



# Red Ribbon Week

Toolkit for Implementation

**Created in partnership with:**

Utah PTA, Utah County Health Department, Provo School District, Alpine School District, Centro Hispano,  
Utah State Extension, Utah County Department of Drug & Alcohol Prevention & Treatment,  
Utah County Communities That Care Coalitions

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# Red Ribbon Week

Generally Held The Last Full Week in October

## History of Red Ribbon Week

In 1985, DEA Agent Enrique Camarena was murdered. In response, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction caused by drugs in America. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in prevention activities to keep our kids drug and substance-free.

## Prevention Science

In many schools, PTA's plan the Red Ribbon Week Activities. Many parents are not prevention professionals and turn to pinterest or google for ideas. This toolkit was designed by preventional specialists in collaboration with Utah PTA for EVERY school and EVERY child here in Utah. Good intentions are not good enough for selecting and implementing prevention strategies. Our children need more in today's world. The hope is that every school/PTA will use the knowledge of what works so we can protect students from drug use and addiction and use our time wisely in implementing the most effective campaigns.

Prevention science has come a long way in the ability to actually reduce substance use. We've learned the hard way about what works and what doesn't.

**So, what does work?** Effective prevention strategies for youth should focus on activities that build social competence, self-regulation, and academic skills. Efforts should focus on developing self-control, emotional awareness, communication, relationships, social problem-solving and academic support among students.

Effective youth drug prevention takes place in every domain: The community, schools, within families, and among individual and peers. Prevention that is targeted through these four domains works to connect youth to prosocial activities and build age appropriate skills that can be relied on when faced with negative pressures and risks around drugs and alcohol.

**What doesn't work?** Youth drug prevention has moved far beyond "Just Say No" and "This is Your Brain on Drugs" campaigns. Some activities may seem like a good idea on the surface but have the potential of causing harm. Fear based activities, one-time events, or assemblies may seem like good ideas to help educate young people on the harms of drug use and dangers of

addiction. However, prevention science shows us that oftentimes these types of activities can be ineffective.

This toolkit was created to give all those engaged in youth drug prevention effective strategies, activities, and ideas to implement during Red Ribbon Week that are based on prevention science and research to help reduce youth substance use.

## **Instructions for Implementation**

This toolkit is meant to be a helpful guide when planning Red Ribbon Week activities. Included in this kit are ways that adults can engage students in effective drug prevention messaging and activities that are based on prevention science and research. The categories and themes are meant to be guides in assisting adults to develop activities during Red Ribbon Week that will target their individual communities, schools, and students as needed. Activities are separated out by ages (elementary, secondary, or both) and include instructions, templates, and resources needed for implementation. Feel free to adjust activities and themes as needed.

## Parent Handout

To send home to parents about upcoming Red Ribbon Week activities.

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Dear Parents,

This week is Red Ribbon Week! At school, students will be participating in activities and discussions that highlight the importance of staying drug free. Many of these activities will have home-based options for families to get involved in drug use prevention together. Please keep an eye out for these activities, and use them to talk with your kids about the dangers of drug use, and ways they can stay drug free.

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# Categories

Use these to help plan your Red Ribbon Week activities!

## 1. Family Bonding



### Description

The quality of family ties is a protective factor against delinquency for children of all age groups. Research has identified the family as a significant source of protection against drug and alcohol abuse among adolescents (Chen et al., 2010; Hawkins et al., 1992). Developing healthy family relationships can enhance the ability of parents to communicate prosocial norms to their children (Rankin and Kern, 1994), allowing parents to prevent adolescents' antisocial behaviors, such as substance use. Positive attachment to parents is a strong protective factor against illicit drug and alcohol use among adolescents (Kostelecky, 2005; van der Vorst et al., 2006).

## **Activity 1: School-Hosted Family Activity**

*Age Group:* Elementary and Secondary

*Description:* School carnival. Provide an opportunity for students and parents to bond at a school based activity, such as a school carnival. At the event, encourage parents to make bonding a core part of their family life. A good resource to promote to parents is <http://parentsempowered.org/how/have-fun/>.

*Prevention Relation:* Family Bonding

*Supplies:* Bounce houses, carnival games, local businesses to provide booths, donated food or food vendors.

*To-Do:*

- Choose time and date
- Determine budget
- Apply for any necessary permits (for example, for inflatables or outdoor electricity use)
- Get donations
- Plan activities
- Register vendors
- Advertise the event
- Organize event security, first aid and restroom access
- Plan for a centralized ticket purchasing location at the carnival to minimize money handling. (Consider making the carnival free or minimal cost in order to be accessible to all families.)

*Implementation Tools:* Example Resources can be found at this website -

<http://galactosemiamidwest.com/how-to-fundraise/how-to-organize-a-carnival/>

*Alternate Ideas:*

- Family Entertainment Discount: Partner with a local business to provide discounts to a local family-friendly venue. Examples could be a trampoline jump, roller skating, or art center.
- Concert or Talent Show: Host a concert or talent show at the school that families can attend together.
- Family Movie Night: Have a family movie night at the dollar theater or school.
- Art Walk: Kids submit art which is placed in a gallery. Parents/families are invited to walk through the gallery and see artwork.

