

2023 Issue

RED RIBBON CAMPAIGN®

Parent / School Planning Guide



RED RIBBON WEEK® OCT. 23-31 • WWW.REDRIBBON.ORG

PRESENTING SPONSORS



Living Through His Word Foundation





THE OKLAHOMA CITY DODGERS IN THE COMMUNITY



DEVON ENERGY AND OLSSON HAVE PARTNERED WITH THE DODGERS TO PROVIDE SECOND, THIRD AND FOURTH-GRADE TEACHERS THROUGHOUT THE STATE MVP ENCOURAGING STEM EDUCATION OF OKLAHOMA WITH FREE TOOLS FOR AN INCENTIVE BASED PROGRAM!

FIVE STUDENTS ARE NAMED DODGERS MVPS - BASED ON EACH PARTICIPATING TEACHER'S CRITERIA. EACH STUDENT RECEIVES A DODGERS MVP CAP, A FAMILY PASS TO ATTEND DODGERS MVP FIELD DAY AT CHICKASAW BRICKTOWN BALLPARK, AND FOUR TICKETS TO A DODGERS GAME AT WHICH ALL MVPS ARE RECOGNIZED. DID WE MENTION PARTICIPATING TEACHERS GET REWARDED, TOO?



VISIT [OKCDODGERS.COM/MVP](https://okcdodgers.com/mvp) FOR MORE INFORMATION OR TO SIGN UP FOR 2024!

OKLAHOMA STUDENTS IN KINDERGARTEN THROUGH 12TH GRADE ARE ELIGIBLE TO PARTICIPATE IN THE NEW OKC DODGERS READING CHALLENGE PRESENTED BY ENERGY TRANSFER. BY READING 20 MINUTES PER DAY AND LOGGING THEIR PROGRESS, PARTICIPATING STUDENTS RECEIVE OKLAHOMA CITY DODGERS TICKETS, PREGAME FIELD ACCESS AND A CHANCE TO WIN OTHER PRIZES THANKS TO A NEW PARTNERSHIP BETWEEN THE OKC DODGERS AND ENERGY TRANSFER.



VISIT [MILB.COM/OKLAHOMA-CITY/COMMUNITY/READING-CHALLENGE](https://milb.com/oklahoma-city/community/reading-challenge) FOR MORE INFORMATION

THE OKLAHOMA CITY DODGERS ARE BACK IN 2024!



SECURE YOUR SEAT TO A SUMMER OF FUN BY PLACING A DEPOSIT TODAY! CALL (405) 218-1000 OR VISIT [OKCDODGERS.COM](https://okcdodgers.com) FOR TICKET INFORMATION.



OKLAHOMA CITY DODGERS | CHICKASAW BRICKTOWN BALLPARK
2 S. MICKEY MANTLE DR. | OKLAHOMA CITY, OK 73104 | 405.218.1000



INTRODUCING THE 2023 NATIONAL RED RIBBON THEME: BE KIND TO YOUR MIND. LIVE DRUG FREE.™

We're excited to announce the 2023 Red Ribbon Campaign Theme, "Be Kind to Your Mind. Live Drug Free.™" Submitted by Danielle Helm, a Youth Service Coordinator from Russell County Middle School in Russell Springs, Kentucky. This year's theme is a reminder that everyday Americans across the country make significant daily contributions to their communities by being the best they can be because they live Drug-Free!

"I chose this theme because drugs alter our current brain development and hinders further growth. Drugs decrease levels of neurotransmitters in the reward system of our brain, such as Dopamine, Oxytocin, Serotonin, and Endorphins. This can block our brain from naturally experiencing happiness," said Danielle. "Be Kind to Your Mind. Live Drug Free.™" is about making positive choices to be happy and healthy-that is being kind to our mind."

Theme submissions are accepted each year from January 1st through December 4th and winners of the contest receive \$500 in Ribbon Week themed merchandise courtesy of Nimco, Inc. NIMCO is the only place families, children, and schools can purchase Red Ribbon Merchandise Theme material to support ongoing drug education in the schools. Learn how to submit your 2024 Theme suggestion by visiting: www.redribbon.org/theme/contest/

Red Ribbon Week takes place each year from October 23rd through 31st. We invite you to join us by getting involved and continue to make America Drug-Free.



RED RIBBON WEEK® OCT. 23-31 • WWW.REDRIBBON.ORG



Danielle Helm
Youth Service Center Coordinator
Russell County Middle School



See the Connections...

Choices = Consequences

I AM DRUG-FREE™



Dear Educators:

Preventing alcohol, tobacco, vaping and drug abuse is a big job. It is one that must be embraced by parents, teachers, students, and the entire community. Your school has the opportunity to educate students and teachers about the dangers and consequences of alcohol, tobacco, vaping and drug use during this year's Red Ribbon Week, October 23-31st. It is an ideal way for people and communities to unite and take a visible stand against substance abuse.

The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign is to present a unified commitment towards the creation of a DRUG-FREE AMERICA.

The Jim Thorpe Association/Oklahoma Sports Hall of Fame has composed this guidebook with the assistance of the National Family Partnership to offer educators an outline of suggested Red Ribbon activities and current information, trends, and attitudes regarding youth alcohol, tobacco, vaping and drug abuse. Your school may order and display Red Ribbon materials with the national Red Ribbon theme from the National Family Partnership website www.NFP.org.

We have listed suggested activities that your school and community can use to involve students in the Red Ribbon Drug Free Youth Celebration. If you have any questions regarding Red Ribbon Week activities or Jim Thorpe Association/Oklahoma Sports Hall of Fame's Bright Path Youth Program, please contact us at 405-427-1400 or www.oksportshof.org.

Sincerely,

A handwritten signature in black ink, appearing to read "Mike James".

Mike James
President
Oklahoma Sports Hall of Fame

**OKLAHOMA
SPORTS
HALL OF FAME**

It Takes A Community To Teach Prevention

How will you celebrate Red Ribbon Week®?

Schools

- Plan essay and poster contests about drug prevention
- Create theme days and coordinate fun and impactful prevention activities
- Decorate the interior and exterior of your school
- Decorate your homeroom door
- Invite parents and families to a special health fair or education program
- Organize a Red Ribbon Rally
- Organize a Miles of Quarters Campaign
- Screen Natural High videos (naturalhigh.org)

Business

- Wear Red Ribbons and distribute to your employees
- Display Red Ribbons and posters on the interior and exterior of your building
- Place a Red Ribbon message in your advertisements and monthly statements
- Sponsor a School
- Sponsor a Classroom
- Identify and share local prevention, intervention and treatment resources with your employees

Government

- Wear Red Ribbons and distribute to staff and employees
- Display Red Ribbons on interior and exterior of city and county buildings
- Encourage police and fire departments to participate in Red Ribbon Activities
- Display Red Ribbon Car Magnets on all your governmental cars
- Include Red Ribbon Message in employee pay checks and in utility bills
- Identify and share local prevention, intervention and treatment resources with your employees and outside community

Law Enforcement

- Wear Red Ribbons and distribute to staff and officers
- Display Red Ribbon Car Magnets on all your patrol cars

- Offer to speak at community programs on alcohol and other drugs

Faith Based

- Distribute Red Ribbons at your services
- Incorporate a drug-free message into your sermon.
- Include a special Red Ribbon insert in bulletins
- Distribute Red Ribbons at your services and explain the significance of the campaign
- Hold prayer vigils for those affected by the use of drugs
- Identify and share local prevention, intervention and treatment resources with your members.

