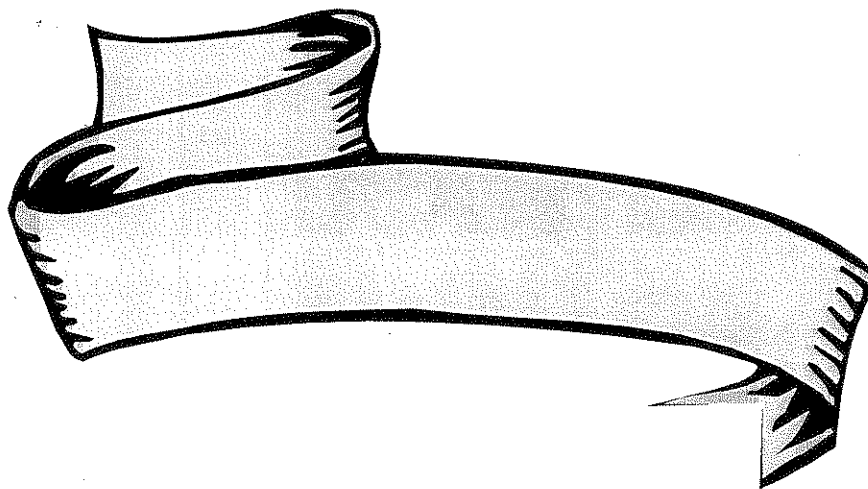


**Red Ribbon  
Activities  
for  
Middle School  
Students**



**Red Ribbon Week  
October 23-31**

## Red Ribbon Celebration History

At 2 p.m. on Thursday, February 7, 1985, Enrique (Kiki) Camarena (37) stashed his DEA badge and his service revolver in his desk drawer and headed for a luncheon date with his wife, Mika. Kiki, a U.S. Drug enforcement Administration agent, had been in Mexico for four and one-half years on the trial of Mexico's marijuana and cocaine barons. He was due to be reassigned in three weeks, having come dangerously close to unlocking a multi-billion dollar drug pipeline which he suspected extended into the highest reaches of the Mexican army, police, and government.

As he stepped through the consulate portal into the sunlight of the warm Guadalajara winter day; he moved to his pick-up truck, turned off the truck's burglar alarm and unlocked the door. But he was interrupted before he could get into the cab and grab the two-way radio, with which he could alert his partners. According to the DEA's reconstruction of the events, five men appeared at the agent's side and shoved him into a beige Volkswagen Atlantic, threw a jacket over Kiki's head and the driver sped away. That was the last time anyone but his kidnapper's would see him alive.

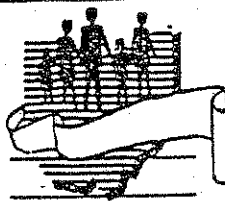
Kiki Camarena's body was found one month later in a shallow grave, 70 miles from Michoacan, Mexico. He had been tortured and beaten and brutally murdered. Mika would have to tell her three sons, Enrique (11), Daniel (6) and Erik (4) that their daddy would not be coming home again.

News of the tragedy was hitting newspapers, radio stations and television news broadcasts, and members of the National Family Partnership (formerly the Nation Federation of Parents for Drug Free Youth) were very angry and sick of the killing and destruction caused by alcohol and other drugs in America.

The Red Ribbon became a symbol to eliminate the demand for drugs, and The Red Ribbon Celebration became the annual catalyst to show intolerance for drugs in our schools, work places and communities as well as to celebrate the drug free lives of the youth of this country. Red Ribbon Celebration Weeks were celebrated throughout the nation. In 1988, the National Family Partnership coordinated the first National Red ribbon Week, and Eighth day celebration proclaimed by the Congress of the United States with President and Mrs. Reagan serving as honorary chairpersons. Each year since 1988, larger and greater support for the cause and symbol of the Red Ribbon Celebration has impacted millions of Americans like no other drug prevention movement in history.

This simple concept has proven to be a vital link toward beginning dialogue and prevention programs in communities in all 50 states. Through a steady increase in corporate support government participation and community involvement, that little piece of red satin has become one of the most powerful symbols of drug prevention in America!

**National Red Ribbon Week is October 23-31st. Please wear a red ribbon in support of a Drug Free Community.**



## OHIO PARENTS FOR DRUG FREE YOUTH

### FAMILY AGREEMENT

CHILD:

My name is: \_\_\_\_\_

I have talked with my parent(s) or guardian about inhalants, marijuana, tobacco, alcohol and other drugs.

If anyone, other than you or my doctor, asks me to take inhalants, marijuana, tobacco, alcohol or other drugs, I promise to say "NO".

I promise to let you know if someone offers inhalants, marijuana, tobacco, alcohol or other drugs or encourages me to try them.

I promise to answer any questions you have at the moment, without yelling, if you are ever worried that I am involved with inhalants, marijuana, tobacco, alcohol or other drugs.

Love, \_\_\_\_\_

CHILD'S SIGNATURE

\_\_\_\_\_ DATE

PARENT:

My name is: \_\_\_\_\_

I have discussed inhalants, marijuana, tobacco, alcohol and other drugs with you, \_\_\_\_\_

I promise to listen, and not yell, if you tell me about any inhalants, marijuana, tobacco, alcohol or other drug problem.

Because I love you, I will talk to you anytime I think you may be involved with inhalants, marijuana, tobacco, alcohol or other drugs.

I promise to continue learning about inhalants, marijuana, tobacco, alcohol and other drugs and to share what I learn with you. I promise to help find the answers to questions you have about inhalants, marijuana, tobacco, alcohol, or other drugs.

I promise to try to set a good example for you.

Love Always, \_\_\_\_\_

PARENT'S OR GUARDIAN'S SIGNATURE

\_\_\_\_\_ DATE

Source: CASA, Hamilton County

## EFFECTS OF ALCOHOL ON THE DEVELOPING ADOLESCENT BRAIN



We have known for decades that exposing the developing brain to alcohol can be devastating. Alcohol use during pregnancy is the leading known cause of mental retardation in newborns the United States. That is why one of the warning labels on alcoholic beverages is directed to pregnant women. We also know that the brain does not finish developing until a person is around twenty years old. The brain of people under 21 years of age is very different from people over 21 years of age... children and adolescents are not just "little adults." Think of the brain as a computer. It comes into the world with the basic operating systems, central nervous system, circulatory system, respiratory system, reflexes, etc. However, it does not have all its software - the programs for vision, speech, emotions, memory, abstract thinking, problem solving and attention and concentration. The brain needs input from the five senses to build these capacities. The brain not only grows bigger - from one pound at birth to three pounds at adulthood - but it continues to "program" itself for 20 years, completing the development process started before birth. During this 20-year period, the brain is creating a complete human being, who is ready to function independently. The brain is on a schedule, with each stage of development allotted a specific period of time for completion. If anything prevents the brain from accomplishing a development task on its schedule, it has to skip that task. Therefore, any substance that interferes with how the brain operates during this 20-year period of development, such as a psychoactive (mind/mood-altering) drug, can change the course of a person's physical, mental, emotional and social development.