- Wildlife Night: Partner with local zoo/aquarium to have animals brought to the school and families can learn about them.
- Lego Night: Purchase some legos or invite families to bring their own. See who can come up with the most unique creation.
- Family Tailgate Night: Host a tailgate before a football game and invite the whole family. Provide food and games families can participate in together (Secondary).
- Family Yoga Night: Have a yoga instructor come to the school and offer a class. Talk to families about the importance of managing stress in healthy ways.
- Family Escape Room: Set up several small escape room challenges at the school. Families can work together to solve problems in the time allotted to escape.



## Activity 2: Family Unplugged Night

*Age Group:* Elementary and Secondary

*Description:* Spending quality time as a family can be difficult when screens are in everyone's hands! Encourage students to spend time with their family doing an activity that does not involve screens. Talk about ideas or pass out the flier linked below. Teachers may choose to have students report on what unplugged activities they did. PTA representatives may choose to highlight students who submit a write up of how they spend time with their family.




*Prevention Relation:* Family bonding

*Supplies:* Flier

*To-Do:*

- Have teachers hand out the flier below and challenge their classes to spend unplugged time with their families that evening or another night that week.
- At the end of the week, teachers may choose to ask students what the students did with their families.

*Implementation Tools:*

<p style="text-align: center;"><b>Family Unplugged Night Activities</b></p>  <p>Technology is great, but it can be a distraction from what matters most. Tonight, take a break from screens and spend some quality time as a family. Need some ideas? Check out the list below!</p> <p><b>Family Unplugged Night Indoor Activity Ideas:</b></p> <ul style="list-style-type: none"><li>● I have a board game night</li><li>● Go to the library to check out some new books and have a read-a-thon at home</li><li>● Host your own concert featuring family members! Not much musical talent? Don't worry, you can turn on some music and lip sync or sing along!</li><li>● Make dinner together as a family. Try a new recipe</li><li>● Bust out the art supplies and have a creative family art night</li><li>● Go roller or ice skating at your local rink</li><li>● Visit your local rec center for a game of basketball</li><li>● Explore a local museum</li><li>● Go out for dinner at your favorite restaurant</li><li>● Bake something from scratch</li><li>● Take a fitness class together</li></ul> 	<p style="text-align: center;"><b>Family Unplugged Night Outdoor Activity Ideas:</b></p> <ul style="list-style-type: none"><li>● Attend a concert in the park</li><li>● Rake leaves and jump in them</li><li>● Head up the canyon to make s'mores around a campfire</li><li>● Carve pumpkins</li><li>● Go trick or treating</li><li>● Get in some fall camping, even if it's in your own back yard</li><li>● Lay out some blankets and look at the stars</li><li>● Go for a hike</li><li>● Head to a pond or fishery and see who can catch the biggest fish</li><li>● Go for a bike ride</li><li>● Kick around a soccer ball or shoot hoops together</li><li>● Take a walk around your neighborhood</li><li>● Throw a frisbee</li></ul> 
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Family Unplugged Night Flier: <http://bit.ly/FamilyUnplugged>

*Alternate Ideas:*

- Family Outdoor Night: Plan an outdoor activity that families can attend.
- Tabletop Game Night: Host a game night at school where families can come play board games.

### Activity 3: Conversation Jar

Age Group: Elementary and Secondary

Description: This fun list of questions can get conversations going between parents and children. The questions can be used on their own or cut out and placed in a cup, bag or jar.

Prevention Relation: Family Bonding

Supplies: Cups/bag/jar, paper/questions, and scissors.

To-Do:

- Print “Conversation Jar” fliers for each student.
- Have students cut out questions and place in a cup, bag or jar.
- Have students take home questions and use with parents at dinner.
- Parents and students take turns drawing a question out of the cup/bag/jar and share their answer.
- Have students report on their experience.

Implementation Tools:



[parentsempowered.org/wp-content/uploads/2016/05/ConversationJar.pdf](http://parentsempowered.org/wp-content/uploads/2016/05/ConversationJar.pdf)

Alternate Ideas:

- Chit Chat Cards Contact Parents Empowered to order “Chit Chat Cards,” conversation starters to use at dinner.
- Download an App Have parents download an app to ask questions with their kids.

## **Activity 4: Family Dinner**

*Age Group:* Elementary and Secondary

*Description:* Children who grow up sharing family meals are more likely to exhibit prosocial behavior as adults, such as sharing, fairness, and respect (De Backer, 2014).

Further research suggests that teens who eat dinner with their parents regularly develop better relationships with them, do better in school, and are at lower risk of using drugs, drinking or smoking (Columbia University, 2012).

With each additional family meal shared each week, adolescents are less likely to show symptoms of depression, less likely to use or abuse drugs, and less likely to engage in delinquent acts (Meier, 2011).

Regular family meals in adolescent females may have long-term protective effects in the development of substance use (Eisenberg, 2008).

