

# Fairfield Elementary School PTA

## RED RIBBON WEEK

**OCTOBER 23-31**

It's that time again where we partner with the Red Ribbon Campaign and the war on drugs. The 2020 National Red Ribbon Week Theme is **"BE HAPPY, BE BRAVE, BE DRUG FREE"**.

**DID YOU KNOW**...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. It is never too early to start talking to your children!

Do not be nervous. You've probably already laid the groundwork for a discussion. For instance, whenever you give a fever medicine or an antibiotic to your child, you can discuss why and when these medicines should be given. This is also a time when your child is likely to pay attention to your behavior and guidance.

Take advantage of "**teachable moments**". If you see a person on the street with a cigarette or vape pen, talk about smoking, addiction, and what smoking and vaping does to a person's body. This can lead into a discussion about other drugs and how they could cause harm.

As your kids grow older, you can begin talks with them by asking them what they think about drugs. By asking the questions in a nonjudgmental, open-ended way, you're more likely to get an honest response.

Kids this age usually are still willing to talk openly to their parents about touchy subjects. Starting a dialogue now helps keep the door open as kids get older when they are less inclined to share their thoughts and feelings.

**Red Ribbon Week is an ideal way for our families to take a visible stand against drugs and unhealthy choices.** We are going to show our personal commitment to a drug free lifestyle by decorating our halls with the **YOUTH PLEDGE, MESSAGES and RIBBON COLORING PAGE** attached that will be hung in the school to show our "message" to others when pledging to be drug free. Each child should write their name and what they want to be when they choose to live drug free. They may decorate them however they wish. Please return your MESSAGE to school by Thursday, October 22nd so that the halls can be decorated!

In addition, Fairfield will have a theme a day for Red Ribbon week, beginning Friday, October 23rd through Friday, October 30th. *Participation is optional*

**FLIP FOR SPIRIT DAYS**

Together, we hope to have a fun filled week with important dialogue about healthy choices for our Fairfield Family! For information on the Red Ribbon Campaign please check out [www.RedRibbon.org](http://www.RedRibbon.org). For questions related to the program at Fairfield, please contact Donna McGoey at [donnamcgoey@gmail.com](mailto:donnamcgoey@gmail.com). Thank you for participating in this important campaign!

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