

Red Ribbon Week Activities

Below are this year's daily themes. Most Red Ribbon celebrations will take place Monday through Friday, but we've included weekend activities as well. Remember, these are only suggestions; we encourage you to be creative and use what works best for you and your students.

Kickoff Day!

- Decorate your school for Red Ribbon Week.
- Have a door decoration contest (select winners by grade and/or class).
- School PTA's can determine and solicit prizes (movie passes, etc.).

Talk the Talk Day!

- Make this the education day. Talk to your students about the effects of drug use.
- Have students bring in tobacco/alcohol magazine ads and discuss media literacy.
- Focus on the financial aspect of drug use (how buying 1 pack of cigarettes every day adds up very fast over a month, year, etc.).

Walk the Walk Day!

- Have a "Walk all over Drugs" contest; students can perform as step teams or in a talent show.
- Walk laps around your school's playground or track to celebrate the number of years students remain healthy and drug free.

Trash Drugs Day!

- Have students clean up cigarettes, bottles and cans in their local area.
- Discuss the importance of keeping a clean, litter-free environment.

Drug-Free Pledge Day!

- To end the week, have students sign pledge cards to remain safe and drug free.
- Talk to students about commitment and Kiki Camarena's commitment that ultimately cost him his life.

Faith and Reflections Day!

- Give a Red Ribbon to each member of your congregation. Discuss the role of church leadership in addressing community drug prevention.
- Have church (or Sunday school classes, etc.) sign a red banner as a pledge of their commitment to drug-free lives. Display it in the fellowship hall.

Pull Together Day (elementary, middle schools)

- Hold a field day centering on team games that emphasize teamwork (relay races, tug-of-war, etc.). Or...
- Classrooms can hold a Red Ribbon rally and include drug-free cheer contests.
- Communities can also hold drug-free tournaments (hoop shoots, putt-putt, go-carts, walk-a-thons).

Better Things to Do Day (elementary, middle, high schools)

Celebrate the many wonderful things that are better to do than drugs.

- Youth can perform skills related to a hobby (music, karate, etc.) to show the ‘better things’ they can do.
- Invite local artists, TV personalities, and others to demonstrate their own hobbies and talents.

Friendship Day (elementary schools)

- Read Stinky the Skunk (see Red Ribbon product catalog) and discuss what made the characters friends.
- Talk about how students can help other students stay away from drugs.
- Have the students sign a drug-free poster to remind them of their pledge to help others and remain drug-free.

“Heroes are Drug Free” Day (middle, high schools)

- Lead discussions about Kiki Camarena; have students write essays about a hero in their lives.
- Invite businesses to either sponsor local heroes (athletes, firemen, nurses, etc.) to speak about and demonstrate their skills, or donate red ribbon supplies.
- Students can create a time capsule in which they write down what their future holds (profession they’ll choose, being drug-free in the future).

“Say Boo to Drugs” Day (elementary schools)

- Hold a Halloween Festival with themed activities (scariest face, etc.).
- Use the array of “Say Boo to Drugs” products (see Red Ribbon product catalog) to award prizes for activities.

Other Activities

You might find these ideas more appropriate for your classes and or schools.

- Encourage juniors and seniors to plan prevention activities for elementary and middle school students.
- Display a Red Ribbon Banner at the front of your facility, or in the cafeteria or gym.
- Decorate your school, inside and outside. Decorate bulletin boards, windows and hallways with Red Ribbon Posters.
- Schedule assemblies or lunchtime activities with local speakers, radio station remotes, along with social services and other prevention groups to allow your students to hear information regarding the dangers of tobacco, alcohol and other illicit drug abuse.
- Sponsor a clothing theme:
 - “Sock it to Drugs” – everyone wears the craziest socks they can find.
 - “Boot out Drugs” – everyone wears boots that day.
 - “Red Head Day” – everyone wears something red on their heads.
 - “Living Free is No Sweat” – everyone wears sweatpants or something similar.
- Plan activities using the *Red Ribbon Story*, *Robbie Rabbit*, *Stinky the Skunk* or *Doodle Bug* books.
- Invite parents to a special drug education for adults health fair.
- Encourage students to sign drug-free pledges and “wallpaper” the school with pledges.
- Sponsor a “Say Boo To Drugs” Halloween Festival for students and their families.
- Participate in the State-wide Red Ribbon Poster Contest.
- Spell “Drug Free” on the school football field, using students to form the words.
- Set up mock cemetery headstones with the names of celebrities and community members who have died as a result of others’ personal substance abuse.
- Write your own Red Ribbon Week Proclamation. If you need help getting started, call Greenville Family Partnership at 467-4099 for some ideas and sample proclamations.
- Alert the media about your school’s plans to celebrate Red Ribbon Week! Show the community how your school keeps kids and communities safe, healthy & drug-free!
- Use the National Health Calendar at <http://www.healthfinder.gov/nho/nho.asp> to participate in year-round prevention activities.