



# Red Ribbon Week

## Beryl Activity Schedule

Monday, October 22<sup>nd</sup>

"Sock it to Drugs" Day

Wear your most outrageous or colorful socks!

Tuesday, October 23<sup>rd</sup>

"Peace Out to Drugs" Day

Wear peace signs and/or tie dye.

Wednesday, October 24<sup>th</sup>

"Wear Red" Day

Wear your red shirts to celebrate Red Ribbon Week!

Thursday, October 25<sup>th</sup>

"The Future is Bright", Drug Free

Wear your brightest neon attire!

Friday, October 26<sup>th</sup>

"Team Up Against Drugs" Day

Wear your favorite team jersey or Beryl shirt!



# What is Red Ribbon Week?

In 1985 a community in Mexico tied red ribbons all over town to pay tribute to a man named Enrique “Kiki” Camarena who was a Drug Enforcement Agent at that time. In memory of his hard work fighting against drugs, the community started this tradition of pledging to be drug-free and living healthy lifestyles. The Red Ribbon has now become a symbol for the drug free movement. Over 100,000 schools and organizations nationwide celebrate Red Ribbon Week, making it the most successful drug prevention event ever held. It is our hope that together, we can make all of our students aware that a healthy lifestyle and drug free future is available to each and every one of them.

## **Drug Prevention Begins with Building Character - Making Healthy Choices Every Day!**

- Self-Esteem - it's important to your child no matter what age!  
Be sure to tell them when they do a great job and when you're proud of them.  
This promotes having the confidence to make good decisions.
- Build strong decision-making skills - this will allow your child to think for themselves.  
Start by letting them pick their own clothes, shoes, and school supplies. Let them express themselves freely.
- Positive role modeling - children's attitudes about drugs are learned from parents.  
Don't be afraid to talk to your child about the dangers of drugs.
- Setting rules - be warm but firm. Let your children know exactly what you expect from them while reminding them that they can make good decisions about drugs.



**Resources** - having healthy conversations about drugs.

- <http://parent.drugfree.org/>
  - <http://www.dare.com/>
- <http://backtoschool.drugabuse.gov/>
- <http://www.abovetheinfluence.com/>
- <http://www.nida.nih.gov/parent-teacher.html>
  - <http://www.imdrugfree.com/>