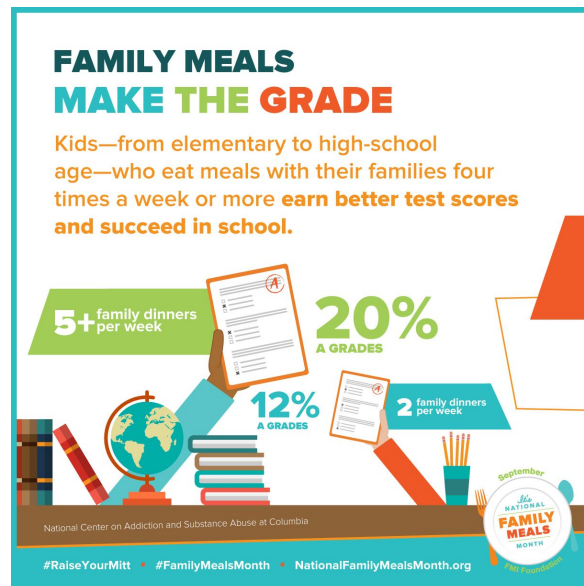
*Prevention Relation:* Family Bonding

*Supplies:* N/A

*To-Do:* N/A

*Implementation Tools:*

<https://www.fmi.org/family-meals-month/about>



<https://www.fmi.org/docs/default-source/familymeals/community-collaborators.pdf?sfvrsn=d2854>

## **Activity 5: Family Connection Day**

*Age Group:* Elementary and Secondary

*Description:* Dress Like An Ancestor. Have your students dress up on this day like an ancestor or family member. Have them spend a few minutes talking about who they dressed up as and why they chose them. Is there a story about this person they can share? Does this person have qualities they admire?

*Prevention Relation:* Family Bonding

*Supplies:* N/A

*To-Do:* N/A

*Implementation Tools:* N/A

*Alternate Ideas:*

- Have Lunch With A Family Member: Hold a lunch where students can bring a family member (grandparent, parent, sibling, aunt/uncle or guardian) and share a meal with them. Have questions or games at the table for interacting and increasing communication (Elementary/Secondary).
- Family Member Interviews: Using the Family Member Interviews Template (or you can create your own) have your students interview a family member and share about what they learned in class. Challenge them to talk to a family member they don't know a lot about, or challenge them to find out something new that they didn't know. Encourage them to get creative with their presentation (Elementary/Secondary).
- Share A Family Story: Have your students ask family members to share a story about their family history, or about an ancestor, or a story about themselves when they were a baby. Have students share the story with the class and how family can shape them into who they are today (Elementary/Secondary).
- Family Member Mobiles: Have your class create mobiles about their family. They can use pictures or draw their own pictures to represent family history, important family milestones, etc. Let them share their creation (Elementary).
- Family Tree Activity: Have your class fill out a family tree. (Template included) As they fill out the family tree, ask them to find out more about the people they don't know. Have

them decorate their tree with pictures, or draw pictures of their family (Elementary).

- Family Crest Art Activity: Have students create a family crest. (Template included) They can decorate it with photos, or draw pictures of things that are important to their family. Let them be creative with different textures and types of art supplies. Let them share why they decorated their crests the way they did, and what they feel is important to their family (Elementary).
- Family Member Baseball Cards: Have students create baseball cards for each of their family members. They can do cards for other members of their family if they are an only child (grandparents, aunts/uncles, etc.) Have them find out more about their family members as they complete this activity. Let them share their cards with the class or in a small group. Once finished, let students take them home to give to their family members (Elementary).

## 2. Community Connection



### Description

“It takes a village to raise a child.” Raising a child to be a fully functioning adult with confidence and clarity requires all hands on deck. We need a village - this means that the child is loved by many and has relationships with lots of different people - leaders of groups, sporting coaches, teachers, etc. Children need to learn how to form different relationships - be with other people: trust other people - and have leaders to look up to- a mentor, a teacher, a guide. We need a village around our children so they will be protected by love and support as they are navigating these crucial developmental years (McBain, Psychologist, 2010).

## **Activity 1: Thank-You-Day**

*Age Group:* Elementary and Secondary

*Description:* Help youth feel connected to their community. Deliver thank you cards to express gratitude for community entities/individuals (Police Department, Fire Department, Public Library, Grocery Stores etc.).

*Prevention Relation:* Opportunities for prosocial involvement

*Supplies:* Purchase premade cards, or any artistic materials to create your own.

*To Do:*

- Designate date for card dissemination.
- Select entity(s) or individual(s).
- Purchase or create thank you cards. Cards may be as simple or extravagant as you choose.
- Contact entity(s)/individual(s) to inform them that they have been selected and that you will visit them on the designated “Thank You Day”.
- Deliver card.
- (Optional) Take photo of activity, post it on “Community Wall”

*Implementation Tools:* N/A

*Alternate Ideas:* Expressions of gratitude do not need to be limited to delivering thank you cards.



## **Activity 2: Tic-Tac-Toe**

*Age Group:* Elementary and Secondary

*Description:* Help youth feel connected to their community. Provide interactive opportunities/activities for youth in their community. Youth can mark or check off activities on Tic-Tac-Toe card.

*Prevention Relation:* Opportunities for prosocial involvement.