Medical

- Display a basket of Red Ribbons in the waiting room lobby for patients and family members
- Display the Red Ribbon message with posters and banners in your facility
- Incorporate screening, brief intervention and referral to treatment (SBIRT) into your daily practice

Media

- Inform the community about the Red Ribbon Campaign®, encourage them to participate
- Wear Red Ribbons and distribute to your employees,
- TV Anchor person, news reporters, etc.

Everyone!

- Celebrate National Plant the Promise Week – October 23-31st! During Red Ribbon Week® schools, businesses, families and youth across America will plant bulbs that will bloom and serve as a reminder to stay drug-free. In most regions bulbs that are planted during October, will bloom in April, during National Alcohol Awareness Month. Order your bulbs today!

Red Ribbon Activities Guide, References and Resources.

For more activity suggestions, visit www.redribbon.org/activities.



Everything You Thought Was Impossible

Has Happened Here.

The name **Jim Thorpe** has always been synonymous with strength, resilience and **defying the odds**. Since its founding more than 30 years ago, **INTEGRIS Jim Thorpe Rehabilitation** has been proud to carry on that tradition.

When tragedy strikes – when people have their **independence and abilities stolen** from them by an accident or disease – Jim Thorpe is the rehabilitation facility Oklahomans choose. This is where the best rehab experts, the **latest technological advances** and the **most comprehensive lineup** of unique and imaginative therapies all come together to cultivate the most important element of any recovery: ***genuine hope***.

It's all a part of the INTEGRIS promise: to be here **For you. For health. For life.**

To learn more about inpatient services, call **405.644.5253** or to schedule an outpatient appointment, call **405.945.4500**.

INTEGRIS

Jim Thorpe Rehabilitation

Locations

Baptist • Edmond • Enid • Grove
Moore • INTEGRIS Cancer Institute
Southwest • Yukon



integrisjimthorpe.com

2023 BRIGHT PATH ART & ESSAY CONTEST

The Red Ribbon Art & Essay Contest Celebration is an opportunity for schoolchildren to come together and celebrate being drug, alcohol, tobacco and vape-free! Students are encouraged to enter the art and/or essay contest, emphasizing this year's Red Ribbon Campaign theme "Be Kind To Your Mind. Live Drug Free."

Each school may submit entries in the art and essay contests from each of the following age groups: 5-7, 8-10, 11-13, 14-16 and 17-18 years old. All art and essay entries become the property of the Oklahoma Sports Hall of Fame Bright Path Youth Program and will not be returned.

Art Poster Size: 11" x 17" preferred.

Essays: Must be 250 words or less and can be typed or handwritten.

All entries must include the entry form below completed for each individual student. First, second and third place will be awarded in each age group for both the art and essay contest. If a student enters both categories and they qualify for 1st, 2nd or 3rd place, they may only be a winner in one category.

ENTRY FORM

(This form must be attached to the back of each entry)

Name _____

School _____

School Address _____

Date of Birth _____ Age _____ Grade _____

Name(s) of Parent(s)/Guardian(s) _____

Parent(s)/Guardian(s) Phone Number _____

Parent(s)/Guardian(s) Email _____

Teacher's Name _____

Teacher's Phone Number _____

Teacher's Email _____

DEADLINE: All entries must be received by **December 22, 2023.**

Winners will be honored at a special ceremony by
the Oklahoma Sports Hall of Fame during the Spring of 2024.

Submit Entries to:
Oklahoma Sports Hall of Fame
20 South Mickey Mantle Drive
Oklahoma City, OK 73104

2022-23 ESSAY WINNERS

8-10

KENZI MCMILLIN

Ages 8-10

- 1st - Kenzi McMillan, Claremont Elementary
- 2nd - Ajay Basnet, Canyon Ridge Intermediate School
- 3rd - Athena Knighten, Homer Elementary

Ages 11-13

- 1st - Acelee Ellis, Fort Towson Elementary
- 2nd - An Pham, Oakridge Elementary
- 3rd - Carma Hudgins, Whitehead Elementary

11-13

ACELEE ELLIS

"Celebrate Life. Live Drug Free."

Living a drug free life is definitely cause for celebration! I am proud to be raised by drug free parents and taught by drug free teachers. Many of my classmates are experimenting with "vaping." By not doing drugs, I am trying to be a good role model for them as well as a good influence on my younger sister. I do not want to be a victim of negative peer pressure which could lead to drug dependence and addiction.

I am hoping to show my friends that there are other ways of celebrating life than using drugs. For example, I am very involved in extra-curricular activities such as playing sports. I am the starting pitcher for our softball team. Also, I play basketball and participate in cheerleading. Being a member of our 4-H Club is exciting. This is my fourth year to take piano lessons. I am on the honor roll and a member of our school's Gifted and Talented Program. My goal is to try and stay busy so I want become involved with the drug scene which is becoming more popular with elementary age students. To achieve my goals, I must stay healthy and active. My teammates and I are working on being positive and supportive of each other. We want to be successful on the court and field, in the classroom, and during extra-curricular activities.

Right now, our plan is to be friends forever with hope for drug-free futures.

Kenzi McMillan
Claremont - Celebrate life 1 page

Celebrating life is not doing drugs, alcohol, smoking, vaping, and prescription pills. It's taking care of yourself right and being healthy. So let me tell you a story about me and my grandma. I call my grandma Mom. She was taking me to softball practice. We were 2-3 miles away from my house. This man took too many prescription pills! He ended up crashing in my grandmas side of the car! We ended up going in the ditch! Luckily me and my grandma were both ok and wasn't hurt.

The people who choose to drink while driving my daddy trooper 683 gets them off the road so they don't cause a wreck. The people who decide to do drugs, alcohol, smoking, vaping and prescription pills can end other peoples lives when they do and other peoples lives it's so sad. So that's why my daddy trooper 683 is risking his

Kenzi McMillan
Claremont 2 page

life for other people to be safe. That is why when he comes home from work we celebrate life together. Cause someday he may not come back home. But when he doesn't come home I know he was risking his life for someone in need and being brave. So that's why every single day I'm excited to see my dad. So that's why we should always show love to our troopers, sheriffs and police officers because every single one of them are sharing love to us by risking their lives so we can celebrate life.



