

Red Ribbon Week
Family Discussion Questions and Pledge

October 28 - November 1st is Red Ribbon Week

Red Ribbon Week began 30 years ago with a mission to lead and support our nation's families and communities in nurturing the full potential of healthy, drug free youth.

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.

Have a conversation with the people you live with or someone you are close to and trust using these discussion starters.

What was a highlight of your day?

What was a big challenge in your day?

What are you grateful for today?

What were you like as a kid?

What do you wonder about me?

What would you do if you could do anything?

Then visit the site redribbon.org to learn more about making the choice to stay drug free.

Take the **DRUG FREE PLEDGE**

Take the **National Red Ribbon Campaign Pledge** and be a part of the creation of a drug free America.

Go to <http://redribbon.org/pledge/>

PARENT PLEDGE

1. As parents and citizens, we will talk to our children and the children in our lives about the dangers of drug abuse.
2. We will set clear rules for our children about not using drugs.
3. We will set a good example for our children by not using illegal drugs or medicine without a prescription.
4. We will monitor our children's behavior and enforce appropriate consequences, so that our rules are respected.
5. We will encourage family and friends to follow the same guidelines to keep children safe from substance abuse.

YOUTH PLEDGE

I pledge to grow up safe, healthy and drug free by:

1. Understanding the dangers of drug use and abuse.
2. Respecting myself and being drug free.
3. Spreading the word to family and friends about the importance of being healthy and drug free.

For a chance to win a cool prize...

Write a note about something you may have learned from your family discussion. Put your first and last name and grade-level on it. Then submit it in the Red Ribbon Pledge box at the school office.