

RED RIBBON WEEK



MONDAY
OCTOBER 27TH

SPORTS/JERSEY DAY

Healthy Choices = Strong Bodies
Athletes train, fuel, and stay focused - just like we do when we choose healthy habits and avoid drugs.



TUESDAY
OCTOBER 28TH

CAMOFLAUCE DAY

Be Brave, Say No
Blend in with the crowd if you want, but stand out when it matters - say no with confidence.



WEDNESDAY
OCTOBER 29TH

PAJAMA DAY

Safe & Cozy w/Trusted Adults
Just like pajamas keep you relaxed, trusted adults (parents, coaches, teachers) help keep you safe.



THURSDAY
OCTOBER 30TH

HAT DAY

Hats Off to Friends Who Care
Hats off to friends who encourage you, respect your choices, and help you stay drug-free.



FRIDAY
OCTOBER 31ST

COSTUME DAY

Drug-Free = More Fun
Life is way more fun & safe without drugs - you don't need tricks when you've got goals, friends, and a bright future.

TALKING POINTS AT HOME

Talk about the importance of healthy habits for life success.

Discuss how to stand up for yourself when offered drugs or alcohol.

Identify the trusted adults in your life and when you'd reach out.

Talk about how friends can shape your decisions.

Discuss the freedom that comes with being drug-free.

LUNCH TIME ACTIVITIES

Pledge to be Drug Free!

Decode hidden messages around lunchroom.

NO LUNCH ACTIVITY
Attend Fundraiser
5:00-8:00PM

Come play games.
9-Square
Lightning, and more!