Alcohol is like other psychoactive drugs in that it changes how the brain cells communicate with each other by interfering with neurotransmitters. If we think of the brain as a computer, alcohol and other psychoactive drugs act like computer viruses; they change, delete or scramble the code that our computer - the brain - uses to operate. However, alcohol is different from other psychoactive drugs; it deactivates and activates brain centers (speech, hearing, vision, fine movements, gross movements, learning, anger, fear, pain, pleasure, hunger, etc.) at a rate no other psychoactive drug can even approach, not cocaine, not heroine, not nicotine. For a brain that is on a schedule, turning off brain centers - even for a short while - can be devastating. Adult brains, which can still be harmed by use of psychoactive drugs including alcohol, do not sustain the same level of damage because their brains have completed development.

Cynthia Kuhn, Ph.D., Scott Swartzwelder, Ph.D., and Wilkie Wilson, Ph.D., *Buzzed: The Straight Facts About the Most Used and Abused Drugs (from Alcohol to Ecstasy)*, Duke University Medical Center, 1998.

# **RED RIBBON WEEK THEME DAYS**

## **COLOR MY WORLD DRUG-FREE**



**MONDAY, OCTOBER 26--**

**"COLOR MY WORLD DRUG-FREE" DAY**

students and staff wear as many different colors as possible

**TUESDAY, OCTOBER 27--**

**"PUT YOUR FOOT DOWN ON DRUGS" DAY**

students and staff wear funny or mismatched shoes and socks to school

**WEDNESDAY, OCTOBER 28--**

**"PUT A LID ON DRUGS" DAY**

students and staff wear their favorite hat to school

**THURSDAY, OCTOBER 29--**

**"LIVING DRUG-FREE IS NO SWEAT" DAY**

students and staff wear sweatpants and sweatshirts to school

**FRIDAY, OCTOBER 30--**

**"SAY BOO TO DRUGS" DAY**

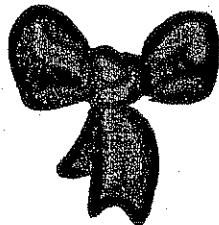
students and staff wear orange and black, Halloween T-shirts or sweatshirts, or Halloween jewelry (no costumes please)

**Staff:**

please post this in your classroom and remind your students what to wear/bring for the next day

# RED RIBBON WEEK THEME DAYS

## OCTOBER 20-24<sup>th</sup>, 2003



### MONDAY, OCTOBER 20<sup>th</sup>

"THE REDDER THE BETTER" DAY

Students and staff wear as much red as possible!

### TUESDAY, OCTOBER 21<sup>st</sup>

"DON'T LET DRUGS SLIP INTO YOUR LIFE" DAY

Students and staff wear their favorite slippers!

### WEDNESDAY, OCTOBER 22<sup>nd</sup>

"PUT A LID ON DRUGS" DAY

Students and staff wear their favorite hat!

### THURSDAY, OCTOBER 23<sup>rd</sup>

"LIVING DRUG-FREE IS NO SWEAT" DAY

Students and staff wear sweatpants and/or a sweatshirt!

### FRIDAY, OCTOBER 24<sup>th</sup>

"TEAM UP AGAINST DRUGS" DAY

Students and staff wear their favorite sports team clothing!

*Don't forget to wear your Red Ribbon everyday this week.  
You never know when a Red Ribbon "Watcher" might spot you and  
give you a prize!*

## You could have a...

### *Decoration day*

Decorate your school, office buildings, cars, hospitals, doors. Put ribbons or banners all over your community. Host a door decorating contest.

### *Sports day*

Distribute red ribbons during a sports event. Put red stickers on all football helmets and ask coaches, referees, cheerleaders, fans, and the band to wear ribbons. Light candles at half-time and request a moment of silence for the lives cut short by alcohol and other drug use.

### *Recognition day*

Honor a special law enforcement official, teacher or students who's drug-free and active in the school or community. Create a Red Ribbon Hall of Fame. Thank your parents for being drug-free.

### *Pledge day*

Design a drug-free pledge card and ask your classmates to sign it with you. Ask local business to have a pledge that their customers can sign all day. Have a pledge drive and give a prize for the team with the most signatures.

### *Red Rally day*

Paint your face red, wear a red shirt or socks. Have a rally at school or maybe at city hall. Wrap the trees with red ribbons. Plan a parade.

Create a week that makes sense for your school or community. Use the following suggestions to get your ideas flowing. You can use all, several or even just one. Just make sure you do something.

**design  
your  
own  
week**

## or maybe . . .

### *Information day*

Invite a speaker to your school, office church or temple. Distribute literature about the dangers of drugs. Have an announcement made at school or change your answering machine message.

### *Reach out day*

Pass out red ribbons at the mall, a grocery store, or at a toll booth. Give a red ribbon to all your neighbors. Ask someone you don't know to stay healthy and drug-free.

### *Faith weekend*

Ask your pastor or priest to pass out red ribbons to the members of the congregation. Encourage your church, temple or synagogue to emphasize the Red Ribbon Campaign with messages, sermons, and prayers.



