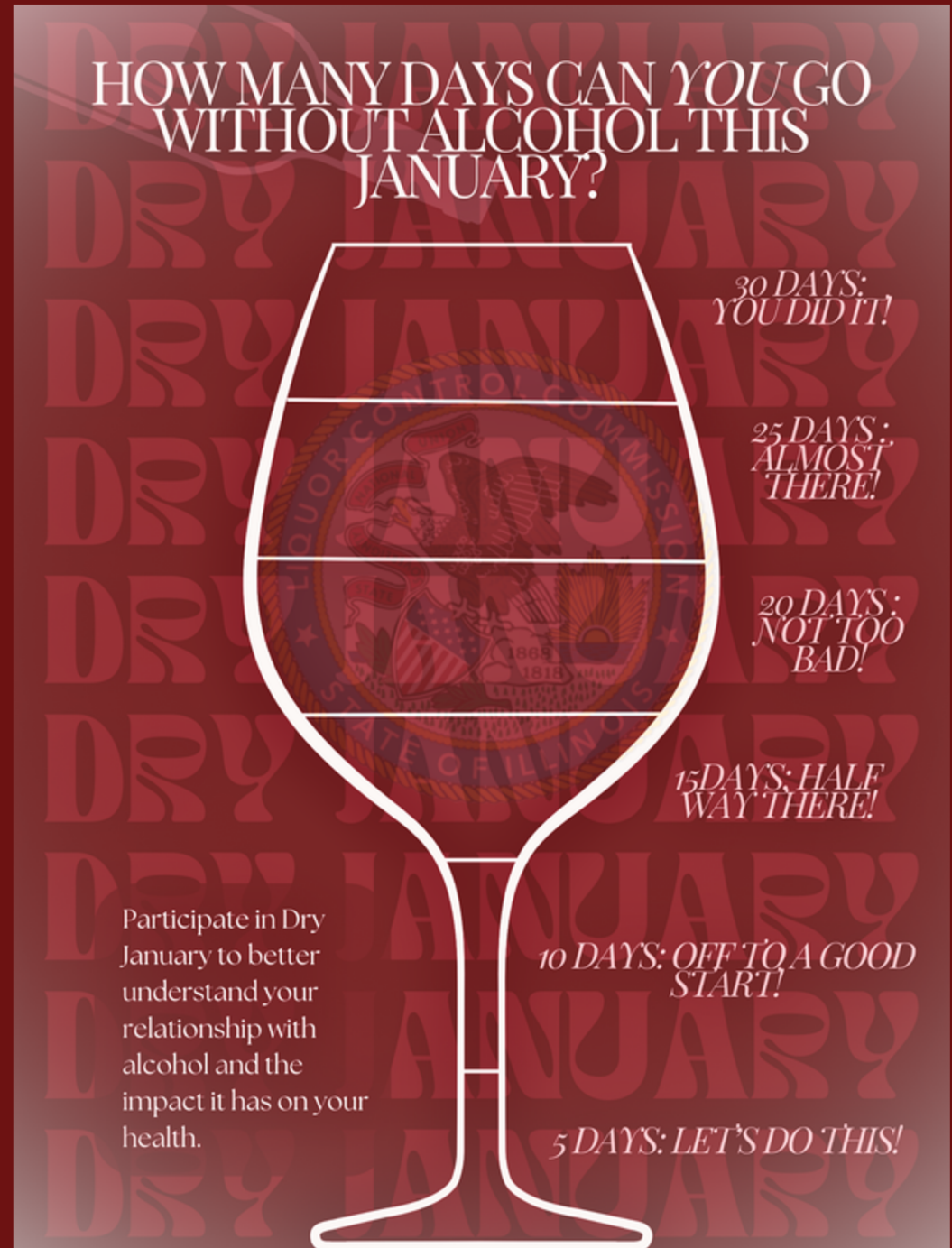
*20 DAYS:
NOT TOO
BAD!*

*15 DAYS: HALF
WAY THERE!*

*10 DAYS: OFF TO A GOOD
START!*

5 DAYS: LET'S DO THIS!

Participate in Dry January to better understand your relationship with alcohol and the impact it has on your health.



January

SUN	MON	TUE	WED	THU	FRI	SAT
				New Year's Day 1	2	3
4	5	6	7	8	9	10
National Human Trafficking Awareness Day 11	12	13	14	15	16	Prohibition Began On This Day In 1920 17
18	Martin Luther King Jr.'s Birthday 19	20	21	22	23	24
25	26	27	28	29	30	31

Happy New Year!

