

*Make Good Choices: Academically,  
Socially, and Nutritionally*



**ECCC PTA observes RED RIBBON WEEK**

**OCTOBER 26 –30, 2015**

**WHAT:** The purpose of Red Ribbon Week is to present a visible commitment to living a safe, healthy, and drug-free life. The campaign is traditionally designed to create awareness concerning the problems related to the use of tobacco, alcohol, and other drugs and to support the decision to live a drug-free lifestyle.

**WHO:** ALL PTAs can participate in Red Ribbon week; you customize the activities to be appropriate for the ages of your students.

**WHEN:** The week of October 26-30 is recommended, however you may host Red Ribbon Week at any time during the month of October.

**HOW:** Be creative! Visit the ECCC PTA website for suggestions by school level ([www.ECCCPTA.org](http://www.ECCCPTA.org)). Some of our favorite ideas are:

**Superhero Day** -- Wear your favorite superhero t-shirt to show you have the power to make good choices everyday.

**Sock it to Unhealthy Choices Day** -- Wear crazy socks this day to sock it to bad food choices or drugs and alcohol.

**Twinning Day** -- Dress the same as a friend to show how good it is to be a friend to others or to make new friends.

Find more ideas & information for Red Ribbon Week here:

<http://redribbon.org/theme/>

<http://www.imdrugfree.com>

<http://www.dea.gov/redribbon>

[www.georgiapta.org/wp-content/uploads/2013/09/Programs-RedRibbonWeek.pdf](http://www.georgiapta.org/wp-content/uploads/2013/09/Programs-RedRibbonWeek.pdf)

**SHARE:** Your Red Ribbon Week activities can be listed in the ECCC Best Practices handbook. Be sure that all activities/events for Red Ribbon Week are age appropriate for your students. Engage your families by asking them to serve as volunteers for additional support where/if needed.

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