

Red Ribbon Week Plan for Clinton County Schools **(Grade and High School Plan):**



Red Ribbon Week Recorded Message to send to Families via your school automatic outreach calling system the Wednesday before Red Ribbon Week starts, **on October 19th:**

“Good afternoon/evening parents. This is (Principal or Superintendent _____) calling from (Your school name _____). Students are getting ready for Red Ribbon Week 2022 beginning this Friday. This year’s theme is: Celebrate Life, Live Drug Free. At school, students will engage in activities that promote a drug free and healthy lifestyle. Please partner with us and discuss this message at home, at the dinner table, at family outings, and with friends and extended family. Ask your student to show you the flyer he/she received from school about Red Ribbon Week in partnership with the Take Action Coalition of Clinton County. Please take time each evening, maybe during your supper time, to talk about the tip of the day with your student.”

Send flyer home with students on Wednesday, Oct. 19th. Also put flyer on your school social media pages. (You can open the .pdf flyer, use the Snipping Tool to cut the flyer’s first page, then paste it onto your school Facebook page.)

Get your Student Council to sponsor writing positive drug-free messages on your sidewalks around your school at the beginning of this week. Use colorful chalk. See last page of this document for sidewalk ideas. Note: Sidewalk chalk images last longer if you gently rub over the lines with an old rag to blend the dust onto the surface.

On Friday, hand out the Red Ribbon Week bracelets to your students. We have included some smaller bands for littler students in PreK-K-1st. You may want to ask the students to leave the bands in their locker or on their desk at the end of each school day so they have it the next day.

Each day there is a morning announcement and “Tip of the Day” to say over your public address system. You could also send this message out to your parents each day via your school message delivery system, too! After announcements, the classroom teacher can practice the “Tip of The Day” for a few minutes with their students.

Thursday, October 20th: “Just a reminder, Red Ribbon Week starts for us tomorrow. Check your schedule each day for the theme. Tomorrow is the day to wear red!”

Friday, October 21st:

Hello students! Welcome to Red Ribbon Week! The theme for this year is “Celebrate Life—Live Drug Free”. For the next 5 school days we will touch on drug and alcohol prevention messages. Today is “We are “Red-Y” to say NO to drugs and alcohol“. Besides participating in activities at school, we are asking all students to take the Red Ribbon message home and share it with your families and friends. You and your family can take the online pledge at the link that is in your Red Ribbon Week schedule that went home with you Wednesday. Did you and your family do this yet? There may come a time when your friends or classmates pressure you to try something that you don’t want to. Each day we will share a tip and you can practice saying the reason out loud.

Tip of the day: **If offered drugs or alcohol, change the subject.** Offer an alternative that you could do instead. If you’re with your friends, suggest doing an activity or grabbing a bite to eat. It might just be the push they need to put down the drugs or alcohol and do something a little safer. For example, say: "I’m good. Wanna go play basketball?" or "No thanks. Let’s go grab a snack."

Monday is the day to wear a crazy, mismatched outfit!

Monday, October 24th:

Today is “Crazy Day”. Don’t get mixed up with drugs or alcohol. We love seeing all the mismatched clothes you are wearing today!

Tip of the Day: **Make an excuse.** You can make something up or use a real excuse as to why you can’t. This could be as simple as needing to get home, or you could blame it on your strict parents or school coach. Keep the excuse short and simple for the best results. For example:

"No thanks, my parents or coach will know if I’m high."

"I can’t stay long, I have to go help my dad with something."

"I’m supposed to meet my friend in a few minutes, so I can’t."

Tomorrow is Pajamas Day, but no falling asleep in class!

Tuesday, October 25th:

Pajamas Day! Our choices are key to our dreams!

Tip of the day: **Keep saying NO.** If you turn them down firmly and repeatedly, they’ll eventually give up. You might sound like a broken record, but eventually the person pressuring you will get the message. "No" is a complete sentence, so you don’t have to add anything else or make any other excuses if you don’t want to. If a simple "no" really isn’t working, you can move onto a different method, like

using humor or making an excuse. If you really need to be forceful about it, say something like, "I said no and I'm not going to change my mind. Please stop asking."

Tomorrow is the day to wear your favorite team jersey or t-shirt!

Wednesday, October 26th:

Love seeing all the spirit wear today! Team up Against Drugs! Hang out with friends that don't do drugs. Keep each other on track.

Tip of the Day: Leave the situation. Some situations are too risky to stay in. If you feel pressured or someone keeps offering you drugs or alcohol, feel free to walk away and go somewhere else. If you're at a party, you may need to leave the gathering entirely.

- You can make an excuse like, "I've got practice in 20 minutes," or "I've really got to study for this test."
- If you ever feel uncomfortable where you are at, call a trusted adult to pick you up.

Tomorrow is the last day of Red Ribbon Week. Come dressed as your favorite superhero!

