








# Red Ribbon Week 2022



The theme "Celebrate LIFE Live Drug Free" is a reminder that everyday Americans across the country make significant daily contributions to their communities by being the best they can be because they live Drug-Free!

FRIDAY OCTOBER 21	MONDAY OCTOBER 24	TUESDAY OCTOBER 25	WEDNESDAY OCTOBER 26	THURSDAY OCTOBER 27
<p>Daily Announcement: <b>We are "RED-Y to say "NO" to drugs and alcohol!</b></p> <p>Students: Wear as many RED items as you can! (students get bracelet to wear all 5 days of RR Week)</p>  <p><u>Parents:</u> Use the link below for you and your student to take the online pledge to be drug free: <a href="https://www.redribbon.org/pledge">https://www.redribbon.org/pledge</a>. Each day talk about the "tip of the day" on the back of this sheet.</p>	<p>Daily Announcement: <b>Don't get mixed up in drugs!</b></p> <p>Students: Wear crazy mismatched outfit to school!</p>  <p><u>Parents:</u> Visit and like/follow our Facebook page at Take Action Coalition of Clinton County each day for short videos to watch with your student and for ongoing resources.</p>	<p>Daily Announcement: <b>Our choices are key to our dreams!</b></p>  <p>Students: Wear your favorite PJ's to school! <b>Our choices are key to our dreams!</b></p> <p><u>Parents:</u> Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't. Only a quarter of teens report having these conversations. Tell your child how you feel about this topic.</p>	<p>Daily Announcement: <b>Let's TEAM UP against drugs!</b></p>  <p>Students: Wear your favorite team jersey or t-shirt!</p> <p><u>Parents:</u> Visit <a href="http://www.naturalhigh.org">www.naturalhigh.org</a> with your student and watch some of the informative videos there.</p>	<p>Daily Announcement: <b>Use your Super Power to say "NO" to drugs &amp; alcohol!</b></p> <p>Students: Be a Super Hero! Dress like your favorite Super Hero!</p>  <p><u>Parents:</u> Discuss with your children why driving impaired by drugs or alcohol is dangerous.</p>

<https://www.redribbon.org/pledge>

# Have a plan with your student; talk about it now; watch a video daily from [www.NaturalHigh.org](http://www.NaturalHigh.org) with your child.

**Friday: 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: 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 will know if I come home 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."

**Tuesday: 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 on to 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."

**Wednesday: 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.

**Thursday: 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."

**Have a plan with your child:** If your child wants an escape from a party or situation, they could text you the letter 'X'. Then, you know to immediately call them. Child: **"Hello?"**

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

Child: **"What happened?"**

Parent: **"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.