Symphony Veloz
 24 October 2022
 11th Grade

"Celebrate life. Live drug free."

Every year there are hundreds of holidays celebrated across many countries. Billions of people that are born have an annual reminder that people commemorate. However, not everyday seems like a day to celebrate. As people, we face challenges that we don't believe we can overcome. While we live in a world where amazing things can happen, we also can encounter something we think may help us, but it can have the most negative impact on us. Drugs are one of the prime examples of a "quick fix" that doesn't work.

Addiction starts off very subtly. It's like a snowball that is rolling down a mountain and collecting snow as it travels. The snowball grows larger and larger, like how the dependency on drugs that an addict has. Drugs are a poison that make us believe we can only celebrate life when we have it. When we use drugs we think of it as the cake at a birthday party during this celebration. The ironic part about it is that drugs and addiction decrease our time for celebration. They hurt us physically and decrease our lifespan. Drugs harm us mentally by and can make us think that that we are failures. Drugs can make us believe that we are worthless and unworthy of life. This thing that can make us feel better for a brief moment can be the detriment to our being. Overall, we need to celebrate our life by staying healthy. Our healthy bodies and minds will let us live happily and for those moments worth celebrating.

14-16

SYMPHONY VELOZ

Ages 14-16

- 1st - Symphony Veloz, Elgin High School
- 2nd - Reanna Rich, Kansas Middle School
- 3rd - Olivia Vargas, Capitol Hill Middle School

Ages 17-18

- 1st - Rylee Wyrick, Mooreland High School
- 2nd - Lorelei Starling, Elgin High School
- 3rd - Hannah Eilers, Mooreland High School
- 3rd - Grayson Pittman, Mooreland High School

17-18

RYLEE WYRICK

Rylee Wyrick
 Age 17

Celebrate Life. Live Drug Free.

Ever since I was a little girl, I've known what I wanted to do. Many little kids go back and forth between being a firefighter or a cop, but I've always wanted to work in the medical field. The older I've gotten, I've seen so many children my age share the same aspirations. Whether that be because we survived a pandemic or it was just a dream shared amongst us, we've all had one thing in common: We've all wanted to help others. You'd think a passion like that would take you at least halfway....but if that's the case, why are so many of us falling victim to harmful drug use and alcohol abuse?

Many people you see day in and day out are quite selfless, choosing to put the well-being of others before themselves. It takes so many selfless people to make the world go round: teachers, doctors, police, firefighters, and so many more. So a question I've felt myself asking more and more as years pass is, "What if?" What if the surgeons who perform life-saving surgeries decided "one time wouldn't hurt" in high school? What if the officer next door decided "taking the edge off" wouldn't hurt after a long day? So many lives would be altered because of one person's choice.

As little kids we all have big dreams, so why do we find ourselves falling victim to addiction or drug use? Why can't we simply say no? Is it because of peer pressure or lack of ambition? As a junior in high school who has seen several people fall victim to addiction, I believe we all need to be a little more like the kids we were. Selflessly wanting to put others ahead of ourselves, knowing obstacles will stand in our way. We should all strive to be tomorrow's leaders, and that takes living drug free.

2022-23 ART WINNERS

8-10

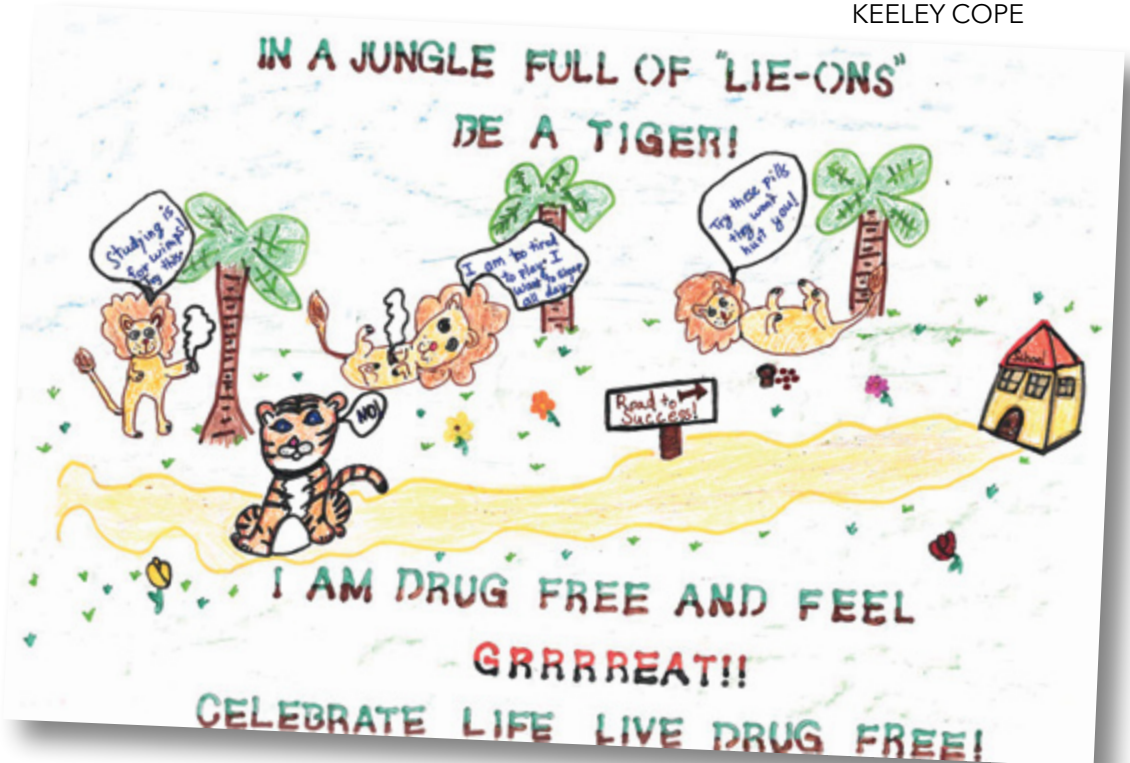
KEELEY COPE

Ages 8-10

- 1st - Keeley Cope, Homer Elementary
- 2nd - Annaliese Collins, Central Elementary
- 3rd - Acelyn Land, Bixby East Intermediate

Ages 11-13

- 1st - Brandon Burdeshaw, Fort Towson Junior High
- 2nd - Levi Drewery, Oakridge Elementary
- 2nd - Jenna Clutter, Lone Grove Middle School
- 3rd - Andrea Aguilera Ponce, Capitol Hill Middle School



11-13

BRANDON BURDESHAW



14-16

KRIS LEHMAN



Ages 14-16

- 1st - Kris Lehman, Lone Grove Middle School
- 2nd - Cheyenne Parkinson, Walters High School
- 3rd - Enalyn Avila, Elgin High School
- 3rd - Devon Laurenzana, Walters High School

Ages 17-18

- 1st - Sarocha Drye, Elgin High School
- 2nd - Brayden Parker, Elgin High School
- 3rd - Asia Rivers, Elgin High School

17-18

SAROCHA DRYE



LETS GET STARTED

RED RIBBON CHECKLIST



First: Schedule the campaign: Set up a schedule for the morning announcement messages and Parent messages. Decide what day the Photo Contest flyer will be sent home with the students.



