



# Red Ribbon Week

Oct. 26th—30th  
Join us!

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## Greater San Diego Academy Red Ribbon Week

Take the Red Ribbon Week pledge:

*“ I pledge to be drug free and support California’s Red Ribbon Week by taking a stand against drugs and alcohol.”*

### Monday

Wear a Red Bracelet – Available at all GSDA sites!  
Wear red socks to show that you’re “socking it” to alcohol, tobacco, and drugs  
Sign the GSDA Healthy Lifestyle pledge banner

### Tuesday

Wear a Red Bracelet  
Give someone else a Red Bracelet to wear  
Wear your shirt backwards to show that you turn your back on drugs

### Wednesday

Wear a Red Bracelet  
Have a discussion with your parent-teacher about the harmful effects of drugs, alcohol, and tobacco  
Make a poster and hang it up at your GSDA site

### Thursday

Wear a Red Bracelet  
Make a list of ways that you can say no to drugs  
Talk to your parent-teacher about actions you can take toward a healthy lifestyle

### Friday

Wear a Red Bracelet  
Wear sunglasses because you’re Too Bright for Drugs!

Parent-Teachers – Talking to your kids about the risks of drugs, tobacco, and alcohol is important. By having regular conversations with your children, they are less likely to use drugs. Please visit Time to Talk, an on-line community, resource, and toolkit to help parents start conversations with their children about a healthy, drug-free lifestyle. <http://www.timetotalk.org>