*Supplies:* Tic-Tac-Toe card, list of activities

*To Do:*

- Choose Tic Tac Toe activities
- Complete Tic Tac Toe activities within given time frame
- Submit completed Tic Tac Toe card to designated staff
- (Optional) Take photo of activity, post it on “Community Wall”

*Implementation Tools:* N/A

*Alternate Ideas:* N/A

### **Activity 3: Community Wall**

*Age Group:* Elementary and Secondary

*Description:* Help youth feel connected to their community. Increase recognition of community bonding.

*Prevention Relation:* Opportunities for prosocial involvement

*Supplies:* Highly visible location. Youth submit photos, art work, and other renditions of what community means to them.

*To Do:*

- Designate highly visible location with heavy traffic.
- Instruct students to create (Photo, drawing, painting, etc.) a rendition of what community means to them.
- Obtain parental consent for posting materials.
- Attach materials to community wall.

*Implementation Tools:* N/A

*Alternate Ideas:* N/A

#### **Activity 4: Movie in the Park**

*Age Group:* Elementary and Secondary

*Description:* Help youth feel connected to their community. Provide safe environment for community bonding.

*Prevention Relation:* Opportunities for prosocial involvement.

*Supplies:* Movie, location, snacks (optional), educational drug prevention material (Contact Parents Empowered to obtain media campaign materials or contact your local prevention coordinator - <http://parentsempowered.org/about/contact/>).

*To Do:*

- Identify and collaborate with established “Movie in the Park” entities.
- Organize “Movie in the Park” activity if not collaborating with established event.
- Supply prevention material to attendees (Set up booth, show Parents Empowered commercials).
- Make announcement(s) about PTA objective before/after movie.

*Implementation Tools:* N/A

*Alternate Ideas:* If a park is unavailable, consider showing the film in a school auditorium or other location.

### 3. Healthy Relationships



#### Description

Building social and personal skills of young people enhance individual capacities, influences attitudes, and promote healthy peer relationships which are protective factors against substance use. Research shows “being socially connected and having good-quality relationships can make us happier and can improve our sense of wellbeing (Marmot, 2008) by providing us with feelings of security and support, and giving meaning to our lives (Field, 2003 and Ditzen et al, 2008).” In contrast, “mental health conditions such as depression, eating disorders, self-harming behaviours and anxiety disorders are characterised by social withdrawal and isolation (American Psychological Association, 2013).” Healthy relationships are associated with higher self-esteem and physical and mental wellbeing (Currie et al, 2012 and Skogbrott Birkeland et al 2014). Healthy relationships can help prevent risky behaviors, such as drug and alcohol misuse (Goldstein et al, 2005).

## Activity 1: Compliment Day

*Age group:* Elementary and Secondary

*Description:* A compliment has a powerful effect. It can instill confidence in a child, or validate someone's hard work. A compliment not only improves the receiver's mood, but it also says something about the giver. It tells them you noticed. Whether we recognize someone's achievement or their classic style, a compliment can go a long way.

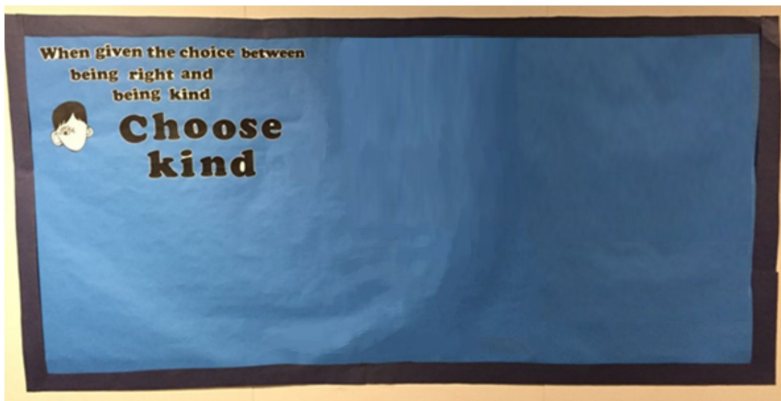
Student and faculty give each other compliments using sticky notes. The compliments are then placed on the "Wall of Wonder." People who receive a compliment, pass a compliment on to someone else. This activity could start at the beginning of the day, at the beginning of the week, in homeroom.

*Prevention Relation:* Promotes healthy relationships, recognition, positive connection.

*Supplies:* "Wall of Wonder" sign, sticky notes, reminder signs.

*To Do:*

- Set up a "Wall of Wonder"
- Sticky Notes – Make sure sticky notes are easily accessible to students and faculty.
- Create and post reminder signs around the school.
- Follow-up



*Implementation Tools:* N/A

*Alternate Ideas:* N/A

## Activity 2: Create an Emergency Date Kit

*Age group:* Secondary

*Description:* Many youth begin dating in middle and high school. It is important that they not only establish healthy relationships early on, but are also prepared in high pressure social situations. In this activity, youth will visit various stations to gather items to create an emergency date kit. These stations may be set up in the lunchroom. Attached to each item is a short dating tip. The kit may include questions on the outside of the bag such as: Is my phone charged? How am I getting there and back? Do my parents/guardians know my date? Does the place I'm going serve alcohol? Do I plan to drink? Does my date plan to drink? Do I have a plan if something unexpected happens? Do I have money?