Morning Announcements: Read the Morning Announcement Script in this guide. Schedule the announcements to begin on October 23rd. Repeat the message 5 times before October 31st. The last morning announcement should be on October 31st. Our announcement script can be edited to meet the specifics of your school.



Parent Phone Message: Read the Script in the tool kit. Schedule the recorded parent message the week before October 23rd and then again on October 23rd. This message can be edited to meet the specifics of your school. Red Ribbon Week is most effective in preventing substance abuse with parent involvement.



Spread The Word: Distribute the Photo Contest flyer to the students to take home.



Email to Teachers and Staff: Let teachers and staff know the schedule and theme for Red Ribbon. Everyone can participate! Teachers can encourage their students to get involved by entering the National Red Ribbon Photo Contest.



Tell Us About Your Campaign: We want to promote the awesome job you did with the campaign. Go to redribbon.org/contact and tell us about your experience.



2023 RED RIBBON DRUG FREE PLEDGE DRIVE

The goal of the Red Ribbon Campaign and the Oklahoma Sports Hall of Fame is to inspire Oklahoma's schoolchildren to live a drug, alcohol, tobacco and vape-free life! To celebrate this commitment, we would like to give them the opportunity to sign their own 2023 Red Ribbon Celebration Drug-Free Pledge. Each student who signs the pledge will receive an Oklahoma Red Ribbon Celebration Drug-Free Club Card and a Certificate of Recognition. Certificates are endorsed by Oklahoma's Governor, along with many other Oklahoma legends and celebrities.

HOW TO PARTICIPATE: Teacher, request your students to sign the Master Pledge Sheet on the following page (you may copy as many Master Pledge Sheets as needed). You do not need to send in the Master Pledge Sheets, only the total number of pledges by filling out the bottom half of this page below. The Oklahoma Sports Hall of Fame will send you the appropriate amount of Recognition Certificates and Drug-Free Club Cards in the Spring of 2024.

Mail or E-Mail the following information, no later than December 22, 2023, to:

Oklahoma Sports Hall of Fame ~ 20 S. Mickey Mantle Dr. ~ Oklahoma City, OK 73104
Phone: 405-402-1836 ~ ojames@oksportshof.org

2023 Red Ribbon Celebration Drug-Free Pledge Drive

Total # of Pledges _____

School Name _____

Teacher/Red Ribbon Coordinator _____

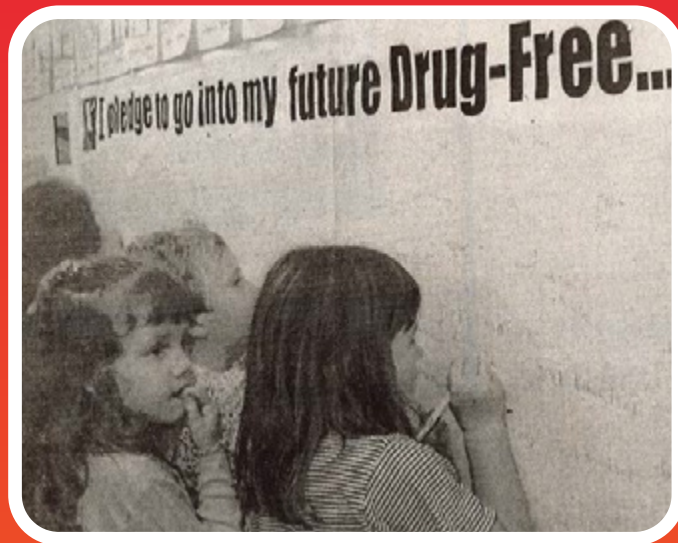
Teacher Email _____

Address _____

City, State, Zip _____

RED RIBBON WEEK® PLEDGE

Spread the word to get parents and your community involved in Red Ribbon Week®



A group of St. Henry Consolidated Local Schools 2nd graders sign their names on a banner to pledge their intent to stay drug-free as part of Red Ribbon activities. OHIO, 2001

- Download and print pledge to send home with students.
- Distribute the pledge to parents at school events, PTA meetings or other community events.
- Post pledges around school to show participation in your campaign.
- Download the pledge from www.redribbon.org/downloads.



I Support Red Ribbon Week®
I Pledge To Grow Up Safe, Healthy & Drug Free By:

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

Name _____ School _____

Download tips for fun Red Ribbon activities at www.redribbon.org

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RED RIBBON WEEK® ACTIVITIES

- Put the Red Ribbon Theme on the school marquee to deliver the message in the school and community.
- Have “wear red” day at school and other spirit days during the week. Incorporate prevention curriculum into classes each day.
- Schedule a speaker to speak to the students about the risks associated with drug use.
- Use the Red Ribbon Theme to create an Essay or Poster Contest.
- Use the Red Ribbon theme to decorate each classroom door and then each class competes for the best door.
- Use red material or plastic red Solo cups to spell out the Red Ribbon theme in the school chain link fence.
- Make small red bows for all students and staff members; wear the red bow every day during Red Ribbon Week®. Students who wear it every day win a prize.
- Deliver a drug prevention message every day during the morning announcements.
- Show the winning poster during the morning announcements.
- Read the winning essay during the morning announcements.
- Create a “Wall of Pledges” on a giant piece of poster paper in the main hallway. Print the Red Ribbon Theme on the poster paper and hang it up. Anyone who takes the “Pledge” signs his/her name on the poster.
- March around the school grounds chanting the Red Ribbon Theme or organize a walk-a-thon.
- Schedule a student screening of “Natural High” videos (www.naturalhigh.org)

SOONER STATE BANK



NEWCASTLE
212 Wright St.
Newcastle, OK 73065
405-387-4391

TRI-CITY
420 NW 32nd
Newcastle, OK 73065
405-387-2265

TUTTLE
2 SE 4th
Tuttle, OK 73089
405-381-2326

KONAWA
127 N Broadway
Konawa, OK 74849
580-925-3254

23rd St.
8001 NE 23rd. St.
Oklahoma City, OK 73141
405-419-1000

MIDWEST CITY
10100 SE 15th St.
Midwest City, OK 73130
405-419-1000

THE VILLAGE
10301 N May
OKC, OK 73120
405-752-2265



EST.1903

RESOURCES

We've compiled some of our favorite educational resources and lesson plans for you below. We hope these will help to make your Red Ribbon Week the most impactful ever.