## 50 WAYS TO PARTICIPATE IN RED RIBBON CELEBRATION

1. Red Ribbon Hunt
2. Red Ribbon Game
3. Drug and Alcohol Education
4. Drug and Alcohol Quiz
5. Red Ribbons for Kids
6. Red Ribbon Decorations in Home or Office
7. Red Ribbon Decorations on Buildings
8. Red Ribbon Gala
9. "Wear Red" Day
10. Red Ribbon Walk-A-Thon
11. Red Ribbon "Hello Walk"
12. Red Ribbon Pledge Campaign in Office
13. Red Ribbon Campaign for Kids/Parents
14. Red Ribbon Pot Luck
15. Red Dessert Swap
16. The Biggest Red Ribbon
17. Red Ribbon "Best Decorated" Contest for Home or Office
18. Red Ribbon Distribution in Local Stores/Malls
19. Red Ribbon in the Media
20. Red Ribbon on the Radio
21. Red Ribbon Contest
22. Red Ribbon Gift Exchange
23. Red Ribbon Signs
24. Red Ribbon Sing-off
25. Red Ribbon in Sports
26. Pets Participate in Red Ribbon Celebration
27. Kids Participate in Red Ribbon Celebration
28. Senior Citizens Join in Red Ribbon Celebration
29. Red Ribbon on Highways
30. Red Ribbon Tie-on
31. The Longest Red Ribbon
32. Red Ribbon Leads the Way
33. Dining with Red Ribbons
34. Decorating with Red Ribbons
35. Red Ribbon Hair Style Competition
36. Red Ribbon Party in Home/Office
37. Red Ribbons Get Sophisticated
38. Red Ribbon Goes Country
39. Red Ribbon Car Decoration
40. Red Ribbons Go Door-to-Door
41. Red Ribbon Mystery Guest
42. Video Drug and Alcohol Education Hour/Day
43. Seeing Red
44. Red Ribbon Competition
45. Red Ribbons for Parents
46. Attend Drug/Alcohol Program Open House
47. Put Red Ribbons on Cars in Parking Lots
48. Sign up to Sponsor a Person in Recovery
49. Lunch-time Alcohol and Drug Education Hour
50. Red Ribbon Golf Tournament

# bulletin board ideas

1. Happy To Be Drug-Free (display self portraits with a smile.)
2. I Don't Need Drugs To Get Happy - I'd Rather Be... (display pictures of students doing fun things)
3. Join Hands And Be Drug-Free (students trace hands, sign and display)
4. Drugs Are "unBEARable" (display teddy bears)
5. Come With Me And Be Drug-Free
6. All Natural Kids. 100% Drug-Free. (display students pictures or self-portraits)
7. Drug-Free I Can Be Anything I Want To Be
8. WWW.DRUGFREE.COM
9. Drugs Bug Me (have students draw and display pictures of bugs)
10. Say No To Drugs in Every Language (write NO in different languages)
11. Drug-Free: The Force Of The Future (use space ships or sci-fi images)
12. www.i'mdrugfree.com (use computer pictures or images)
13. Drug-Free All The Time (students each draw a clock or time piece)
14. Drugs Erase Your Head - Get The Point?
15. Drugs Are Dull - Stay Sharp
16. Drugs Wipe The Smile Off Your Face
17. Our Classroom Is A Drug-Free Zone
18. My Body Has Zero Additives
19. Hugs Not Drugs
20. Don't Just Do It!
21. Drugs Are Bull (have students decorate with cows or black spots)
22. I am 

2
2

 Smart  
Do Drugs  
Drugs Aren't 

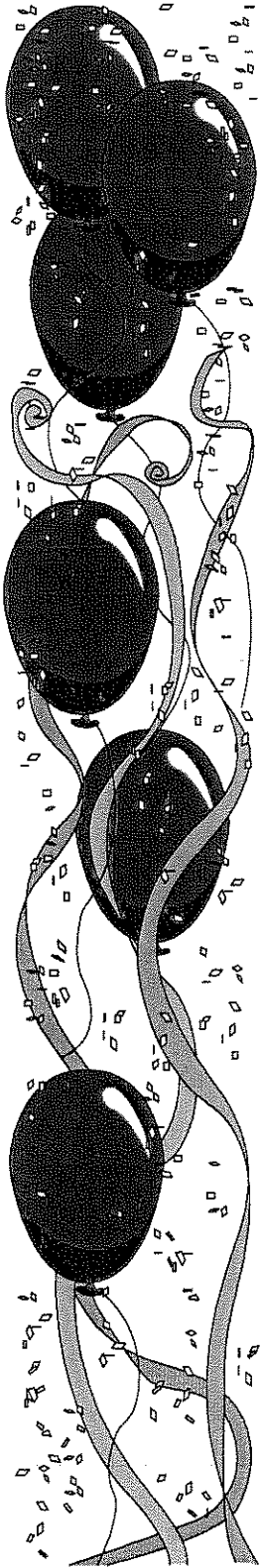
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 Me!!
23. Give Drugs The Boot (students draw pictures of boots and sign them)
24. Shade Out Drugs (post real or drawn sunglasses and the sun)
25. Celebrate Red Ribbon Week (tie red ribbons all around the classroom)

## Need funds for drug-free events? Consider...

- Any "a-thon" (bike-a-thon, bowl-a-thon, dance-a-thon, skate-a-thon, jog-a-thon, walk-a-thon, telethon)
- A benefit concert, bingo contest, or book sale
- A carnival, casino night, or challenge between rivals (TV anchors, high schools, etc.)
- A fashion show, 5K race, or flea market
- A haunted house or house tour of the neighborhood
- A scavenger hunt, sponsored contest, or sports event
- A tournament or tribute event

# Especially for Middle Schools



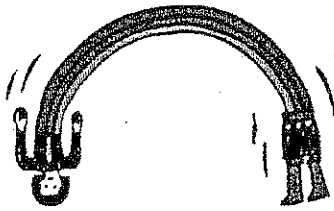
1. Conduct a week long scavenger hunt for each class. Publish a list of clues that lead students to a variety of drug awareness gifts, including: Sparkle Pencils, Dazzling Red Pens, and Assorted Red Ribbon Buttons. Award winners Drug Free Mini Footballs.
2. Fill a jar with Stay Drug Free Pops. Let the students guess how many pops there are in the jar. The winners get a drug free Yo Yo's.
3. Organize students in each class to present a Drug Abuse Prevention skit. For costumes give each participant a drug free T-Shirt. Video tape the skits and show them at future school assemblies.
4. Urge middle schoolers to work with younger children in writing poetry about staying drug free. Reward the young poets with Drug Free Stickers. Give the middle schoolers a Dazzling Pens.
5. Conduct a parade around your school. From your community, invite firefighters, police officers, and parents to watch. Give the kids Top 10 Things to do Instead of Drugs Posters and Balloons. Distribute Help Your Child be Drug Free Glancer to parents.
6. Organize a school health fair. Give a Red Ribbon T-shirt to students who exhibit their projects. Give Drug Free Buttons to everyone who attends.

## Middle School:

- ☺ Have students create drug free art, logos, bumper stickers, door decorations or locker banners.
- ☺ Make a message board for students to write drug free "warm fuzzies."
- ☺ Have students role play situations illustrating how alcohol and other drugs can affect their judgment and decision making processes.
- ☺ Have students role play how to avoid situations where it might be difficult to resist tobacco, alcohol or other drug use.
- ☺ Discuss tobacco as the "gateway drug" that kills 350,000 people in America every year.
- ☺ Use table tents in the cafeteria.
- ☺ Write a press releases on Red Ribbon Week school activities.
- ☺ Hold discussions on these topics: tobacco, alcohol, inhalants, prescription medicines, and other drugs and their dangers.

