

Calling all Red Ribbon Week Chairs and PTA Unit Presidents!

Terry Ragins, Torrance Council VP of Health here. I am the chair of Torrance Council of PTAs Red Ribbon Week efforts this year. RRW is coming very soon 10/23-31/2023!

This year's national theme is "**Be Kind to Your Mind. Live Drug Free.**" You can use this theme or come up with a theme of your own. Think about incorporating healthy & positive lifestyle messages.

The National Red Ribbon Campaign website offers a comprehensive planning booklet, including activity sheets that can be downloaded and reproduced (or included digitally) for student use. You can access this planning guide at <http://www.redribbon.org>

Need some quick ideas for Red Ribbon Week? Here are a few simple suggestions:

- * "Wear Red" Day - All students are encouraged to wear red to school.
- * Twin Day - Dress the same as your friend. "Friends help friends make good choices."
- * Crazy Hat/Crazy Hair/Crazy Socks Day - "From head to toe, I am uniquely me and I am drug-free."
- * "Wear Neon" Day - "I'm too bright for drugs."
- * Wear your favorite sports team jersey - "Team up against drugs."
- * Wear a superhero shirt/costume - "You have the POWER to make SUPER choices every day."

After Red Ribbon Week is over, please submit the attached Torrance Council **Red Ribbon Week Activities Report** no later than December 1, 2023 to docs@torrancecouncilofptas.org and to Terry Ragins, 5vp@torrancecouncilofptas.org.

Please feel free to contact me if you have any questions.

Terry Ragins, Torrance Council of PTAs

5th VP, Health VP and Red Ribbon Week Chair

5vp@torrancecouncilofptas.org 310-408-4482

THANK YOU!

2023 Red Ribbon Theme



The Red Ribbon Campaign is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week, October 23rd – October 31st each year. For more information on Red Ribbon Week visit: <http://www.redribbon.org>

WHAT IS RED RIBBON WEEK? It is an ideal way for people and communities to unite and take a visible stand against drugs. Show your personal commitment to a drug-free lifestyle through the symbol of Red Ribbon, Oct 23rd – 31st!

WHY? The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign is to present a unified and visible commitment towards the creation of a DRUG-FREE AMERICA.

WHO? National Family Partnership is the sponsor of the National Red Ribbon Week Celebration. We are helping citizens across the country come together to keep children, families, and communities safe, healthy, and drug-free, through parent training, networking, and sponsoring the National Red Ribbon Campaign.

WHY SUPPORT? A theme unifies each year's campaign and helps to broadcast one message, creating a tipping point to change behavior.

HOW? Plan a Red Ribbon Celebration

TORRANCE COUNCIL OF PTAs

RED RIBBON WEEK ACTIVITIES REPORT 2023

2023 Theme: “Be Kind to Your Mind. Live Drug Free”

Email to: 5vp@torrancecouncilofptas.org AND docs@torrancecouncilofptas.org by Dec 1, 2023.

School _____ Chairperson _____

What events or activities did your unit sponsor during Red Ribbon Week?

How was your school staff involved? Were students involved in the planning or execution?

Was the community involved in your activities? If so, please explain:

Do you feel your Red Ribbon Week activities assist students in making healthy choices in the future?

Do you have any recommendations for next year? What can Torrance Council do to help with next year's Red Ribbon Week?

TORRANCE COUNCIL OF PTAS – RRW ACTIVITY IDEAS

Daily Dress Themes:

- Wear Red
- Turn your back on drugs- backwards clothing
- Sock it to drugs – wear crazy socks day
- Crazy Hair day – because drugs can mess you up
- Day Boo to drugs – wear your Halloween costume
- Peace out to drugs – tie dye and bright colors
- You have the power to say NO – Superhero clothing
- Hands off drugs – pledge to be drug free by signing a hand cutout
- Give drugs the shades – wear shades
- Elect to be drug free – wear red, white and blue

Daily Activities:

- Have parents/staff the week before dress up to announce the following week's daily dress themes.
- Create a banner to display on campus for students to sign, glue a cutout with their names, add positive characters traits, acts of kindness, etc.
- Class Competitions – lunch activities, door decorating
- Daily giveaways (bookmarks, bracelets, tattoos, dog tags, certificates)

Staff/Community Involvement:

- Incorporate the theme/message into class assignments
- Guest Speaker at Assembly
- Provide prize items, funds, printing
- Local Scouts can help with decoration and clean up
- Local Police Officers and Medical related employees to discuss the dangers of a drug related lifestyle.

Hickory Elementary School Campaign from 2022

Please do check out these originally created by Hickory mom Deputy Sheriff Brittany Fraser. All videos are available for use at schools.

Many thanks for guiding us on these adventures around the community to learn how to "Celebrate life and live drug free" (last year's theme but content is still very pertinent! Thank you for sharing, Brittany!

Here is a playlist of the available videos: there are 4 of them; each about 3.5-4 minutes long. Ideally, one video is played each day, to be determined by each teacher.

Playlist:

<https://youtube.com/playlist?list=PLVpfYhjuRpeWPo784oroeqnWR SgqkQ0M1>

I've also attached two flyers that are essentially the same, one is just printer-friendly if parents or teachers wanted to print it out.

MONDAY 10/24: Students WEAR RED to kick off Red Ribbon Week.

Day 1 video:

<https://youtu.be/iz8R1AoGTQg>

TUESDAY 10/25: Students WEAR BIG SMILES for Picture Day 1
We make good choices!

Day 2 video:

<https://youtu.be/UFXI383WAtk>

WEDNESDAY 10/26: Students WEAR BIG SMILES for Picture Day 2
We are healthy and strong!

Day 3 video:

https://youtu.be/OIUO8_4raV4

THURSDAY 10/27: Students WEAR BRIGHT/NEON COLORS
We are too bright for drugs!

Day 4 video:

https://youtu.be/VRk7j_P6gkA

FRIDAY 10/28: Students WEAR HICKORY SPIRITWEAR
We are a "Pawsitive" community!

At Friday assembly, students pledge to be drug free, to not bully, and to be positive role models in our community. Then they will sign the red certificate and get a bookmark in class.