# 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 durgs.

Talk about the importance of healthy habits for life success.

Decode hidden messages around lunchroom.

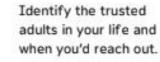


## TUESDAY OCTOBER 28TH

### CAMOFLAUGE DAY

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

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



TALKING POINTS AT HOME

#### **LUNCH TIME ACTIVITIES**

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



### WEDNESDAY OCTORER 29TH

#### PAJAMA DAY

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



### THURSDAY OCTORER 30<sup>TH</sup>

### 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.

Discuss the freedom that comes with being drug-free.

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

Talk about how friends

can shape your

decisions.



Pledge to be Drug Free!