*Prevention Relation:* Promotes Healthy Relationships

*Supplies:* Tables, bags to put kit items in, paper for safety messages, emergency kit items - gum, safety pins, lifesaver/emergency contact pocket card, band aid, chapstick, tissue, hand sanitizer, comb, dental floss, smarties, etc.

- Gum: Stick to your standards. Also, for fresh breath.
- Safety Pins: Stay together with the group. Also, for clothing mishaps.
- Lifesaver/Emergency Contact Pocket Card: In case your phone dies, have a few emergency numbers written down.
- Band Aid: Help fix hurt feelings.
- Chapstick: Read my lips. Communicate your limits clearly. No means no. Don't be afraid of being impolite.
- Tissue: If there are any issues.
- Hand Sanitizer: Establish your boundaries. You have the right to set limits and the right not to be touched against your will.
- Comb: Don't brush off your instincts. If you feel uncomfortable in a situation, leave!
- Dental Floss: Check your teeth after dinner!
- Smarties: Be smart about your choices. Alcohol and drugs interfere with clear thinking and effective communication. Remember you are not as in control if you have been using drugs or alcohol.

*To Do:*

- Gather necessary supplies.
- Print sayings and attach to each item.
- Set-up stations with necessary supplies.
- Assign adults to run to each station.
- Make announcements.



*Implementation Tools: N/A*

*Alternate Ideas:*

- Create a list of fun/creative date ideas as alternatives to drug use.

### **Activity 3: Lunch Bunch – No one Eats Alone**

*Age group:* Elementary and Secondary

*Description:* Encourage students to engage in a simple act of kindness at lunch - make sure no one is eating alone and that students are making an effort to eat with new classmates and peers.

*Prevention Relation:* Promotes healthy positive relationships, inclusion, positive peer norms, building social and personal skills.

*Supplies:* Poster Board

*To Do:*

- Announcements
- Create 'No One Eats Alone' signs

*Implementation Tools:* N/A

*Alternate Ideas:*

- **No One Eats Alone:** Sign up to receive a backpack full of materials and to access materials online. <https://www.nooneeatsalone.org/>
- **Lunch Table Games:** Place card and board games on tables in the lunchroom and encourage students to play them with others at their tables.



#### **Activity 4: No One Plays Alone – Recess Activity**

*Age group:* Elementary

*Description:* Encourage students to be aware of others during recess; if they notice anyone is alone, invite them to play with you. Have a designated place where children can go if they want someone to play with them, like a Buddy Bench or Friendship Bench.

*Prevention Relation:* Healthy relationships, anti-bullying, inclusion, sense of belonging.

*Supplies:* Posters and markers to create signs.

*To Do:*

- Announcements/Encouragement from PTA/Staff/Admin.
- Create “No One Plays Alone” signs.
- Designate a place for kids to go – cone, bench, etc.
- Plan and facilitate group recess activities and encourage participation.

*Implementation Tools:* N/A

*Alternate Ideas:* N/A

## Activity 5: Getting to Know You

Age group: Secondary

Description: Encourage students to ask thoughtful questions when meeting classmates. Students use 20-question Getting to Know You card to walk around designated area to find students who meet criteria in the boxes. After finding each student, they will write down their name and ask the follow-up question in the box.

Prevention Relation: Healthy Relationships, inclusion.

To Do:

- Print Getting to Know You cards
- Prizes - PTA

Implementation Tools:

### Getting to Know You

 Find someone who likes to read. Name: _____ Favorite book: _____	 Find someone who has a dog. Name: _____ Name of dog: _____	 Find someone who plays a sport. Name: _____ Sport: _____	 Find someone who speaks a language other than English. Name: _____ Language: _____
 Find someone who has a car. Name: _____ Color of car: _____	 Find someone who has visited a different country. Name: _____ Country: _____	 Find someone who is an only child. Name: _____ Do they like being an only child? _____	 Find someone who has an unusual pet. Name: _____ Type of pet: _____
 Find someone whose birthday is this month. Name: _____ Birthday: _____	 Find someone who has a big family. Name: _____ Number of siblings: _____	 Find someone who knows where they want to go to college. Name: _____ College: _____	 Find someone who is in a club. Name: _____ Club: _____
 Find someone who has a job. Name: _____ Job: _____	 Find someone who has an interesting hobby. Name: _____ Hobby: _____	 Find someone who has a cat. Name: _____ Name of cat: _____	 Find someone who has a unique talent. Name: _____ Talent: _____
 Find someone who plays an instrument. Name: _____ Instrument: _____	 Find someone who can tell a good joke. Name: _____ Joke: _____	 Find someone who likes to play video games. Name: _____ Favorite game: _____	 Find someone who has lived in a different state. Name: _____ State: _____

