



RED RIBBON WEEK

Make a Difference. Be a Hero.
Stay Drug Free.

OCTOBER 23-31



RESPECT OURSELVES.
MAKE HEALTHY CHOICES.
LEVEL UP!



KINDNESS
CHOICES
RESPECT
HEALTH
= A BRIGHTER
FUTURE

What is Red Ribbon Week?

Red Ribbon Week is a national campaign that reminds us to make safe, healthy, and responsible choices. It's a time to spread the message that everyone can be a hero by saying **NO** to drugs and choosing what is best for their mind and body.

LEVEL UP YOUR RESPECT LEVEL UP YOUR HEALTH!

This October, we are focusing on **RESPECT** — especially how we respect ourselves and make healthy choices.



LEVEL UP



READ TOGETHER

Books are a great way to talk about choices, feelings, friendships, and being our best selves!

For Kindergarten – 2nd Grade



Howard B. Wigglebottom Learns to Listen
by Howard Binkow

Talk about listening to trusted adults and making responsible choices.



What If Everybody Did That?
by Ellen Javernick

Talk about how our choices can affect ourselves and others.



My Mouth Is a Volcano!
by Julia Cook

Talk about self-control, listening, and what we can do when we feel like we need to act right away.

For 3rd – 5th Grade



The Invisible Boy
by Trudy Ludwig

Talk about kindness, belonging, and being a positive influence on others.



The Girl Who Never Made Mistakes
by Mark Pett & Gary Rubinstein

Talk about making mistakes, handling feelings, and learning from our choices.



The Most Magnificent Thing
by Ashley Spires

Discuss frustration, perseverance, and healthy ways to handle difficult feelings.



Tip: You don't need to find a book specifically about drugs to have a meaningful prevention conversation. Books about feelings, choices, friendships, confidence, and problem-solving can help build the skills children need to make healthy decisions.



TALK ABOUT IT

Small conversations throughout the year can make a big difference!

Try asking:

- ★ What does it mean to make a healthy choice?
- ★ Who are some trusted adults you can talk to if something makes you uncomfortable?
- ★ What could you do if a friend asked you to do something you knew was unsafe?
- ★ What are some healthy things you can do when you're feeling stressed, angry, or worried?
- ★ What does it mean to be a good role model?
- ★ What makes someone an everyday hero?



WHO IS YOUR CHILD'S TRUSTED ADULT?

Remind your child that they can always talk to a trusted adult when they have a question, feel uncomfortable, or don't know what to do. Together, make a list of 3–5 trusted adults your child can go to at home, at school, or in the community.

My Trusted Adults:

- _____
- _____
- _____
- _____
- _____



REAL
HEROES
ASK FOR
HELP



FAMILY LEVEL-UP CHALLENGE

As a family, make a list of things that help you **level up your health!** Try to complete a few together:

- | | |
|--|--|
| ☐ Get moving together | ☐ Do something kind for someone |
| ☐ Drink water | ☐ Talk about a feeling |
| ☐ Get a good night's sleep | ☐ Ask for help when you need it |
| ☐ Practice a calming strategy | ☐ Make a healthy choice |
| ☐ Spend time together without screens | ☐ Encourage someone else to make a healthy choice |



BONUS: Have each family member draw a picture of themselves being an **EVERYDAY HERO!**



A MESSAGE FOR FAMILIES

Red Ribbon Week is more than wearing red. It's an opportunity to help children build the confidence and skills they need to make healthy decisions, handle challenges, and ask for help.

Thank you for partnering with us to help our students make a difference, be a hero, and make healthy choices!

Mrs. Hogrebe

Your School Counselor

LET'S LEVEL UP TOGETHER!