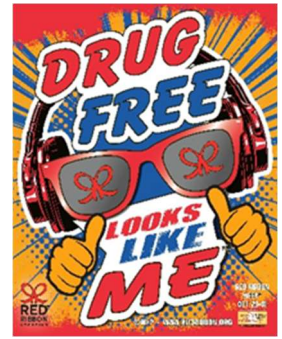




RED RIBBON WEEK 2021

October 25-29



What is Red Ribbon Week?

Red Ribbon Week is a national drug awareness campaign that started in 1988 as the result of the tragic death of Drug Enforcement Agent Enrique “Kiki” Camarena in 1985. The Red Ribbon is a symbol to show that ribbon by ribbon, neighbor by neighbor, we are united in our stand for drug-free youth and communities. With more than 100,000 schools and organizations taking part, Red Ribbon Week is the largest anti-drug awareness event in the United States. The Red Ribbon Campaign is a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. Every year, District 95 schools come together to support this message by helping students make healthy choices.

How Do We Celebrate Red Ribbon Week in District 95?

Lake Zurich Schools, in conjunction with Parent Teacher Organizations, Ela Coalition Against Youth Substance Abuse, and community members, are actively participating in the 2021 observance of Red Ribbon Week from October 25-29. We are excited for the opportunity to join forces as a community and support positive, healthy messages that will keep our kids healthy and safe. As we kick off the week on Monday, October 25, students will be participating in spirit week and contests. We encourage you, as members of our community, to support Red Ribbon Week by displaying red ribbons at home and talking to your child about making healthy choices. Below is a list of activities planned for Red Ribbon Week.

“DRUG FREE LOOKS LIKE ME”

<u>MONDAY 10/25</u>	<u>TUESDAY 10/26</u>	<u>WEDNESDAY 10/27</u>	<u>THURSDAY 10/28</u>	<u>FRIDAY 10/29</u>
“Don’t Let Drugs Ruin Your Dreams”	“Too Bright for Drugs”	“REaDy to Be Drug Free”	“Team Up Against Drugs”	“Say Boo to Drugs”
Wear Pajamas	Wear Neon Colors	Wear Red	Wear Sports Shirt/Jersey	Wear Orange and Black

*Elementary Students are encouraged to participate in the Coloring Contest to express their commitment to make healthy choices. Grade level winners will be chosen and will be displayed in schools.

*The Middle and High School Poster Contest winner will have their poster displayed during Red Ribbon Week in schools and area businesses. All entries are due by October 8th.

Thank you for supporting our efforts to promote a drug-free community!

Parents - your voice matters!

When Parents Talk, Youth Listen.

- Start the conversation *before* youth start using and *keep talking*.
- Short and frequent conversations are better than the occasional “big talk”.
- The average age youth start drinking alcohol (if they decide to drink) is 13-14 years.
- Alcohol is the most used substance by teens. Research says to start talking about 5 years before the average age they start drinking, or about 8 or 9 years old.

Use “Teachable Moments” to ask Open-Ended Questions.

- Use Red Ribbon Week as a conversation starter. Ask your child about healthy/safe choices vs. unhealthy/unsafe choices.
- For middle and high school youth ask them what they would like to accomplish in their future and what things might get in the way of them achieving that dream. (*most likely drug use will come up*)
- For middle and high school youth ask them what they would do if they ended up at a party with alcohol or other drugs. Practice refusal skills and discuss a plan so your child knows what to do.
- Use stories in the media or movies that glamorize alcohol/drug use.
- Be clear that you disapprove of underage drinking and drug use. Tell your child clearly that you don’t approve of any alcohol use until they are at least 21 years old and no other drug use ever.

Alcohol and Drugs Harm the Developing Brain.

Alcohol and other drugs like marijuana and nicotine interfere with normal brain development by slowing down brain activity and growth. Research shows that youth who start drinking alcohol before the age of 15, are five times more likely to have problems with alcohol later in life, compared to someone who waits until they are 21 years old. One in six teens who start using marijuana will become addicted. Over 90% of addiction in adults started in the teens years. Preventing use now is much easier than intervening later in life.

Rules Matter.

Talk with your child about your family’s rules. Be clear that you want your child to be healthy and that means no alcohol until he/she is at least 21 years old (and no tobacco, marijuana or other drugs either). Set clear rules and consequences for breaking the rules and then follow through if rules are broken. Research shows when parents have clear no-use rules and express disapproval of drug use, youth are less likely to use.

What You Say and Do Matters.

Be aware of the messages you send to your child about alcohol. They get mixed messages when youth are allowed a sip of alcohol for special occasions, for example. It’s best to reinforce the no alcohol message until they are 21 years old. Children want to be like adults, and seeing parents relax and celebrate in alcohol-free ways demonstrates that adults can and do have fun without alcohol.

Provide Drug-Free Places for Teens to Hang Out

One of the most effective ways to keep teens healthy and safe is to provide a drug-free place for them to hang out. While COVID-19 presents challenges to this, hosting small gatherings in your backyard this fall lets your teen see his/her friends and stay socially distanced. Providing or allowing teens to drink alcohol or use other drugs is illegal under IL Social Host Law. Per IL Public Act 097-1049, parents or other adults are held accountable for permitting youth to consume alcohol at their residence or on other property they own or control, which can result in fines and/or jail time. Be the safe house and let teens hang out without alcohol.