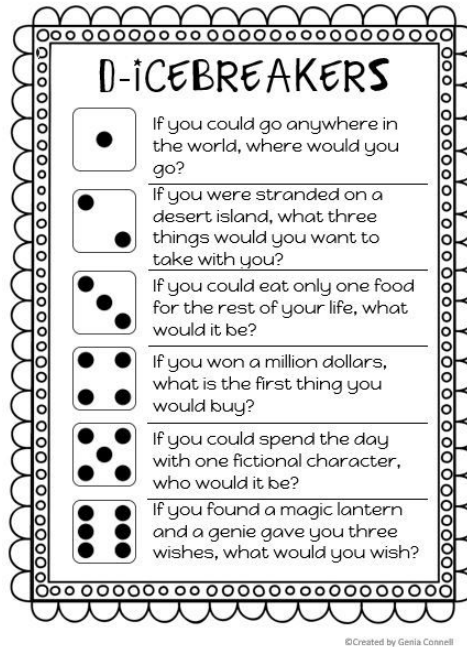
<https://www.teacherspayteachers.com/Product/Icebreaker-for-High-School-Students-Getting-to-Know-You-Bingo-Game-2566544>

Alternate Ideas:

- **Bubble Gum "Hellos":** Each member of a student leadership group is given a bag of bubblegum. Each student passes out multiple pieces to other students during lunch with the idea that each student is expected to keep one and pass the rest on to someone who

has not received any yet. The goal is for every student to get one piece of gum by the end of the lunch period along with a "hello," and introduction from another student.

- **D-icebreakers:** Place dice and D-icebreakers printouts on each table in the lunchroom. Encourage students to take turns rolling the die and answering the question that matches their roll.



<https://www.scholastic.com/content/dam/teachers/blogs/genia-connell/migrated-files/dicebreakers.pdf>

## 4. Personal Development and Resiliency



### Description:

When you think about a see-saw, imagine one side with a child’s strengths, skills, and abilities to handle life’s challenges, and the other side consists of challenges - bullying, stress, fear of failure, loss of friends, problems at home, etc. The more skills we can teach children, the easier they will be able to balance themselves back and forth on the “seesaw of life.” Kids need help to learn some of these things, and resiliency isn’t a strong suit in every child. This section provides opportunities to increase knowledge and strengthen skills to enable children to make healthy choices throughout their lives.

Red Ribbon Week already uses the “theme days” so we’ve just added some wellness promotion ideas to accompany the themes already so well-loved! These can be done in both elementary and secondary school settings, and the activities target factors including depression, opportunities for prosocial involvement, and lack of commitment to school.

## Activity 1: Theme Days

**Crazy Hair Day:** Have kids wear crazy hair styles. Create a palm card to hand out to students during the lunch break or in the morning as they come in to school with the following:

*Don't use drugs if you're stressed out. 5 things to do instead:*

1. Take a deep breath and let it out slowly
2. Count to ten
3. Talk to a friend about your feelings
4. Go for a walk
5. Listen to music that helps lift your mood

**Crazy Sock Day:** Have kids wear silly socks and teach them about walking a mile in someone else's footsteps to develop empathy.

*Walk a mile in someone else's footsteps.*

1. When you notice someone else is sad, imagine how sadness feels for you.
2. When you're sad, what things make you feel better? A smile? A friend to talk to? A hug from someone who cares?
3. Can you help someone else by offering a smile or listening ear?

**Inside Out Day:** Wear your clothes inside out and learn to let your emotions out by identifying them or talking about them.

*Let emotions come from the inside out!*

Have emotion identification cards – how are you feeling? Use a new word to describe it.

