



Celebrate Red Ribbon Week® (October 23-31)

www.redribbon.org

The social emotional counselors, Ms. Belcastro-Bisbikis and Mr. Williams, plan to recognize Red Ribbon Week, the national campaign on alcohol and drug awareness and prevention. During the week of October 23rd-27th, your student will receive a daily email with links to pertinent information, videos, and resources on the topic. It is vital that we provide our students with information, education and resources about drugs and alcohol.

Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't; yet, only a quarter of teens report having these conversations. Red Ribbon Week® (October 23-31), the oldest and largest drug prevention campaign in the nation, is your opportunity to get the ongoing conversation started. This year's theme is Be Kind To Your Mind. Live Drug Free.™ Visit www.redribbon.org to learn more about Red Ribbon Week® and get tips for talking to your kids about drugs. The life you save may be that of your own child or a dear friend.

Student Information

Day 1 – This year's Red Ribbon Week theme is Be Kind To Your Mind. Live Drug Free.™ The theme is a call to action to speak out in support of healthy choices. It also serves as a reminder that we are all empowered with shaping the communities around us through positivity, bravery and strength.

[The Science of Joy: Exploring Dopamine and Natural Highs](#)

Day 2 – It's Red Ribbon Week! This year's theme is Be Kind To Your Mind. Live Drug Free.™ The theme is a reminder that by staying drug free, you are sending a message to yourself and others about how much you value yourself, your overall health, your community and your future. One thing's for sure...by making healthy choices, like staying drug free, you are much more likely to achieve your goals. So aim for the stars! We believe in you.

[Natural High: The Dark Side of Highs: Unmasking Artificial Rewards](#)

Day 3 – Happy Red Ribbon Week! This year's theme is Be Kind To Your Mind. Live Drug Free.™ Staying drug free means investing in your current and future health. You don't have to use drugs to fit in. There are other ways to belong. Celebrate your uniqueness and show it to the world.

[Natural High: Choosing Wisely: Navigating the World of Natural and Artificial Highs](#)

Day 4 – Be Kind To Your Mind. Live Drug Free.™ - That's this year's Red Ribbon Week theme. Natomas Charter School loves our students and we want you to lead happy, healthy, fun and wonderful lives. We know that by making healthy choices, like staying drug free, you are more

likely to live the best life for you. So, take a moment to commit to yourself that you will continue to make healthy choices to ensure a brighter future. You won't regret it!

[Natural High: Tony Azevedo Olympic Water Polo Player](#)

In today's Natural High's video, meet Tony Azevedo, who's natural high is water polo. He's a five time Olympian, former captain of the U.S. National Men's Water Polo team, and fourth on the list of 'most goals ever'. And behind his amazing record is an impressive story of resilience and perseverance. He talks about how his setbacks fueled his passions for doing something great with his life.

Day 5 – It's the last day of Red Ribbon Week and we want to thank you for your participation in supporting healthy, drug free lifestyles. We hope you've really thought about the meaning of this year's theme: Be Kind To Your Mind. Live Drug Free.TM – and how making healthy choices will help you achieve your goals in life - while having fun in the process. We only want the best for you and can't wait to see what you can achieve!

[Natural High: Tony Azevedo Olympic Water Polo Player](#)

Take it from WNBA point guard Lisa Leslie. In her Natural High video, she says she knew that focusing on school and basketball was the only way to reach her dreams. Her determination led her to countless WNBA awards and four Olympic gold medals.

Resources

☐ Parent U: Screenagers Under the Influence

☐ Parent U: Natural High - Dead On Arrival

[How Parents Can Prevent Drug Abuse Among Youth - Natural High](#)

[The Screenagers Project Parents Page](#)

[Screenagers Movie | Resources](#)

[Charlotte's Web](#)

[Community Anti-Drug Coalitions of America](#)

[Drug Enforcement Administration](#)

[Drug Free America Foundation](#)

[DUI Resources: A Guide To Charges, Treatment, and Supportive Services](#)

[Lock Your Meds](#)

[Drunk Driving Statistics](#)

[How to Quit Cigarettes](#)

[Mothers Against Drunk Driving](#)

[National Association for Children of Alcoholics](#)

[National Highway Traffic Safety Administration](#)

[National Institute on Drug Abuse](#)

[Natural High Red Ribbon Resources](#)

[NIDA for Teens](#)

[Students Against Destructive Decisions](#)

Substance Abuse and Mental Health Services Administration
The White House Office of National Drug Control Policy