Resources

- [Charlotte's Web](#)
- [Community Anti-Drug Coalitions of America](#)
- [Drug Enforcement Administration](#)
- [Drug Free America Foundation](#)
- [DUI Resources: A Guide To Charges, Treatment, and Supportive Services](#)
- [Lock Your Meds](#)
- [Drunk Driving Statistics](#)
- [Mothers Against Drunk Driving](#)
- [National Association for Children of Alcoholics](#)
- [National Highway Traffic Safety Administration](#)
- [National Institute on Drug Abuse](#)
- [Natural High Red Ribbon Resources](#)
- [NIDA for Teens](#)
- [Students Against Destructive Decisions](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [The White House Office of National Drug Control Policy](#)

Lesson Plans

- [Fentanyl Awareness Guide for Parents, Teens, and College Students](#)
- [Montana Meth Prevention](#)
- [Natural High For Educators](#)
- [NIDA's Lesson Plan and Activity Finder](#)



Sponsored by National Family Partnership
www.redribbon.org

LOCAL GOVERNMENT PROCLAMATION FOR RED RIBBON WEEK®

WHEREAS, Alcohol and other drug abuse in this nation has reached epidemic stages; and

WHEREAS, It is imperative that visible, unified prevention education efforts by community members be launched to eliminate the demand for drugs; and

WHEREAS, The National Family Partnership is sponsoring the National Red Ribbon Campaign® offering citizens the opportunity to demonstrate their commitment to drug-free lifestyles (no use of illegal drugs, no illegal use of legal drugs); and

WHEREAS, The National Red Ribbon Campaign® will be celebrated in every community in America during "Red Ribbon Week®", October 23-31; and

WHEREAS, Business, government, parents, law enforcement, media, medical, religious institutions, schools, senior citizens, service organizations and youth will demonstrate their commitment to healthy, drug-free lifestyles by wearing and displaying Red Ribbons during this week long campaign; and

WHEREAS, The City of _____ further commits its resources to ensure the success of the Red Ribbon Campaign®;

NOW THEREFORE BE IT RESOLVED,

that the City of _____ does hereby proclaim October 23-31, 2023, as RED RIBBON WEEK® and encourages its citizens to participate in drug prevention education activities, making a visible statement that we are strongly committed to a drug - free state.

Mayor _____

Attest _____

City Clerk _____





RED RIBBON WORD SEARCH

P E T R M N C O M M I T M E N T P R E V E N T I O N E C O T
K E V J X D S F L E E S C V O C R R H S Z T N K D S E V B A
T Q S F N U R T U R I N G O Z A H O X D M A D A B R Z Z P F
O G Z T S L A U G I F X V H M A J E E W B V D P T M M U C A
H G L Y R S D X G Q D P Q O E M Z K D I F E N V D I V B W M
F G V K Y Q Y Y I F A U Z M G A U L P U B R H L P F Y E K I
T V F L P V L E Y O R W Y L M C L N R J C E S E N T I C J L
E B W C B S B E I F D E A W I X X T I S O A Q O Q W C K W Y
D Z R Y T B Q M U G R P E R Z V O S H T V E T A R V V G I P
X Z E M T Z M F I G J U Q Y E G E X O Y I B Z I S F H L O P
N C F C R J S R L Z W N T Z O N M D P E C E A C O O M V O B
M R H F R U S N K Q A Q Y Y H U E A R W R H S Y I N Q K A N
I X V B F U E D S I J C J T Y B T S A U X L O A H F R L I F
N T Z C W I C E N A T I O N A L H H S Y G Q A I V W Q U C P
D E H I N J Y A F M U N E R I M M J G C T F J U C J J M A F
R A K I N D N E S S A K X V I M C L L D Q D R O R E O U M N
R E D R I B B O N W E E K L N B C B Q A G L T E V M S M P U
X E X C M F W O X X F A X S F C A H P W F B M V E F Q T A D
M K K N E F G J U H E V L E A D E R S H I P E V Y N C N I I
G Y W W J U Q P R B Z H V H C X M L A M J R T U E C F L G T
Y D Z W V K R P U L U Z K F W S R I E E I Z Y Z K A P G N J
G Q P T V Q S Q G S U P P O R T R T X B W N J C L L P A V O
U M Y F A H X J V F I R W K S Q Q F V P R L D T I H G X F H
V A G H R J P A R E N T S O F U H B F D Y A X F U U A M M M
E D T N E K N C D J G T G F J M L D T J D R T V U M U B H K
I P O T E N T I A L G F S A C L N G X E T K O I E L R L Z V
C D R D P Z E Y U N Z M R V R J E M U M Z Y S H O A N P R S
O X G F J B N T P G R A S S R O O T S Y V P Z M H N O E W Y
R C F Q X C Y R C T E U E N R I Q U E C A M A R E N A R S R
U V Q K T B F V H N L X S W R F I N N G M C B K R W E P N S

KINDNESS
MIND
MINDFULNESS
RED RIBBON WEEK
LIVE DRUG FREE
NFP
HEALTHY CHOICES

AWARENESS
CELEBRATION
DEA
COMMITMENT
ENRIQUE
CAMARENA
CAMPAIGN

COMMUNITIES
EDUCATION
FAMILY
GRASSROOTS
NATIONAL
PARENTS
PREVENTION

SUPPORT
LEADERSHIP
NURTURING
POTENTIAL
DRUG FREE YOUTH



Answer key on page 23

RED RIBBON WEEK® MORNING ANNOUNCEMENT:

- Hello students: As you already know this (next) week is Red Ribbon Week® and the theme for this year is “Be Kind To Your Mind. Live Drug Free.™”.
- Besides participating in activities at school, we are asking all students to take the Red Ribbon message home and share it with their families and friends.
- Want to win an iPad and \$1,000 for our school? Enter the Red Ribbon Photo Contest. It’s easy, it’s fun and it’s free. Go to www.redribbon.org/contest.

School Personnel: Insert any other activities, announcements, schedules, speakers etc.

RED RIBBON WEEK® RECORDED MESSAGE TO PARENTS SCRIPT

Good evening parents. This is _____ calling from _____. Students are getting ready for Red Ribbon Week® 2023 – this year’s theme is: Be Kind To Your Mind. Live Drug Free.™. At school, students will engage in activities that promote a drug free and healthy lifestyle. Please partner with us and discuss this message at home, at the dinner table, at family outings, and with friends and extended family. Ask your child to show you the flyer he/she received from school about Red Ribbon Week®.

Want a fun way to start or continue the conversation about drugs with your children AND have a chance to win an iPad? National Family Partnership is sponsoring a photo contest. This contest is free, simple and you could win an iPad and \$1,000 for our school!!

Log onto www.redribbon.org and find out more!

Thank you and have a wonderful evening.