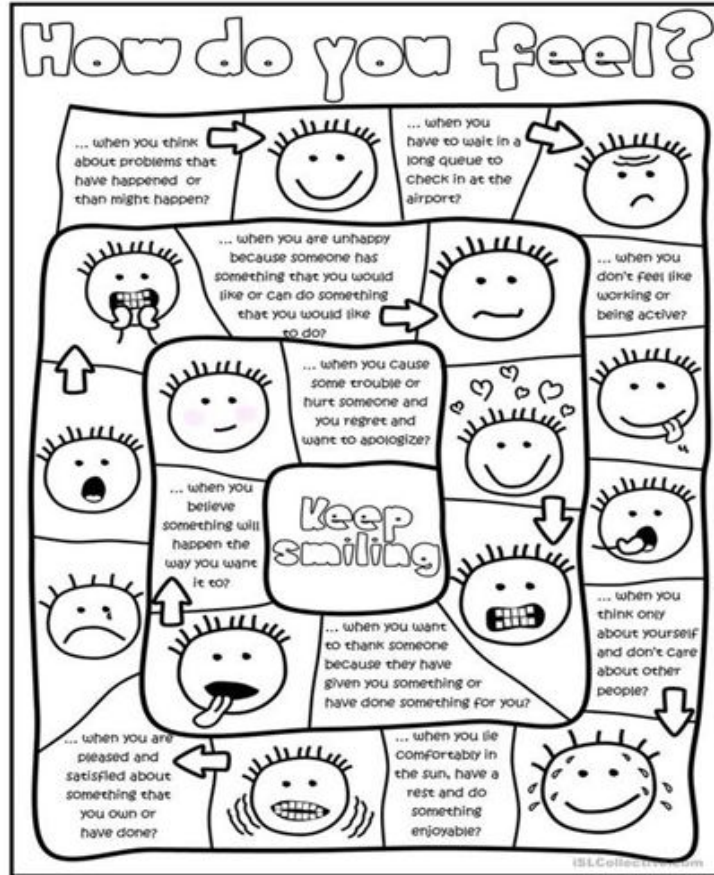
				
<b>Happy</b> Contented Glad Satisfied Optimistic Pleased Joyful Delighted Mirthful	<b>Sad</b> Down Dejected Depressed Heartbroken Blue Unhappy Downhearted Demoralized	<b>Tender</b> Intimate Loving Sympathetic Touched Soft Delicate Fragile Sensitive		
<b>Excited</b> Energetic Bouncy Nervous Antsy Perky Agitated Delighted Disturbed	<b>Angry</b> Irritated Resentful Mad Furious Upset Cross Annoyed Vexed	<b>Scared</b> Tense Anxious Frightened Terrified Panic-stricken Afraid Horrified Dread		
<b>Confused</b> Trapped Flustered Baffled Constricted Doubt Foggy Disorganized	<b>Worried</b> Agitated Anxious Bothered Restless Tense Uneasy Unsettled	<b>Surprised</b> Amazed Astounded Incredulous Shocked Startled Astonished Aghast		
<b>Satisfied</b> Adequate Content Mellow Peaceful Pleased	<b>Loving</b> Affectionate Caring Devoted Intimate Warm	<b>Confident</b> Capable Centered Eager Energetic Focused		

<https://drive.google.com/file/d/1fHY0F3tlvDfc9leyHbcESQMc031AUf6Q/view?usp=sharing>

Tell one person how you're feeling today.

Make a list of five things to do when you're feeling an intense emotion.

Take the Feelings ID Quiz:



[https://drive.google.com/file/d/1Vkf\\_QrsusG9pge2vJcQW5d2X4nkC\\_8UO/view?usp=sharing](https://drive.google.com/file/d/1Vkf_QrsusG9pge2vJcQW5d2X4nkC_8UO/view?usp=sharing)

**PJ Day:** Kids can wear pajamas to school today. The idea is that it's good to practice self-care with relaxation.

Practice relaxation with a guided imagery technique or breathing exercises. Have kids share with another person how he or she relaxes.

Play calm music during lunch to promote relaxed feelings.

**Hero Day:** Kids can dress up in their favorite hero costume and the theme for the day is:

*Be your Own Hero!*

Kids need to develop resilience and inner strength and develop skills to stand up for themselves and others. Reinforce assertiveness skills with these reminders which can be printed on palm cards and given out to kids.

I have the right to be treated with respect.

I have the right to say “no.”

I have the right to express my feelings.

I have the right to stand up for myself.

Have students come up with ideas of when they might need to be assertive, or provide these scenarios, and have students practice!

## **Activity 2: Emotional Literacy**

*Age group:* Elementary and Secondary

*Description:* Emotional literacy is an important tool to teach children as part of social skill development. Children need to understand there are more feelings than just mad, sad and happy, and learn how to recognize and express these feelings within themselves and others.

*Prevention Relation:* Decreasing risk factors and increasing social and emotional health.

*Supplies:* Blank wall or giant poster board.

*To Do:* N/A

### **Word Wall**

- On separate sheets of paper, write the words “happy,” “sad,” “mad,” “tired,” etc. Post them along the top of the wall or poster board. This will be the heading.
- Have students come up with other descriptive words that mean the same thing. Write those words on separate sticky notes and post them under the main headings.
- Show pictures of people’s faces with different expressions and have students identify what that person is feeling (for elementary students).



### **Activity 3: Refusal Skills**

*Age group:* Secondary School

*Description:* Teach students how to avoid unhealthy or uncomfortable situations

*Prevention Relation:* Decrease risk factors, increase self efficacy

*To-Do:*

Here are some ideas:

- Make an acronym for possible refusal skills. For example, SLOW:
  - **S**uggest an alternate - Role play providing alternative suggestions to participating in an activity or attending an event they are not comfortable with.
  - **L**eave the Situation - Promote having courage to get up and leave. Have someone who knows where you are and who is willing to be your “out”
  - **O**k to say no - Practice saying no or other variations such as “thanks, but no thanks”.
  - **W**hy - Focus on why you feel uncomfortable participating in the activity or attending an event.
- Can alternate possibilities on posters. Make stickers with acronym.
- Have kids come up with tips for resisting peer pressure

## Activity 4 : Learn New Hobbies

*Age group:* Elementary and Secondary School

*Description:* Provide opportunities for students to learn and/or develop new hobbies and skills.

*Prevention Relation:* Resiliency, coping, increase protective factors.

*Supplies:* Poster boards or colored poster paper. Printed possible hobbies for kids

*To-Do:* Here are some ideas to help students learn new hobbies or healthier coping skills:

- **Brainstorm:** Help students identify new hobbies or skills they wish to develop by doing a brainstorming session. Ideas of new hobbies can be written on the board or on a poster board. Elementary students can draw a picture of the activities they wish to learn, such as a soccer ball, a camera, or a swimming pool.