Thursday, October 27th :

We love seeing all the superhero ideas today! Use your super power to say NO to drugs and alcohol.

Tip of the day: Talk to a trusted adult. If someone is constantly pressuring you to do drugs or drink alcohol, talk to a trusted adult, like a parent, grandparent, or teacher. Make friends who respect your decision to stay away from drugs and alcohol. People are more likely to respect your decision if you have a solid reason. You could say:

- "No thanks. I just really don't like the taste or smell."
- "My parents would kill me if they found out."
- "I could get kicked off the team for doing that."
- "Nope. My friend (or relative, someone I knew, etc.) overdosed and died."

Thursday afternoon: **Send a message home to parents reminding them to have a plan with their child. If your child wants to escape from a party or situation, they could text you the letter "X". Then, you know to immediately call them.

Child says: "Hello?"

Parent says: "Something has come up and I have to come get you right now."

Child says: "What happened?"

Parent says: "I'll tell you when I get there. Be ready to leave in five minutes. I'm on my way."

At that point, your child tells his friends that something's happened at home, someone is coming to get him, and he has to leave. In short, they know they have a way out; at the same time, there's no pressure on them to open themselves to any social ridicule. They have the freedom to protect themselves while continuing to grow and learn to navigate their world.

The Take Action Coalition of Clinton County is looking to offer each school a Zoom speaker for one of the days that week on the Generation X Presentation on Prescription Medication Safety for Junior High students and up. That is being planned yet.

We encourage you to have your own assembly by reaching out to your local police department or ambulance/EMS/First Responder unit to have someone come to a school assembly and speak.

If interested, we might be able to find a “Person with Lived Experience” (PLE) to come to your school for an assembly speech. Let me know if you would be interested in this.

An idea is to plant red tulip bulbs in the fall near school entrances during this week and when they came up in the Spring it would be a special reminder to the students of their ability to grow and blossom into their full potential and recommit to being drug-free.

We also encourage you to share with your classrooms, in a health class, or during morning announcements, any of these online videos. You can preview them before Red Ribbon Week to see what you think might best fit your student body:

www.naturalhigh.org videos: (encourages people to find something that makes them feel good that does not include using alcohol or drugs) [2021 Red Ribbon Week Videos - NaturalHigh.org](#) (should be coming out with 2022 videos by end of August)

Fentanyl Risk Short Film, ~ 6 minutes (Grade 7-12)

Kai Lenny, Big Wave Surfer, ~ 1 minute (Grade 7-12) Focus: Social Awareness

Danyelle Wolfe, World Champion Boxer, ~ 4 minutes,(Grade 7-12) Focus: Self Management

Tony Hawke, Pro Skateboarder, ~ 3 minutes(Grade 7-12) Focus: Self Awareness

Dartanyon Crockett, Paralympic Judo Athlete, ~6 minutes (Grade 7-12) Focus: Healthy Relationships

Ron Artis II, Singer/Songwriter, ~3 minutes, (Grade 4-6), Focus: Social Awareness

Carissa Moore, Professional Surfer, ~ 3 minutes (Grade 4-6) Focus: Healthy Relationships

Queen Harrison, World Champion Hurdler, ~ 6 minutes (Grade 4-6) Focus: Responsible Decision Making

Tim Howard, U.S. National Soccer Team, ~4.5 minutes (Grade 4-6) Focus: Self Awareness

Danyelle Wolfe, World Champion Boxer, ~ 4 minutes,(Grade 4-6) Focus: Self Management

<https://www.youtube.com/watch?v=Rz-pyTAwYkc&list=PL9nPye7a7WJnroNrzNISDPUnIFPSb6hhuw&index=8> “Frozen” by Outlast VT (30 sec.)

www.youtube.com/watch?v=8sQfPZO3NB0 “Connect the Dots” by Unfaded IL (30 sec.)

<https://www.youtube.com/watch?v=n8HgLIeQW8&list=PL9nPye7a7WJnroNrzNISDPUnIFPSb6hhuw&index=3> “Brain Damage” by Unfaded (30 sec.)

https://www.youtube.com/watch?v=s0bqT_hxMwI “Addiction and the Brain For Kids” by Addiction Policy Forum (4 min.)

https://www.youtube.com/watch?v=HDfSx_Q7_Yk “How Addiction Happens” by Alex’s Family (for parents and teens) 7 min.

<https://www.getsmartaboutdrugs.gov/videos/wyatts-story> “Wyatt’s Story” by Get Smart About Drugs (6 min.)

<https://www.youtube.com/watch?v=nY1dLBVEULM> “Free From Meth” by SAMHSA (1 min.)

<https://www.youtube.com/watch?app=desktop&v=EAYbsuMEOLOQ> “Behind the Haze-The Great Manipulator” (vaping), Rescue Agency (30 sec.)

<https://www.youtube.com/watch?v=IdxfMcpJB3o&t=23s> “Behind the Haze – Off” (vaping) Rescue Agency (30 sec.)