Bigelow Hills Intermediate School teacher Kristin Hudok helps 4th grader Travis Friar paint handprints on wall. All children that belong to the Just Say No Club at the school were allowed to paint the walls as a Red Ribbon Week Activity. OHIO, 2001

SOCIAL NETWORKING FOR PREVENTION

Participating in Red Ribbon Week® just got even easier! National Family Partnership encourages you to participate to help us spread the message across America. All you have to do to participate is tweet or post on Facebook with any or all of the suggested language below to spread the word about Red Ribbon Week®: See the examples below, copy the language you want to use on your blog or social networking site and start spreading the message!

Sample Tweets


- Be Kind To Your Mind. Live Drug Free.™ – Celebrate #RedRibbonWeek (October 23-31).
- It's Red Ribbon Week® and I am taking a stand against drugs. Join me. Take the pledge: www.redribbon.org/pledge
- Today, I'm honoring Kiki Camarena, a DEA agent who died while fighting substance abuse. Join me. Take the pledge: www.redribbon.org/pledge. #RedRibbonWeek
- Join me in celebrating Red Ribbon Week®. Take the pledge: www.redribbon.org/pledge. #BeKindToYourMindLiveDrugFree
- I'm entering the Red Ribbon Photo Contest to win an iPad and \$1,000 for my school. You can enter too at www.redribbon.org #RedRibbonWeek
- I'm a teacher who believes in a drug free future for my students. Join me in celebrating Red Ribbon Week® (October 23-31). #BeKindToYourMindLiveDrugFree
- I'm a parent who believes in a drug free future for my children. Join me in celebrating Red Ribbon Week® (October 23-31). #BeKindToYourMindLiveDrugFree

Sample Facebook Posts


- Be Kind To Your Mind. Live Drug Free.™ – Celebrate Red Ribbon Week (October 23-31).
- It's Red Ribbon Week® and I am taking a stand against drugs. Join me. Take the pledge: www.redribbon.org/pledge
- Today, I'm honoring Kiki Camarena, a DEA agent who died while fighting substance abuse. Join me in celebrating Red Ribbon Week® 2023. Take the pledge: www.redribbon.org/pledge
- Join me in celebrating Red Ribbon Week®. Our children have the right to grow up drug free – and we have the responsibility to make that happen. Take the pledge: www.redribbon.org/pledge
- I'm entering the Red Ribbon Photo Contest to win an iPad and \$1,000 for my school. You can enter at www.redribbon.org/contest.
- I'm a teacher who believes in a drug free future for my students. Join me in celebrating Red Ribbon Week® (October 23-31)
- I'm a parent who believes in a drug free future for my children. Join me in celebrating Red Ribbon Week® (October 23-31).

Sample Instagram Posts


- Be Kind To Your Mind. Live Drug Free.™ – Celebrate #RedRibbonWeek (October 23-31).
- It's Red Ribbon Week® and I am taking a stand against drugs. Join me. Take the pledge: www.redribbon.org/pledge #RedRibbonWeek
- Today, I'm honoring Kiki Camarena, a DEA agent who died while fighting substance abuse. Join me. Take the pledge: www.redribbon.org/pledge. #RedRibbonWeek
- Join me in celebrating Red Ribbon Week®. #BeKindToYourMindLiveDrugFree #RedRibbonWeek
- Take the pledge: www.redribbon.org/pledge. #BeKindToYourMindLiveDrugFree #RedRibbonWeek
- I'm entering the Red Ribbon Photo Contest to win an iPad and \$1,000 for my school. You can enter too at www.redribbon.org #RedRibbonWeek



RED RIBBON WORD SEARCH ANSWER KEY



KINDNESS	AWARENESS	COMMUNITIES	SUPPORT
MIND	CELEBRATION	EDUCATION	LEADERSHIP
MINDFULNESS	DEA	FAMILY	NURTURING
RED RIBBON WEEK	COMMITMENT	GRASSROOTS	POTENTIAL
LIVE DRUG FREE	ENRIQUE	NATIONAL	DRUG FREE YOUTH
NFP	CAMARENA	PARENTS	
HEALTHY CHOICES	CAMPAIGN	PREVENTION	



ENRIQUE CAMARENA RED RIBBON AWARD

History

Enrique (Kiki) Camarena was a Drug Enforcement Administration Agent who was tortured and killed in Mexico in 1985. Agent Camarena believed that one person would make a difference. His sacrifice serves as a catalyst to encourage others to make a visible commitment to eradicating drug abuse from our homes, schools, communities and nation. The National Family Partnership (NFP) and its network of individuals and organizations (including Informed Families/The Florida Family Partnership) continue to deliver his message of hope to millions of people every year.

Purpose

The Enrique Camarena Award recognizes and honors one person who has made a significant contribution in the field of drug prevention, and who personifies Agent Camarena's belief that one person can make a difference.

Criteria

Nominees must:

- Be an individual, not a corporation or organization
- Be a professional, volunteer, community activist, or parent
- Be a positive role model, committed to a healthy lifestyle
- Have made an outstanding contribution in the field of drug prevention

Guidelines

Nominations must be submitted with the attached Nomination Form.

Nominations may be made by a person or an organization.

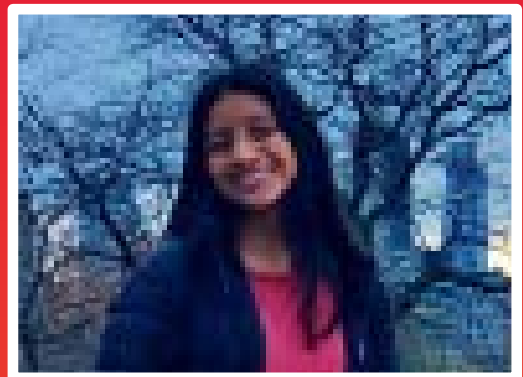
Nominations should be in narrative form and no more than one (1) page in length and include the following:

- Specific achievements, such as new programs developed through nominee's efforts
- Specific programs, publications, etc., that the nominee has participated in which encourage and motivate others to take active roles in drug education and prevention
- Leadership and organizational abilities of the nominee
- Time and effort contributed by nominee
- Success in recruiting and motivating others

One award will be given. The winner will be selected by National Family Partnership® and announced in February 2024, all decisions are final. Nominations must be received by Monday, December 4, 2023. Late nominations will not be accepted. All nominations become the property of The National Family Partnership.

2023 ENRIQUE CAMARENA RED RIBBON AWARD RECIPIENT

Katie Nuñez Vasquez
Student Activist and Community Leader
Santa Barbara, California



ENRIQUE CAMARENA RED RIBBON AWARD

Nomination Form

Deadline: Monday, December 4, 2023

Nominee: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ - _____ Email: _____

Please check all that apply:

- | | |
|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> Professional | <input type="checkbox"/> Activist |
| <input type="checkbox"/> Volunteer | <input type="checkbox"/> Parent |

If nominee is employed and position is applicable, list position and organization:

Person / Organization Making Nomination:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ - _____ Email: _____

PLEASE MAIL FORM AND ONE-PAGE NARRATIVE TO:

National Family Partnership, 2490 Coral Way, Suite 303, Miami, FL 33145

or email to redribbon@nfp.org



Has Red Ribbon Been Evaluated?