- **Write about it:** Have an essay contest or homework assignment for the kids to write about their favorite hobby or activity. Part of the essay can be a step-by-step, “how-to” section where the kids describe how to perform this activity.
- **Show and tell:** Bring an object or picture that represents the hobby or activity you described in your essay.
- **30 Challenge:** Try a new activity for 30 days
- **Be Brave:** Have kids think of activities they have always wanted to do and write down what fears or apprehensions they may have about starting. Crumple up the piece of paper and put it into a bucket. Then explain how the bucket symbolizes the release of fears or apprehensions. As a class, students can talk about ways to overcome fears and offer solutions or advise.

## **Activity 5: Smile Cards/Nice Notes**

*Age Group:* Elementary and Secondary

*Description:* Help strengthen interpersonal skills and increase emotional literacy.

*Prevention Relation:* Increase Protective Factors

*Supplies:* Bounce houses, carnival games, local vendors to host booths, donated food or food vendors

*To-Do:*

- Designate a space to collect the positive affirmation cards (or can be collected all over the school).
- Provide post-it notes or similar sticky notes and writing utensils close to the designated area.
- Allow students to post positive affirmations or nice thoughts on a sticky note and attach it to the designated space.
- Students can take a card if they like the message and/or feel they need it.
- Encourage take a card, leave a card mentality.

*Implementation Tools:* sticky notes, poster paper, writing utensils

*Alternate Ideas:*

- Nice Notes: Students can make cards out of construction paper for their peers and place in a box at the front or back of the classroom. Teacher can deliver them to the receiving peers during a break or quiet time.
- Lunch Time Activity: put a table in the lunchroom or commons area with supplies to make cards.
- Compliment Cards/Smile Cards: Pass out smile cards or pre-printed compliment cards to encourage kids to look out for service opportunities. More information can be found at: <https://www.kindspring.org/smilecards/?op=download>

# smile.

**You've just been tagged!**

Experiments in Anonymous Kindness is the name of the game,  
and now- you're it



Someone reached out to you with an anonymous act of kindness.  
Now it's your chance to do the same. Do something nice for  
someone. leave this card behind. and keep the spirit going!

Visit [www.helpothers.org](http://www.helpothers.org) for more ideas, info and inspiration.

*The fragrance always remains on the hand that gives the rose. – Gandhi*



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# Resources

## Additional substance use prevention resources

### Communities That Care

- [www.communitiesthatcare.net](http://www.communitiesthatcare.net)
- Local coalition-based system that uses a public health approach to prevent community problems such as violence, delinquency, school drop-out, and substance abuse.

### Everyday Strong

- Initiative through United Way of Utah County, aimed to decrease anxiety and depression in youth. When children feel safe, connected, and confident, they thrive.
- <https://www.unitedwayuc.org/get-involved/everyday-strong>

### Guiding Good Choices

- A family skills-training program for parents and their middle-school aged children. The program is based on the social development model and its primary objectives are to enhance protective parent-child interactions and to reduce child risk for early substance use initiation.
- <https://www.channing-bete.com/prevention-programs/guiding-good-choices/guiding-good-choices.html>

### Parents Empowered

- [www.parentsempowered.org](http://www.parentsempowered.org)
- Media and education campaign funded by the Utah Legislature. Designed to prevent and reduce underage drinking in Utah by providing parents and guardians with information about the harmful effects of alcohol on the developing teen brain and proven skills for preventing underage alcohol use.

### Red Ribbon

- <http://redribbon.org/>
- Red Ribbon campaign, sponsored by the National Family Partnership.
- Red Ribbon themes, supplies, and more.

## **Substance Abuse and Mental Health Services Administration (SAMHSA)**

- Agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities

## **Strengthening Families Program**

- <https://strengtheningfamiliesfoundation.org/>
- Evidence-based family skills training program found to significantly improve parenting skills, family relationships, social competencies, and school performance. This program also reduces problem behaviors, delinquency, alcohol and drug abuse in children.

## **Uplift Families**

- [www.upliftfamilies.org](http://www.upliftfamilies.org)
- As one of Utah PTA partners, this organization strives to strengthen families by connecting parents with vetted programs, resources and information that help parents acquire the skills necessary to raise loving responsible children. This website provides articles, tips, and community resources to help families bond. It is also an initiative of Jeanette Herbert, First Lady of Utah.

## **Utah Department of Substance Abuse and Mental Health (DSAMH)**

- <https://dsamh.utah.gov/>
- DSAMH is a department located in the Utah Department of Human Services, who seek to strengthen lives by providing children, youth, families and adults individualized services to thrive in their homes, schools, workplaces and communities.

## **Utah Prevention Coalition Association**

- <https://utahprevention.org/>
- Connect with your local prevention coalition in Utah to protect your community, promote positive lifestyles, and prevent substance abuse and behavioral health problems.



# Partnerships

Utah PTA, Utah State Office of Education, Utah County Health Department, Provo School District, Alpine School District, Centro Hispano, Utah State Extension, Utah County Department of Drug & Alcohol Prevention & Treatment, Utah Communities That Care Coalitions.



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# Contact Us

## **Utah Prevention Services**

To find local prevention services near you, go to <https://dsamh.utah.gov/contact/location-map> and click on your county.

## **Utah PTA Services**

<https://www.utahpta.org/contact-us>