# ANTI-DRUG

An anti-drug is defined as the hobby, person, or passion that stands between you and drugs. What's your anti-drug?



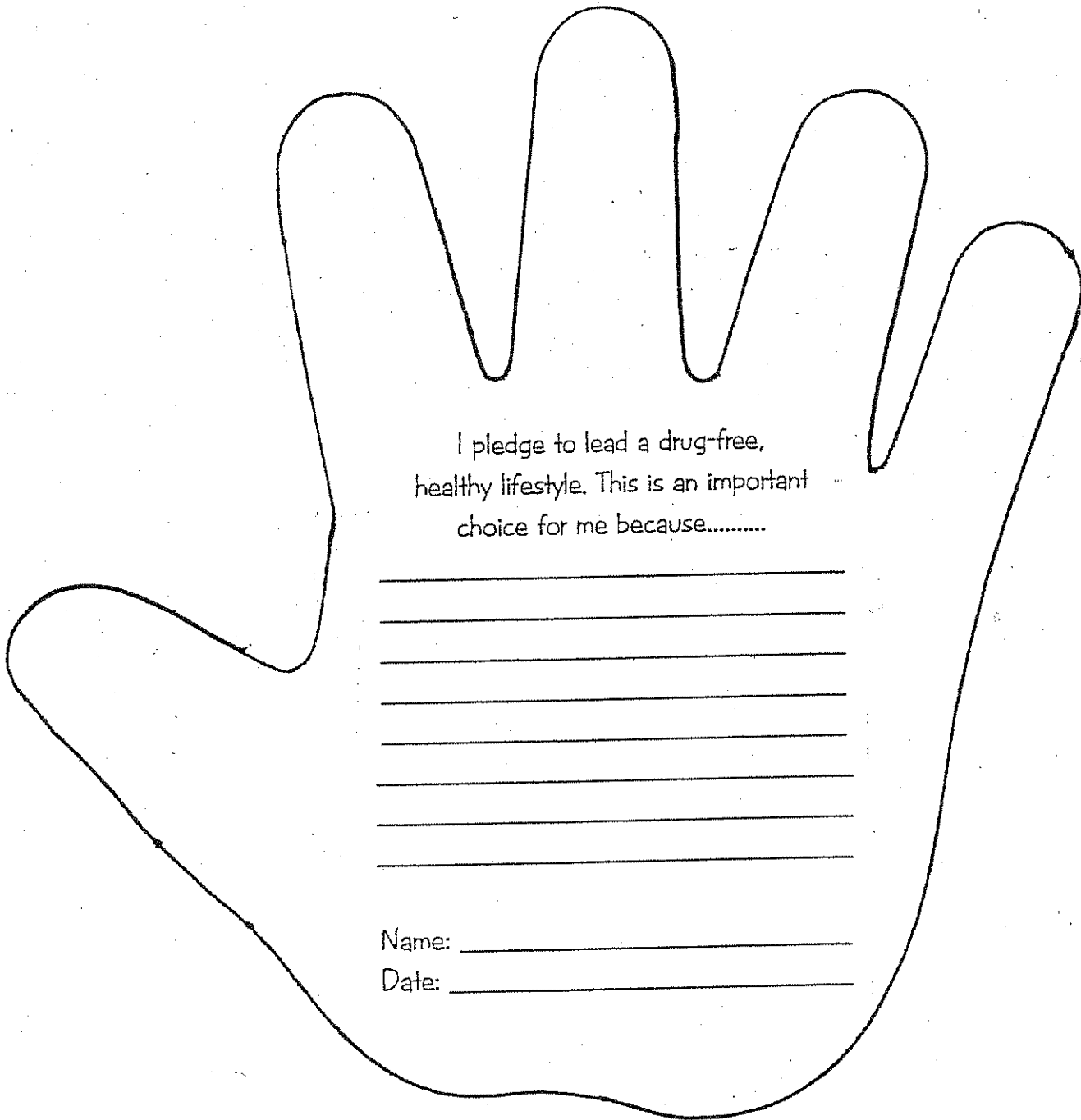
My Anti-Drug is...

Name: \_\_\_\_\_  
Grade: \_\_\_\_\_

\*Cut out and post in the hallway

# THE DRUG-FREE PLEDGE

A drug-free lifestyle is no use of illegal drugs  
and no abuse of legal drugs.



I pledge to lead a drug-free,  
healthy lifestyle. This is an important  
choice for me because.....

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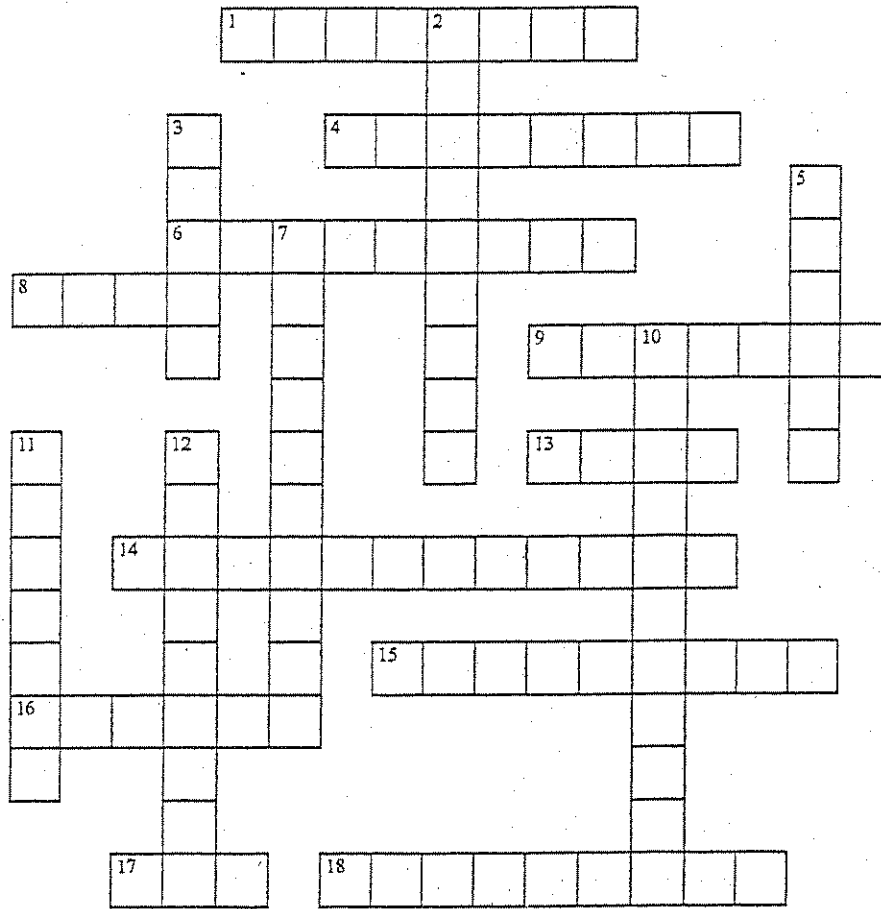
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Name: \_\_\_\_\_  
Date: \_\_\_\_\_