Red Ribbon, specifically, has not been evaluated. However, Red Ribbon is based on scientific principles for substance abuse prevention. The White House Office of National Drug Control Policy as well as federal departments of education, justice, and health and human services supports the following principles that have been tested through rigorous research methods.

Evidence-Based Principles for Substance Abuse Prevention

1. Address appropriate risk and protective factors for substance abuse in a defined population.
2. Use approaches that have been shown to be effective:
 - a. Reduce the availability of illicit drugs, alcohol, and tobacco for the under-aged through laws and policies
 - b. Strengthen anti-drug-use attitudes and norms through sharing information and engaging in activities
 - c. Strengthen life skills and drug refusal techniques
 - d. Reduce risk and enhance protection in families by setting rules and communicating
 - e. Strengthen social bonding
 - f. Ensure that interventions are appropriate for the populations being addressed
3. Intervene early at important stages and transitions.
4. Manage programs effectively by ensuring consistency, training staff and volunteers, and monitoring and evaluating programs.

Office of National Drug Control Policy, Executive Office of the President of the United States

Six Prevention Strategies

Center for Substance Abuse Prevention (CSAP)

Information Dissemination

Prevention Education

Alternative Activities

Community-Based Processes

Environmental Approaches

Problem Identification and Referral

Center for Substance Abuse Prevention, 1992. Prevention Primer



CREATE THE 2024 RED RIBBON THEME



Do you have a great idea for the next National Red Ribbon Week® theme?

Submit your ideas for the 2024 National Red Ribbon® Theme Contest. If you win, you will receive national recognition and \$500 worth of 2024 Red Ribbon Week Theme Merchandise for your local K-12 school.

ENTRIES MUST BE RECEIVED BY DECEMBER 4, 2023

Email redribbon@info.org or mail to:

NATIONAL FAMILY PARTNERSHIP

2490 Coral Way, Suite 303, Miami, FL 33145

Please include your name, school, telephone number and email address

For more info and helpful tips, visit www.redribbon.org/theme/contest/

ENTER THE 2023 NATIONAL RED RIBBON WEEK® PHOTO CONTEST

Win An iPad & \$1,000
For Your School

2 WAYS TO ENTER WAYS TO WIN

ENTER

Families may submit a photo of a home decoration

Schools may submit a photo of a school or virtual school decoration

WIN

Receive the most votes in your Region for your entry

Receive one of the following Judges Awards:

Home Entries

- Most Creative Home
- Best Use of Family and Community
- Best Use of The Theme
- Most Ambitious
- Most Educational

School Entries

- Most Creative School
- Best Use of School and Community
- Best Use of The Theme
- Most Ambitious
- Most Educational

For more details and a list of terms and conditions, visit www.redribbon.org/contest



HOW TO ENTER

Decorate

Decorate your **Home** front door, mailbox or fence with a (double-looped) Red Ribbon and this year's theme: "Be Kind To Your Mind. Live Drug Free.™"

Decorate your **School** with a (double-looped) Red Ribbon and this year's theme: "Be Kind To Your Mind. Live Drug Free.™"

Snap A Photo & Upload

Take a picture of your Red Ribbon decoration (preferably with people in it!) and upload to www.redribbon.org/contest. You must be 18 years old to enter, so parents (or for school entries, school staff or PTA members) must submit the photos.

Get Votes!

Ask your friends, family, colleagues and school contacts to vote for your photo on our website.

Entry Period

Oct. 1 - Nov. 1, 2023

Voting Period

Nov. 2 - Nov. 16, 2023

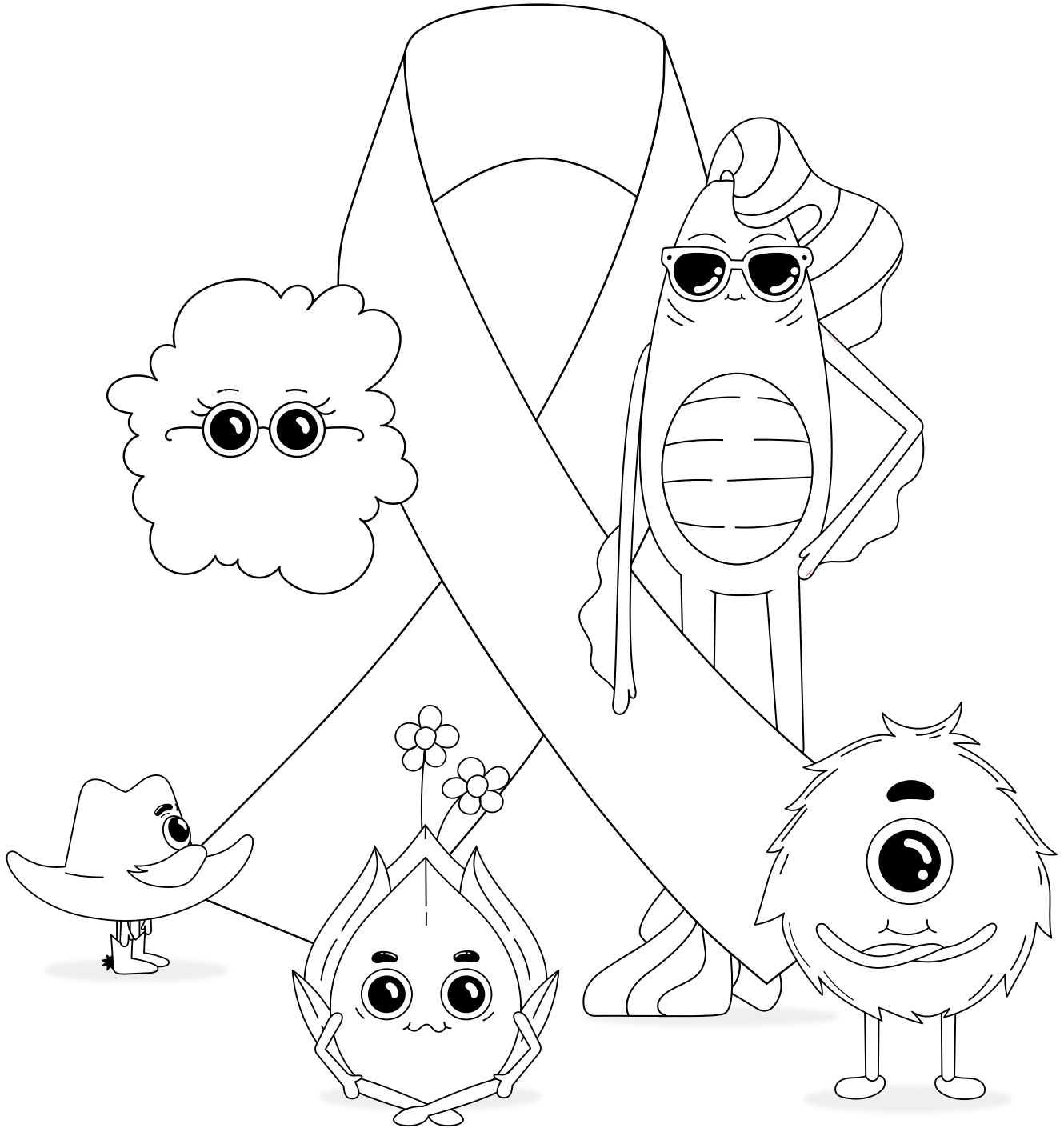
Winners Announced

Dec. 4, 2023



SAY NO TO DRUGS

SAY YES TO HELP



CALL OR TEXT	988	MENTAL HEALTH LIFELINE
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WHAT IS 988?

