



RED RIBBON WEEK



I Elect to be Drug Free and Bully Free!



Bully Prevention/Red Ribbon Week: October 24th – 28th

Monday – Use your voice and “Sock” it to Bullies! Wear your **favorite crazy socks** and remember to report any bullying behaviors to adults.

Parents: Have a conversation about what to do if your child or their friend is getting bullied. Reporting the incident is always a great beginning.

Tuesday – Elect to be unique! Dress in your **silliest outfit, hat, or crazy hair** to show there is only one you!

Parents: Discuss how your child’s uniqueness make them special and celebrate your child’s strengths!

Wednesday – Use your voice and just say no (to getting dressed for school)! It’s **PJ day!** Stay in your PJ’s all day long and stand up to saying no to bullying behaviors, drugs, alcohol and cigarettes.

Parents: Practice standing up to bullies and saying no to drugs, alcohol and cigarettes. Practicing these words in a safe environment makes them easier if they are ever needed.

Thursday – Elect to be on a drug free team! Wear your **favorite team gear** and remember, say no to drugs, alcohol and cigarettes.

Parents: Discuss all the healthy options your child can do like play a team sport, help a neighbor in need, do a good deed and practice healthy eating habits.

Friday – Use your voice to say no to drugs! **Dress in red, white, and blue** and stand united against drugs, alcohol and cigarettes.

Parents: It’s never too early to begin talking about saying no to drugs, cigarettes and alcohol. Discuss the harmful effects they have on the body.



**Make Your School a
Bully-Free Zone!**