\*Cut out and post in the hallway

# Red Ribbon Week : What's Your Drug IQ?



## ACROSS

- 1 \_\_\_\_\_ is the name of the drug in cigarettes, cigars, and smokeless tobacco.
- 4 Taking more medicine than the recommended amount is called an \_\_\_\_\_.
- 6 An adolescent drinker can develop an \_\_\_\_\_ to alcohol in just 5 to 15 months where it takes an adult drinker 5 to 15 years.
- 8 According to research, 9 out of 10 people who smoke cigarettes want to \_\_\_\_\_.
- 9 \_\_\_\_\_ is an example of an over-the-counter type drug.
- 13 A \_\_\_\_\_ is any substance that when put into the body changes the way a person thinks, feels and/or acts.
- 14 A \_\_\_\_\_ drug is a written order by a physician for the preparation and administration of a medicine.
- 15 A marijuana user might have a difficult time \_\_\_\_\_ answers during a history test because marijuana use impairs short-term memory.
- 16 A 5oz. glass of wine, a 12oz. can of beer, and a 1 oz. shot of liquor all contain the same \_\_\_\_\_ of alcohol.

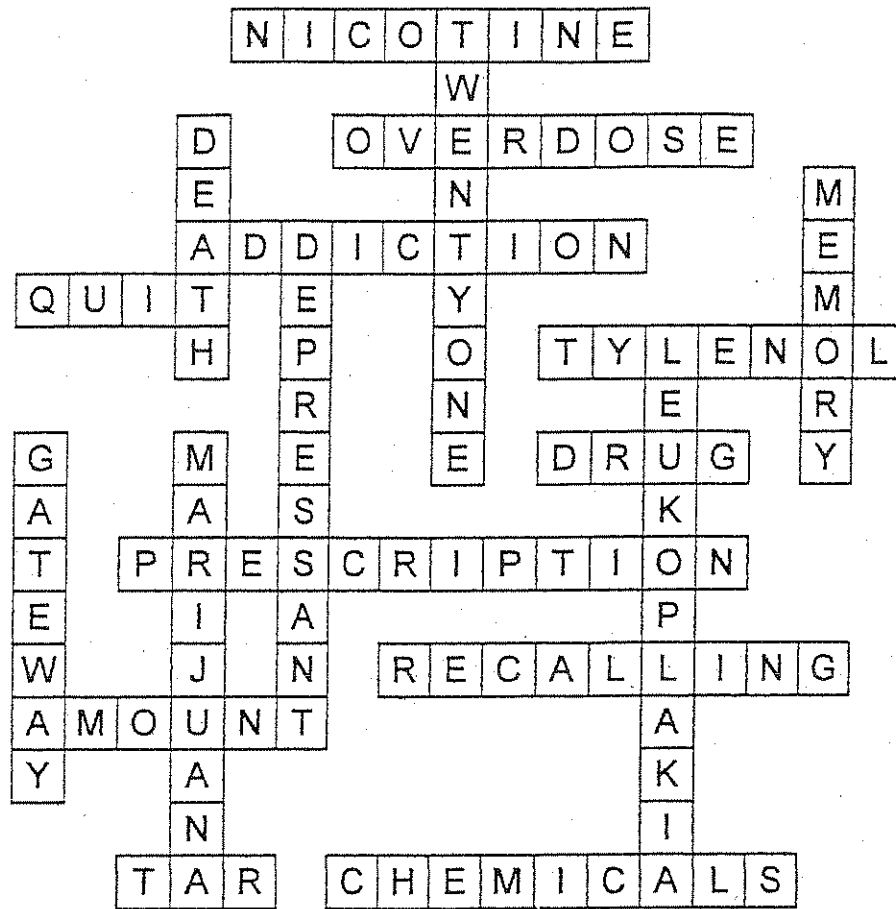
17 \_\_\_\_\_ is a chemical in cigarettes that damages the delicate tissues in the lungs and turn them black.

18 There are over 4000 known \_\_\_\_\_ in cigarettes and at least 43 of them are known to cause cancer.

## DOWN

- 2 The brain is not fully developed until \_\_\_\_\_ years of age and drinking alcohol or using drugs before this age can negatively change the way it develops.
- 3 Using inhalants even one time can cause sudden \_\_\_\_\_.
- 5 Marijuana impairs short-term \_\_\_\_\_.
- 7 Alcohol is classified as a \_\_\_\_\_ type drug because it slows down body processes.
- 10 \_\_\_\_\_ is a condition characterized by a white leathery pre-cancerous patch that occurs in the mouth where smokeless tobacco is placed.
- 11 Nicotine and alcohol are considered \_\_\_\_\_ drugs because they likely to lead to the abuse of other substances.
- 12 THC (Tetra-hydro-cannabinol) is the main mind-altering chemical in \_\_\_\_\_.

# Red Ribbon Week : What's Your Drug IQ?



## YOUR HEALTH - YOUR CHOICE

**TOPIC AREA:** Alcohol and Drugs, Decision Making, Healthy Lifestyles, Tobacco

**CONCEPT:** We make choices about what goes into our body and how we treat our bodies. The kinds of things that we choose to ingest or inhale has an influence on our health. Not only do these things influence how healthy we are, but they can also influence how long we live. Decisions that we make can either shorten or increase the length and quality of our lives. There are many factors that play into a person's health. Some of these factors include age, body shape, heredity, genetics, etc. Therefore, not everyone reacts the same way to the same things. Everyone knows someone who is really old and yet has been smoking cigarettes for years. Even if the kids do not know the answers to the questions before you conduct the activity, it is a great awareness activity which lets them begin thinking about the fact that the decisions they make as a young person will help determine the health of their bodies as they grow older.

**METHOD:** Classroom activity

**TIME ESTIMATE:** 15 minutes plus discussion time

### MATERIALS NEEDED:

- 1 pen or pencil per person
- 1 piece of paper per person
- Signs that say "A", "B" and "C"
- Masking tape

**ACTIVITY:** Give everyone a writing utensil and a piece of paper to keep their score on. Explain to the group that you are going to have them choose which items will have a greater negative or positive influence on their bodies. Each time you read them a question, you will give them three choices. Assign a place in the room for each choice. Hang signs to designate where they will stand for A, B and C. After you read each question, the students will go stand by the letter that reflects his or her choice. You will then read out the correct answer. The people who have chosen the correct answer will receive ten points. The numbers after each item listed is the number of calories, fats or calories burned. Do not read these numbers to the students until after they have made their choice.