When we're feeling sad or hopeless, talking things out can make us feel better. The 988 Mental Health Lifeline is a phone number you can call or text for help when your brain is feeling bad. A trained adult will answer the phone and listen to whatever you need to get off your chest.

CALL OR TEXT ANY TIME,
ANY DAY, ANY REASON!

HOW DO I ASK
FOR HELP?

1 CALL OR
TEXT 988



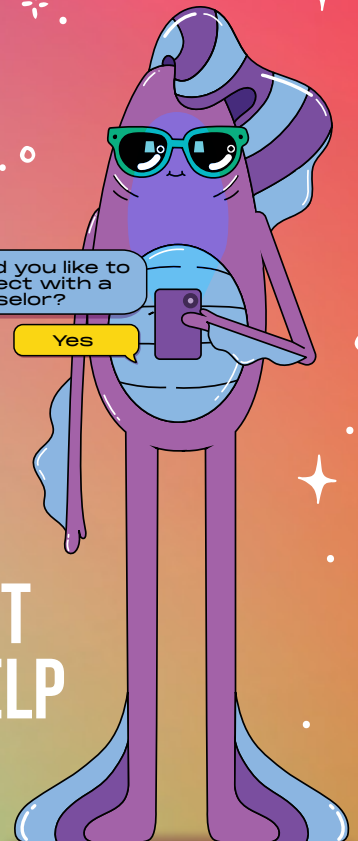
HELP!



2 FOLLOW
THE STEPS

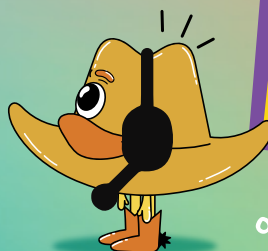
Would you like to
connect with a
counselor?

Yes



3 TALK TO A
DISPATCHER

4 GET
HELP



CALL
OR
TEXT

988

MENTAL
HEALTH
LIFELINE



5 Conversation Goals

When Talking With Your Kids About Substance Use



Why?



According to the 2021-2022 Oklahoma Prevention Needs Assessment, about two-thirds of children reported that they have not talked with their parents about the dangers of drug use and 3 in 5 are at high risk for alcohol and drug use based on how they feel about the risk of substance use.



It's not too early and it's not too late to start having conversations with your children. Use the following conversation goals from SAMHSA's "Talk. They Hear You." campaign and discuss with your kids about the risks of using alcohol and other drugs.

Conversation Goals

- 1** *Show you disapprove of underage drinking and other drug misuse.*

Over 80 percent of young people ages 10–18 say their parents are the leading influence on their decision whether to drink. Send a clear and strong message that you disapprove of underage drinking and misuse of other drugs.
- 2** *Show you care about your child's health, wellness and success.*

Young people are more likely to listen when they know you're on their side. Reinforce why you don't want your child to drink or use other drugs—because you want your child to be happy and safe. The conversation will go a lot better if you're open and you show concern.
- 3** *Show you're paying attention and you discourage risky behaviors.*

Show you're aware of what your child is up to, as young people are more likely to drink or use other drugs if they think no one will notice. Do this in a subtle way, without prying.
- 4** *Show you're a good source of information about alcohol and other drugs.*

You want your child to make informed decisions about alcohol and other drugs with reliable information about their dangers. You don't want your child to learn about alcohol and other drugs from unreliable sources. Establish yourself as a trustworthy source of information.
- 5** *Build your child's skills and strategies for avoiding underage drinking and drug use.*

Even if you don't think your child wants to drink or try other drugs, peer pressure is a powerful thing. Having a plan to avoid alcohol and drug use can help children make better choices. Talk with your child about what they would do if faced with a decision about alcohol and drugs, such as texting a code word to a family member or practicing how they'll say "no thanks."



The Red Ribbon Campaign® is the largest universal prevention campaign in the nation.

Since 2005, over 70 schools nationwide have already received the honor of Red Ribbon certification. The Red Ribbon Certified Schools® (RRCS) program assesses and celebrates the successful efforts of schools in the prevention of substance abuse among youth.

Why Certify Your School?

Receive national recognition for your school's efforts to:

- Produce safe, healthy drug-free kids
- Increase parental involvement in schools
- Improve academic performance
- Improve awareness and social norms around alcohol and drug use

Parents and teachers, ask your school to get Red Ribbon Certified.

Schools go through a rigorous review of how they promote a healthy school environment. Students will be impacted in the following ways:

- Better Academic Performance
- Higher Graduation Rates
- Lower 30-day Use Rates
- Less Binge Drinking
- Lower Alcohol and Drug Initiation Rates

For more information please go to www.redribbonschools.org





Be the hero of your own story

Paycom is committed to the transformation of businesses and our communities. We're proud to support the Red Ribbon Campaign in pursuit of its mission.

paycom.com | 800.580.4505

Explore

THE CHICKASAW NATION



Chickasaw Cultural Center

Sulphur, OK

Visit the Chickasaw Cultural Center and share in Chickasaw culture, language and history. Experience dynamic performances, demonstrations, collections and exhibits at one of the most extensive tribal cultural centers in the United States.

Bedré Fine Chocolate®

Davis, OK

Ancient Tradition. Modern Flavor. Today, the Chickasaw Nation is the only modern First American tribe to produce gourmet chocolate for your culinary pleasure. Bedré Fine Chocolate® uses only sustainable cocoa through the Cocoa-Trace program to bring you the most gift-worthy premium chocolates for any occasion.

Exhibit C

Oklahoma City, OK

Visitors will find a retail shop complete with hand-crafted Chickasaw jewelry, pottery, paintings and clothing. Other retail items include the full line of Bedré Fine Chocolate®, books from Chickasaw Press as well as Chickasaw Country-branded items.



the
Chickasaw
Nation

BILL ANOATUBBY, GOVERNOR
CHICKASAW.NET 