



Red Ribbon Week

Oct. 25—29
Join us!

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>