- Round one: Which of the following foods has more calories in a serving? 2 Twinkies (300), 1 Powdered Donut (200) or 2 Ding Dongs (370)
- Round two: Which of the following substances harms the liver the most? Alcohol (correct), Tobacco, Marijuana
- Round three: Which of the following foods has more fat grams in a serving? Corn Dog on a Stick (10) Beef and Bean Burrito (13) 4 Chicken Nuggets (4)
- Round four: Which of the following exercises burns the most calories in an hour? Bowling (204) Jumping Rope (681) Roller Blading (477)
- Round five: Which of the following substances harms a person's short term memory the most? Tobacco, Methamphetamine, Marijuana (correct)
- Round six: Which of the following foods has more fat

- grams in a one ounce serving? Doritos (7), Pretzels (1) or Fritos (10)
  - Round seven: Which of the following exercises burns the most calories in an hour? Bicycling (340) Jogging (477) Swimming (545)
  - Round eight: Which breakfast item contains the most fat grams? Egg McMuffin (12) Sausage McMuffin (23) 3 Pancakes with syrup and 2 pats of butter (16)
  - Round nine: Which of the following substances harms the lungs the most? Alcohol, Tobacco (correct), or Cocaine
  - Round ten: Which of the following foods has the most calories? Banana (101) Apple (96) Orange (87)
  - Round eleven: Which of the following foods has more fat grams in a serving? Arby's Regular Roast Beef Sandwich (19) McDonald's Big Mac (31) Burger King Whopper (40)
  - Round twelve: Which of the following substances is responsible for the most deaths per year? Alcohol, Tobacco (correct), All illegal drugs combined
- Have everyone report their scores to the group.

#### DISCUSSION IDEAS:

##### "What" Questions

- How did your score compare to the rest of the group?
- Were you mainly guessing or did you have a pretty good idea of why you made your choices?

- Did other people influence your choices?
- Which category did you have the most trouble with: calories, fat grams, exercises or harmful substances

##### "So What" Questions

- Can you always tell how healthy a person is by just looking at them?
- Why do some people not show the effects of a unhealthy lifestyle?
- Do the effects of an unhealthy lifestyle always impact a person right away? Why or why not?
- How much influence does heredity play on how we look?
- How much influence does heredity play on how healthy we are?
- How do our daily choices affect the health of our bodies?
- How does the media influence the decisions we make about our bodies?
- Why do some people take chances with their health by using harmful substances?

##### "Now What" Questions

- Whose responsibility is it to keep our bodies healthy?
- What are some ways that we can keep our bodies healthy?
- How can we help others to keep their bodies healthy?

# SCATTERGORIES ACTIVITY



- Divide students into groups of 3 or 4.
- Instruct the group to select a recorder.
- Recorder divides a sheet of paper in half length ways and titles one side as **"Reasons Why Young People Choose To Use Alcohol, Tobacco, Or Other Drugs."**
- Instruct groups to brainstorm and record ideas for about 5 minutes.
- Select one group to read the reasons of Use and all other groups are to delete/cross off all the same or similar responses on their own lists.
- Give each group a chance to read the remaining reasons on their list.
- Students may debate acceptable and unacceptable responses.
- Give a prize to the group with the most remaining responses.
- Repeat procedure for **"Reasons Why Young People Choose NOT To Use Alcohol, Tobacco, Or Other Drugs."**
- If time permits also use these titles:  
**"Short-Term Risks/Consequences of Alcohol, Tobacco, and Or Other Drug Use"**  
*(Examples)*
  - Loss of judgement
  - Trouble with the law
  - Accidents
  - Throw Up
  - Death (Can happen with first use depending on the drug and the amount)
  - Stinky clothes (Tobacco)
  - Slurred Speech
  - Lose money
  - Addiction (Can occur in 5 to 15 months in adolescents that use)&  
*(Examples)*  
**"Long-Term Risks/Consequences of Alcohol, Tobacco, and Or Other Drug Use"**
  - Cancer
  - Brain Damage
  - Memory Loss
  - Death
  - Liver Damage
  - Stomach Ulcers

# MIDDLE SCHOOL CLASSROOM ACTIVITIES

## ART/DRAMA/MUSIC

- ◆ Have students draw a mural of activities that are fun and healthy alternatives to drugs.
- ◆ Create a bulletin board with the title, "YES I CAN." Supply "cans" made from construction paper to each student. Have them create their own labels for the cans, including their name and a skill or activity at which they excel. Attach the "cans" to the bulletin board. A few real empty cans added create a three dimensional effect.
- ◆ Make drug-free message posters for an elementary school or class.
- ◆ Have students compose songs/lyrics incorporating facts about drugs.

## ENGLISH

- ◆ Discuss the Red Ribbon Pledge, "NO USE OF ILLEGAL DRUGS, NO ILLEGAL USE OF LEGAL DRUGS." Have students define and discuss the difference between drugs that are legal/illegal, helpful/harmful and how the drugs are used/misused.
- ◆ Have students write essays about inhalants/tobacco/alcohol/other drug dangers; how to avoid tobacco, alcohol/other drug situations; how to develop self-esteem to resist peer pressure.
- ◆ Have students create worksheets or games for younger students with facts related to drugs, with instructions.
- ◆ Create a radio commercial on a cassette encouraging kids to avoid drugs and ask the local radio station to play it.

## HEALTH/PHYSICAL EDUCATION

- ◆ Have students write arguments against using drugs to enhance physical performance.
- ◆ Plan and Host a party to celebrate drug-free lifestyles.

- ◆ Develop a youth "help line" list for your area.
- ◆ Research information about teenage alcoholism and its prevalence in our society.

## HISTORY/GOVERNMENT

- ◆ Discuss the government's role in drug prevention, treatment, and law enforcement.
- ◆ Have student's propose legislation related to drug prevention. Identify the process for getting it passed. Have students present the proposed legislation to local lawmakers.
- ◆ Have students write to his/her congressman encouraging them to eliminate tobacco/alcohol advertising, and strengthen warning labels on all products containing alcohol especially aimed toward young people.
- ◆ Have students count billboards promoting tobacco or alcohol use in various areas of town. Do some areas have more than others?

