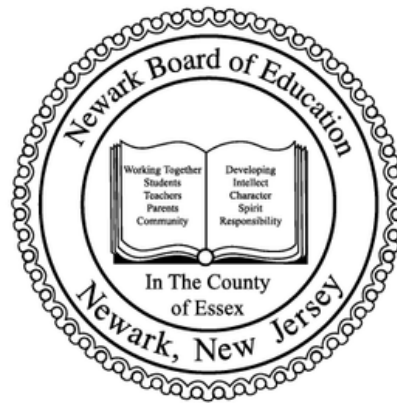
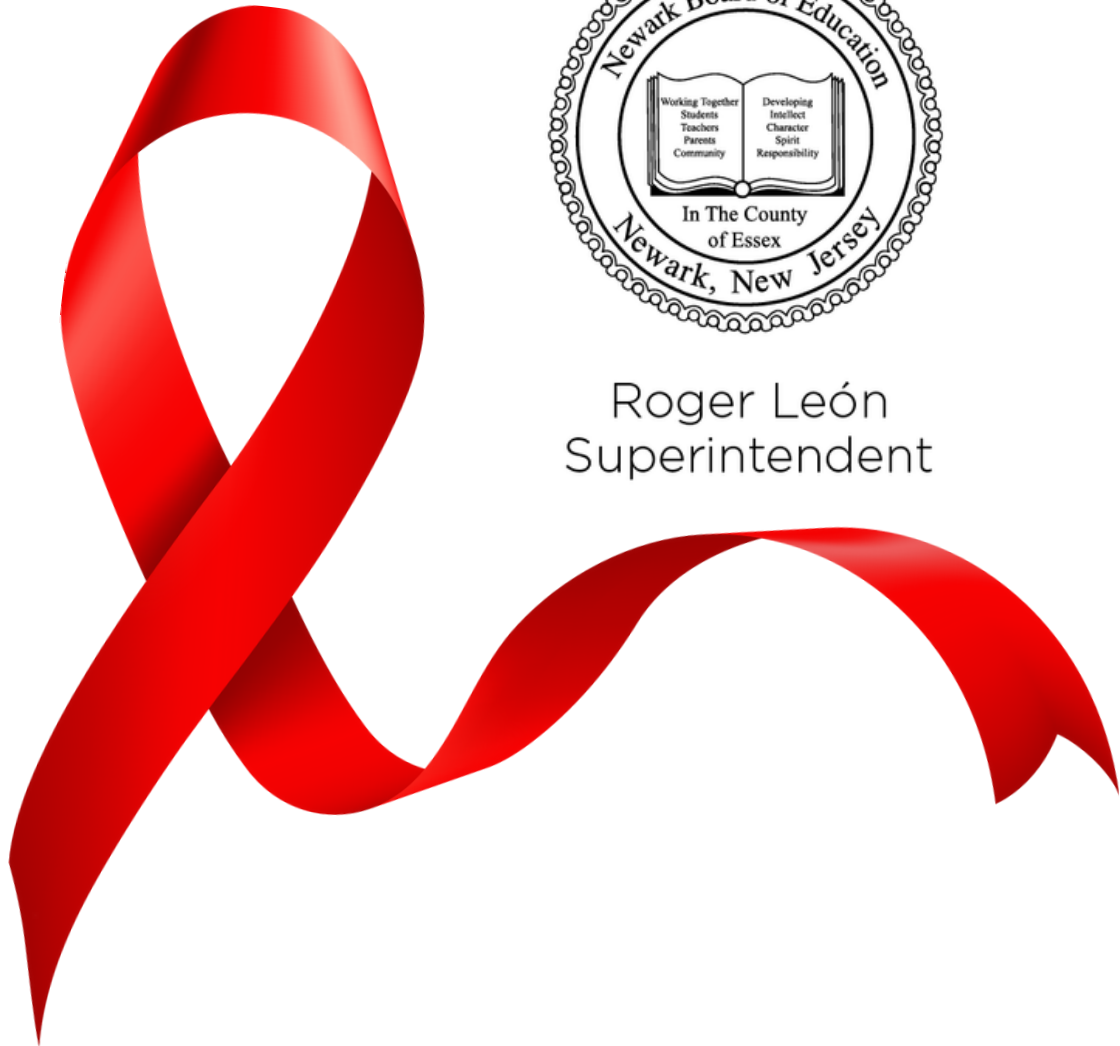


