



# Red Ribbon Week



## Family & School Activities

### **Monday- Talk the Talk-**

#### **Wear RED to school, to kick off Red Ribbon Week**

Have a conversation with your child about the effects of drugs and the importance of saying no to drugs and other things that could have a negative impact on their life.

### **Tuesday- Walk the Walk-**

#### **Wear SPORTS ATTIRE to school.**

Take a walk with your child and talk about a time you had to walk away from a bad situation and how you handled it.

### **Wednesday- Drugs Can Mess Up Your Life-**

#### **Wear your hair messy/wacky**

Clean up an area at the beach, park or neighborhood. Discuss with your child the importance of keeping drugs out of your life. Drugs are like trash and can make a person's life messy and wacky.

### **Thursday- Grade Level Friends Day-**

#### **Wear your grade level color:**

#### **3rd Grade-Blue, 4th Grade-White, 5th Grade-Yellow**

Talk with your child about how they can help their friend(s) stand up to peer pressure. Difficult things are easier when you are not alone.

### **Friday- Band Together Against Drugs**

#### **Students will receive a Red Ribbon wrist band to wear**

Discuss with your child how it takes courage to say no and walk away from bad situations. Role play what to say and how to walk away.