## MATH/SCIENCE

- ◆ Project health, economic, social, and life span costs incurred by a "heavy smoker."
- ◆ Have students create graphs to depict statistics related to substance abuse. Example: How many alcoholics are there in the U.S.? How many gallons of alcohol are sold in a year? What percentage of alcohol consumed in the U.S. is consumed by alcoholics? What percentage is consumed by various age groups?
- ◆ Compare the effects of alcohol and other drugs on the body.
- ◆ Have students draw a picture of the brain, indicating which areas control various parts of the body. Have them note which parts of the brain alcohol affects first, how it impairs vision, responses, etc.

# Middle, Junior and Senior High Classroom Activities

## Art

- Create drug free art, logos, bumper stickers, banners, collages, door decorations, bulletin boards, and school marquees.
- Have students draw a mural of activities that are fun and healthy alternatives to using drugs.
- Create a bulletin board with the title, "Yes I Can!" Supply "cans" made from construction paper to each student. Have them create their own labels for the cans, including their name and a skill or activity at which they excel. Attach the "cans" to the bulletin board. A few real, empty cans added to the board create a good three-dimensional effect.
- Make "no use" drug message posters for an elementary school class or school for a Red Ribbon Week display.

## English

- Discuss the Red Ribbon Pledge, "No use of illegal drugs, no illegal use of legal drugs." Have students define and discuss the difference between drugs that are legal/illegal, helpful/harmful and how they are used/misused.
- Have students write essays about alcohol and other drug dangers; how to avoid alcohol and other drug situations; how to develop self esteem to resist peer pressures.
- Have students develop and publish their own "yellow pages" of community organizations that provide assistance to people with alcohol and drug problems, eating disorders, suicide hot line, etc.
- Have students write a letter to a good friend who smokes cigarettes or uses drugs, encouraging them to quit.
- Have students work together to develop a dictionary of drug related terms.
- Have students read biographies about famous people who died from drugs or alcohol abuse. Ask them to write a report on how the drug use affected their professional lives. They should discuss the potential the person failed to fulfill due to their drug use.

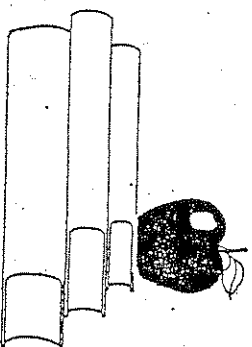
- Have students write an editorial stating why they think marijuana use should remain illegal.
- Have students work in teams to interview smokers or ex-smokers to determine why they wish they had never started. Have the teams report their findings to the class.
- Conduct 30-minute timed writing - "High On Life."
- Compose warning labels for alcohol beverages.
- Write and perform skits with anti-alcohol/drug themes.
- Give an essay assignment, opinion writing, about use/abuse of chemicals.
- Have students write letters or poems, or make a presentation to younger students sharing how they overcame the pressure to use drugs.

## Foreign Language

- Have students make drug free posters in each foreign language, and translate the Red Ribbon Pledge into the foreign language studied.
- Write and perform drug-free theme plays.

## Health and Physical Education

- Discuss the effects that alcohol/drugs have on the unborn child.
- Discuss tobacco and the fact that it is a "gateway drug" that kills 350,000 people in America every year.
- Give information about teenage alcoholism and its prevalence in our society.
- Discuss alcohol and other drug use by professional athletes. Who are the positive role models for drug abstinence?
- Discuss the dangers of steroid use. Discuss your school policy on drug use and possession.
- Have students write arguments against the use of drugs as a means of enhancing physical performance.



Be Smart...Don't Start

### History/Government

- Highlight/discuss news articles about the government's handling of drug smuggling, zero tolerance, supply vs. demand.
- Discuss the origin of drugs and their uses throughout history for medicinal and religious purposes.
- Have students develop proposed legislation related to drug use and identify the process for getting it passed through the legislature. Have students present the proposed legislation to local lawmakers.
- Have students collect information on drugs from law enforcement and drug prevention agencies in their community and report their findings to the class.
- Discuss the effect that alcohol and other drugs have on society.
- Hold debates about drug testing and penalties. What should society and government do about the drug problem?

### Journalism

- Produce a special edition of the school newspaper with articles about recreational alternatives to drugs and the effects of drugs on the body.
- Have students write letters to the editors of local newspapers about the sale of paraphernalia, drug free activities, music lyrics.
- Write press releases on Red Ribbon Week school activities.

### Math

- Project costs incurred by a "heavy smoker" over a 35 year period.
- Calculate what alcohol and other drugs cost business and industry in lost productivity and absenteeism.
- Contact law enforcement departments to calculate the costs incurred by law enforcement to combat drugs.
- Have students create graphs to depict statistics related to substance abuse. Example: How many alcoholics are there in the United States? How many gallons of alcohol are sold in a year? What percentage of alcohol consumed in the United States is consumed by alcoholics?
- Have students research the amount of revenue generated in the state by alcoholic beverage and tobacco taxes.
- Have students interview or survey the other students at school to determine how many of them have received peer pressure to use various drugs. Have students tally and graph the results.

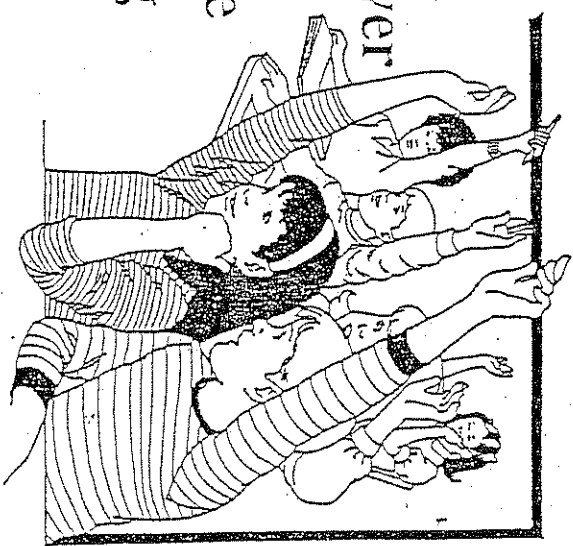
### Music

- Discuss how alcohol and other drugs physically harm your vocal cords.
- Invite a head and neck surgeon to present slides on cancer patients who have a history of smoking cigarettes and/or marijuana, and/or drinking alcohol. Ask him/her to discuss the harmful effects of cocaine on the septum.
- Have students incorporate facts about drugs into rap and rhythm songs.
- Have students write a song or musical about not using drugs and why. Arrange it and perform it.