# RED RIBBON WEEK

*Be Kind To Your Mind. Live Drug Free.*

***October 23<sup>rd</sup> - 31<sup>st</sup>, 2023***



Roger León  
Superintendent

**Student Support Services-Office of Student Life  
Student Assistance Coordinators  
Jory Artis, Diane Johnson, Rania Sawaged,  
and Colleen Troiano**

**Red Ribbon Week**  
**Morning Announcements**  
**October 23<sup>rd</sup>-31<sup>st</sup>, 2023**  
**Be Kind To Your Mind. Live Drug-Free.**



**Monday (10/23)**

Welcome to Red Ribbon Week! This year's Red Ribbon Week theme is "**Be Kind to Your Mind. Live Drug-Free.**" This theme is a reminder that by staying away from drugs, you are reminding yourself and others that you value yourself, your friends, your family, your community, and your future. Drugs alter our current brain development and hinders further growth. Drugs decrease levels of "happy neurotransmitters," which can block our brain from naturally experiencing happiness. By making healthy choices, like staying drug-free, you are more likely to achieve your goals.

**Tuesday (10/24)**

It's Red Ribbon Week! Did you know that illegal drugs can damage the brain, heart, and other important organs? They can also cause a heart attack, even in a kid or teen. Remember to celebrate life and live drug free! Lead a happy, fun, and healthy life by making good choices about your health..

**Wednesday (10/25)**

Happy Red Ribbon Week! Today, we are focused on staying drug-free and investing in your current and future health. You don't have to take drugs to blend in with the crowd. There are other ways to belong. Celebrate your uniqueness and show the world that not using drugs is the only way to be.

**Thursday (10/27)**

"**Be Kind To Your Mind. Live Drug Free**" is this year's Red Ribbon Week theme. [INSERT SCHOOL NAME] loves our students and we want you to lead happy, healthy, fun and wonderful lives. We know that by making healthy choices, like staying drug free, you are more likely to live the best life for you. So, take a moment to commit to yourself that you will continue to make healthy choices to ensure a brighter future. You won't regret it!

**Friday (10/28)**

Today is the last day of Red Ribbon Week. We want to thank you for your efforts to support a healthy, drug-free lifestyle. We hope you have thought carefully about the meaning of this year's theme, "**Be Kind to Your Mind. Live Drug-Free.**" Learn how healthy choices can help you achieve your life goals, and enjoy it. We want only the best for you and can't wait to see what you can achieve!

# RED RIBBON WEEK

## EVENTS

October  
2023

Be Kind To Your Mind. Live Drug Free

MONDAY

23



**“United Against Drugs”**

Staff and Students Wear Red!  
Decorate school and offices with Red Ribbons  
and Drug-Free Slogans



TUESDAY

24

**“My Future is Bright and Drug-Free”**

WEAR BRIGHT COLORS



WEDNESDAY

25

**“Friends Don’t Let Friends Do Drugs”**



Twin Day: Dress like a Friend

THURSDAY

26



**“Team Up Against Drugs”**  
Wear Your Favorite Sports Jersey



FRIDAY

27

**“I Love my Freedom of Being Drug-Free”**

Wear NBOE BLUE



# RED RIBBON WEEK

# LESSONS & ACTIVITIES

Red Ribbon Week Pledge- have students complete this pledge and post it around your school. [English Version](#) [Spanish Version](#) [Adult Pledge](#)

## Grades K-4

[Red Ribbon Week Coloring Pages](#)

## Red Ribbon Week Lessons

[Grades K-2](#)

[Grades 3-5](#)

[Grades K-6](#)

## Cannabis Facts Grades 6-12

[Article for Students](#)

[Lesson Plan](#)

[Middle & High School Lessons](#)

## Additional Resources

[National Insitute of Drug Abuse Lessons](#)