Alcohol & Heart Safety

Alcohol has many effects on the heart. Certain alcoholic beverages, such as red wine, can be helpful in fighting bad cholesterol and may help with preventing blood clots. However, there are negative side effects as well. Alcohol, especially consumed in excess, can weaken heart muscles and increase the risk of heart attacks.



BLACK
HISTORY
MONTH

February

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8 Super Bowl LX	9	10	11	12 Lincoln's Birthday	13	14 Valentine's Day
15	16 President's Day	17 Ramadan Begins Mardi Gras Begins	18 Ash Wednesday Begins	19	20	21
22	23	24	25	26	27	28

Black History Month





A GUIDE ENCOURAGING PARENTS TO START THE CONVERSATION ABOUT ALCOHOL.

HAVE A CONVERSATION

Demonstrate that you care about their well-being, without judgment, and that you are a good source of information and can help them make informed decisions.

TALK CONSEQUENCES

Provide long-term and short-term consequences. For example: health risks, financial burdens, growth and development, and safety risks.

SPEAK TRUEFULLY ABOUT YOUR EXPERIENCES

Share stories, both good and bad, about your introduction to alcohol and peer pressure. Tell a relatable personal story to demonstrate a safe space to talk. Use peer spokespeople. Include the problem, underlying issues or contributing factors, and offer solutions. Point to stories on social media or in the news to help illustrate why substance misuse leads to bad outcomes.

ACKNOWLEDGE THAT YOUR AUDIENCE IS TRANSITIONING INTO A TEENAGER.

Empower them to speak to you without fear of judgment

- Listen to understand and not just to respond
- Provide a safe space
- Create a plan for if and/or when alcohol is involved and he/she/they need help.

CHILDREN ARE ALWAYS WATCHING

Modeling is an important psychological tool that instills habits within children about safe alcohol consumption. Be aware that children see everything and when alcohol is part of every function it can give off the impression that it's the only way to have a good time.





March



SUN	MON	TUE	WED	THU	FRI	SAT
1	Casmir Pulaski Day 2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	St. Patrick's Day 18	19	20	21
22	23	24	25	26	27	28
Palm Sunday 29	30	31				



Women's History Month



APRIL IS

ALCOHOL AWARENESS MONTH



Ways You Can Participate:

- Practice alcohol safety.
- Educate yourself on alcohol misuse.
- Share and repost alcohol-use disorder resources.
on social media to help educate others.

April

SUN	MON	TUE	WED	THU	FRI	SAT
			Passover Begins April Fool's Day 1	Autism Awareness Day 2	Good Friday 3	4
Easter 5	Distracted Driving Week Begins 6	7	8	9	10	11
12	13	14	National Beer Day 15	16	17	18
19	20	21	Earth Day 22	23	24	25
26	27	28	29	30		

April is Alcohol Awareness month. Established in 1987, Alcohol Awareness Month has become a way for the community to support those effected by or dealing with Alcoholism.

Underage Drinking Statistics

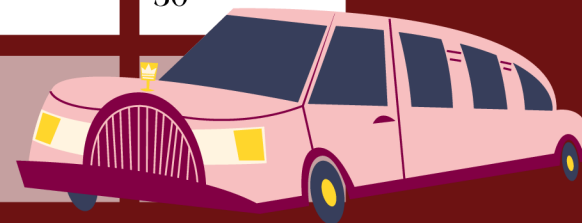
- 54% of students report drinking 4 drinks or more during or after Prom.
- More than 60% of kids feel peer pressured to drink during prom or an after party.
- 33% of accidents by teens under influence happen between April and June when prom occurs.
- Half of all teen drinkers report getting alcohol from a friend or family member.





May

SUN	MON	TUE	WED	THU	FRI	SAT
					National Heatstroke Prevention Day 1	2
3	Star Wars Day 4	Cinco De Mayo 5	6	7	8	9
Mother's Day 10	11	12	13	14	15	National Whiskey Day 16
17	18	19	20	21	22	23
24	Memorial Day 25	26	27	28	29	30
31						



Mental Health Awareness Month

RISKS OF DRINKING GAMES

Drinking quickly can lead to alcohol poisoning.



Binge drinking can lead to black outs that may put you in danger.



Peer pressure can lead to over consumption.





June

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	Juneteenth	20
Father's Day	22	23	24	25	26	27
28	29	30				

Pride Month

Firework & Boat Safety

NEVER COMBINE DRINKING ALCOHOL WITH FIREWORK USE. BE MINDFUL OF YOUR ACTIONS THIS HOLIDAY AND ENJOY YOUR BEVERAGES AWAY FROM EXPLOSIVES.