### Science

- Discuss how drugs affect production and formation of proteins and DNA.
- Discuss fetal alcohol syndrome and the epidemic of drug addicted babies.
- Prepare a summary of the effects of alcohol and other drugs on the body.
- Have students draw a picture of the brain, indicating which areas control various parts of the body. Have them note which parts of the brain alcohol affects first, how it impairs vision, responses, etc.

The  
Answer  
Is  
To Be  
Drug  
Free



# A Proclamation for Youth

## Create Your Own Future

WHEREAS, You are capable of thinking and solving real problems, you should not allow anyone to put you down. Don't pay attention to those who say you can't succeed. Don't get trapped by excuses. They can make you numb. *You can succeed.*

WHEREAS, You can make a difference in the world. Don't listen to those who insist it's too late to breathe fresh air, control neighborhood gangs, combat drug abuse and create world peace. It's only too late when you stop believing in the future.

WHEREAS, You can find your own problems and design your own solutions. Be suspicious of anyone who "gives" you a problem to solve. Decide what you want to work on, then invite others to join your team.

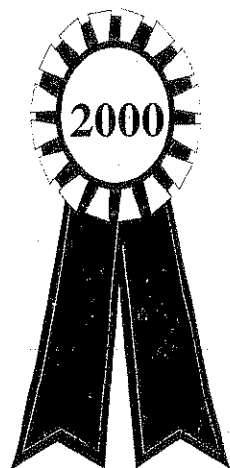
WHEREAS, You should not feel responsible for solving all the world's problems while you're still young, nor should you feel excluded from creating solutions. Don't be swayed by people who say "you're too young," that you should spend these years dreaming and just being a kid. The ability to solve problems doesn't belong just to adults—and the ability to dream doesn't belong just to kids.

WHEREAS, You have the right to shape your future. Don't wait for someone else to do it for you. Speak up. Speak out. Design a world you want to live in. Don't wait for luck to create it. Luck is just another word for work. The world needs to see your work and hear your voice.

NOW THEREFORE, Be it resolved that the Year 2000 shall be proclaimed as:

### THE YEAR FOR YOUTH SOCIAL ACTION

For all kids who believe in themselves, each other, and the future. Don't allow life to happen, *Make It Happen!*



Signed this \_\_\_\_\_ day of \_\_\_\_\_, 2000

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\_\_\_\_\_

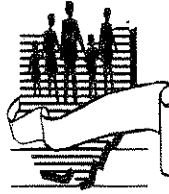
From "The Kid's Guide to Social Action: How to solve the social problems you choose--and turn thinking into positive action" by Barbara Lewis, (c) 1991, Reprinted by permission of Free Spirit Publishing Inc. Minneapolis, MN; 1-800-735-7323; [www.freespirit.com](http://www.freespirit.com)

# Sign Up for a Drug Free Ohio

★ *Into the Future Drug Free* ★

No use of illegal drugs and no illegal use of legal drugs

## Red Ribbon Celebration



OHIO PARENTS FOR DRUG FREE YOUTH

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Please send your completed Sign Up sheets to:  
Ohio Parents for Drug Free Youth  
Attn: Red Ribbon Celebration  
6185 Huntley Road, Suite P  
Columbus, Ohio 43229-1094

# Explore Your World

Visit any of the following web sites to learn more about your world and how you can help keep it drug free. Please be careful to not submit any personal information without being aware of the site's privacy policy.

## Webpages for Youth

- ★ **Cool Spot**-This Web site provides facts on underage drinking and effective ways to avoid alcohol.  
[www.thecoolspot.gov](http://www.thecoolspot.gov)
- ★ **Girl Power!** Girl Power! helps encourage and motivate 9- to 13 year-old girls to make the most of their lives.  
[www.girlpower.gov](http://www.girlpower.gov)
- ★ **Kid's next door**- Kids learn about being good citizens.  
[www.hud.gov/kids](http://www.hud.gov/kids)
- ★ **National Institutes of Health Department of Health & Human Services-Kids pages**  
[www.niehs.nih.gov/kids](http://www.niehs.nih.gov/kids)
- ★ **ForReal.org**-A site designed for teens looking to find out what the real deal is behind marijuana.  
[www.forreal.org](http://www.forreal.org)
- ★ **Stand Ohio**-This site features a youth-focused campaign to reduce tobacco use among teens throughout the state, including your community.  
[www.standohio.org](http://www.standohio.org)
- ★ **The Truth**-Exposing the truth about tobacco so that people can have all of the information necessary to make up their minds themselves.  
[www.thetruth.com](http://www.thetruth.com)
- ★ **McGruff® and Scruff® Drug and Violence Prevention Story and Activity Website**  
[www.ihs.gov/PublicInfo/Publications/McGruff](http://www.ihs.gov/PublicInfo/Publications/McGruff)
- ★ **Elks Drug Awareness Resource Center**  
[www.elks.org/drugs](http://www.elks.org/drugs)
- ★ **National Youth Anti-Drug Media Campaign**  
[www.freevibe.com](http://www.freevibe.com)

## Webpages for Families

- ★ **The Center on Alcohol Marketing and Youth**  
[www.camy.org](http://www.camy.org)
- ★ **Growing Up Drug-Free: Parent's Guide to Prevention**  
[www.drugfreeamerica.org/acrobat/parentsguide.pdf](http://www.drugfreeamerica.org/acrobat/parentsguide.pdf)
- ★ **Keeping Your Kids Drug-Free: A How to Guide for Parents and Caregivers**  
[www.theantidrug.com/pdfs/version3general.pdf](http://www.theantidrug.com/pdfs/version3general.pdf)
- ★ **Ohio Resource Network for Safe and Drug Free Schools and Communities**  
[www.ebasedprevention.org](http://www.ebasedprevention.org)
- ★ **Parenting is Prevention**  
[www.parentingisprevention.org](http://www.parentingisprevention.org)
- ★ **Parents: The Anti-Drug**  
[www.theantidrug.com/drug\\_info/index.html](http://www.theantidrug.com/drug_info/index.html)
- ★ **Tips for Raising Drug Free Teens**  
[www.drugfreeamerica.org/acrobat/Met\\_Life\\_V6.pdf](http://www.drugfreeamerica.org/acrobat/Met_Life_V6.pdf)
- ★ **National Families in Action- A Guide to Drugs and the Brain**  
[www.nationalfamilies.org/brain/index.html](http://www.nationalfamilies.org/brain/index.html)
- ★ **The National Clearinghouse for Alcohol and Drug Information (PREVLINe)**  
[www.health.org](http://www.health.org)

*Please Note: These websites do not constitute an endorsement of these organizations or their programs by Ohio Parents for Drug Free Youth. Ohio Parents for Drug Free Youth is not responsible for the content of an individual organization's web pages.*