ACCORDING TO THE UNITED STATES COAST GUARD, ALCOHOL REMAINS THE NUMBER 1 CONTRIBUTION TO BOAT DEATHS. IT IS IMPORTANT TO NEVER OPERATE A BOAT UNDER THE INFLUENCE AND TO MAINTAIN ALCOHOL LIMITS AS A PASSENGER.

July

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	Independence Day 3	4
5	6	7	8	9	National Pina Colada Day 10	11
12	13	14	15	16	17	18
National Daiquiri Day 19	20	21	22	23	National Tequila Day 24	25
26	27	28	29	30	31	

Minority Mental Health Awareness Month

Did You Know?

- In 2020, 29% of drivers who were killed in motor accidents were underage.
- 17% of underage drivers killed had a blood alcohol content above the legal limit for those over 21 (0.08).
- Almost a quarter of teen car crashes are due to driving under the influence.
- The legal Blood Alcohol limit for anyone under 21 is 0.00.

**ILLINOIS LIQUOR CONTROL
COMMISSION**

WE ARE RECRUITING

**Underage
Compliance
Assistants**



**Do you have an interest
in law enforcement?**

**We're seeking 18 & 19 year olds
to work with Agents.**

**SEND INQUIRIES TO
ILCC.ENFORCEMENT@ILLINOIS.GOV**



August



SUN

MON

TUE

WED

THU

FRI

SAT

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
National Rum Day 16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Back to School Safety Month



NATIONAL SOBER DAY

2014

National Sober Day was established by Real Aligned Women in 2019 to recognize those in recovery and on a sober lifestyle as well as raising awareness about addiction.



September

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	Labor Day	8	9	10	11	12
13	National Sober Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



Fetal Alcohol Syndrome Disorder (FASD) Awareness Month



Happy Halloween!

The ILCC wants to share alcohol safety tips for this Halloween. Below are 5 tips to keep in mind to practice alcohol safety.

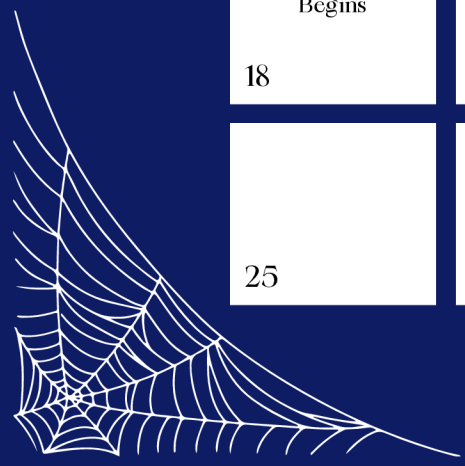
- Have a designated driver if drinking or planning to drink.
- Avoid any unknown substances or drinks.
- Avoid drinking games.
- Keep your drink with you.
- Stay hydrated with water.





October

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	Columbus Day	13	14	15	16	17
Teen Driving Safety Week Begins	19	20	21	22	23	24
25	26	National American Beer Day	28	29	30	Halloween
		27				31



Liver Disease Month



Black Out Wednesday

Remember

- Blackout Wednesday is the Wednesday before Thanksgiving where binge drinking is encouraged by those that participate in the yearly event.

Plan Your Ride

- Never drink and drive. Use a rideshare or designate a sober driver.

Stick With Friends

- Go out together, stay together, get home together.

Pace Yourself

- Know your limits, drink water, and don't overdo it.



November

SUN

MON

TUE

WED

THU

FRI

SAT

1	2	General Election Day	4	5	6	7
8	9	10	Veterans' Day 11	12	13	14
15	16	17	18	19	20	21
22	23	24	Black Out Wednesday 25	Thanksgiving 26	Black Friday 27	28
29	30					

Native American Heritage Month



Designated Driver Month

The earliest record of designated drivers comes from Scandinavia during the 1920's. The concept would come to the United States in the mid 1980's thanks to groups such as M.A.D.D. and the Harvard Alcohol Project who organized campaigns to get the word out. President Ronald Reagan proclaimed it National Impaired Driving Prevention month.

- 34 people die every day on average from drunk driving; that's one every 42 minutes.



December

SUN

MON

TUE

WED

THU

FRI

SAT

					Hanukkah Begins	
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	Christmas Eve	Christmas	Kwanzaa Begins
27	28	29	30	New Year's Eve		



Designated Driver Awareness Month



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“The Illinois Liquor Control Commission aims to be a resource to the public and our licensees. It is my goal to ensure that the level of service and the information provided by the ILCC is always exceptional, relevant and timely.”

*Executive Director
Lisa Gardner*

