



Red Ribbon Week

Activities

for

Upper Elementary Grades

**Created by
Carolyn Payne**

Red Ribbon Week Ideas for Upper Elementary Grades



Ideas for campus-wide awareness and activities:

1. Decorate the school for Red Ribbon Week:

Create a banner on a bulletin board in the hallway. Ask students, faculty and parents to sign it, pledging to be drug free. Have a campus or grade-level door decorating contest. Have a Red Ribbon Week poster contest and decorate the school with the posters. Students can get creative and share the message of saying no to drugs in a fun and clever way. For the exterior, tie red ribbons around trees of the school.

2. Celebrate by having campus or classroom dress-up days.

Plan fun celebration days during Red Ribbon Week, such as Wear Red Day, Put A Cap On Drugs (wear a hat day), Put A Sock On Drugs Day (wear crazy socks), Be On A Drug Free Team Day (wear your favorite team gear), Shade Out Drugs Day (wear sunglasses), or Don't Get Mixed Up In Drugs (wear mismatched clothes).

Students are encouraged to wear a red ribbon to show their opposition to drugs and to participate in drug prevention activities.

3. Have the students sign a Ribbon Week pledge cards.

Pledge cards are provided in this resource.

4. Post a Red Ribbon Week or drug-free message on the school's social media sites.

5. Invite a speaker during the week.

Have a drug prevention agency or School Resource Officer to speak to the school about general alcohol, tobacco, and other drugs education, healthy decision making, myths and facts, and current drugs trends.

6. Have the students make a PSA.

Ask some students to create a daily public service announcement to share school wide about alcohol, tobacco and other drug use preventing, activities to be drug free, and habits to promote a healthy lifestyle.

7. Use the activities in this resource for individual and classroom activities during Red Ribbon Week.

8. Internet Resources:

<https://samasha.org/>

<https://teens.drugabuse.gov/>

<https://www.drugfreeworld.org>

Peer Pressure Strategies Role Play

Activity: Peer Pressure Strategies

Type: Role play and class discussion

Goal: Students will learn and are encouraged to practice and be prepared when faced with negative peer pressure situation.

Grades: 4th through 6th

Lesson Plan Introduction and Guide

Introduce the topic to the students. Explain that they will be discussing and learning strategies when faced with a peer pressure situation and the importance for kids to be prepared for how to handle it with confidence. Encourage the students to practice and select a strategy they are comfortable using when they are confronted when pressured.

Begin the activity by asking the following questions:

- Is all peer pressure negative? If not, explain why not.
- Have you been peer pressured? How did you handle it?
- What forms does peer pressure take?
- Why do people give in to peer pressure?
- What feelings can result from being pressured?

Preparation:

Print and cut cards, found on the following pages. Have a student or a group of students select a card and role play with examples to demonstrate the strategy they chose. Allow the groups enough time to plan and practice their scenarios.

Here are some ideas and examples for each strategy. Encourage the students to use “I” messages. They can let the person offering drugs know it’s not about them, but rather a personal choice.

- Make an excuse – “My parents are coming home from work soon. I have to go.”
- Be a broken record – repeat the refusal over and over, or keep saying no.
- Walk away – Say no and walk away from the person asking.
- Suggest something else to do – “Let’s go watch a movie.”
- Ignore the request – don’t answer the person.
- Be honest about the refusal – “I don’t smoke and never want to start smoking. That’s unhealthy!”
- Avoid the person or the situation. – If you know of places where people often use drugs, stay away from those place and people.
- Just simply say no – “No thanks, drugs aren’t for me. I want to play sports.”
- Give facts about drugs – “Cigarettes can give you heart and lung disease. So that’s a no for me.”
- Ignore the person.




Make an
excuse



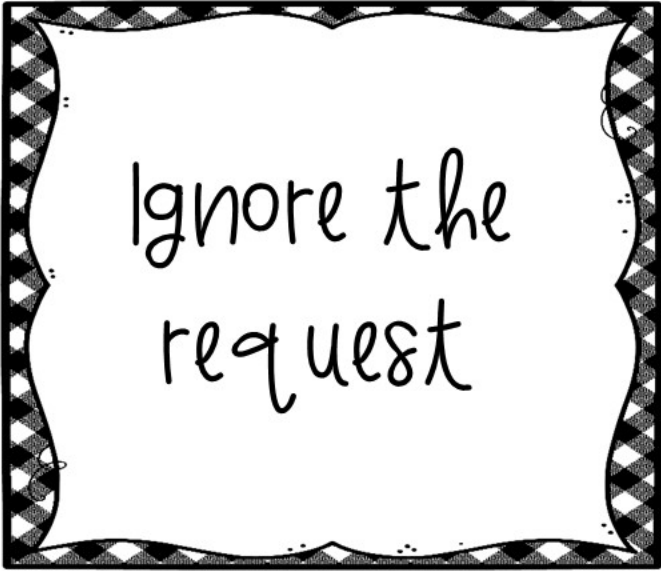
Be a
broken
record



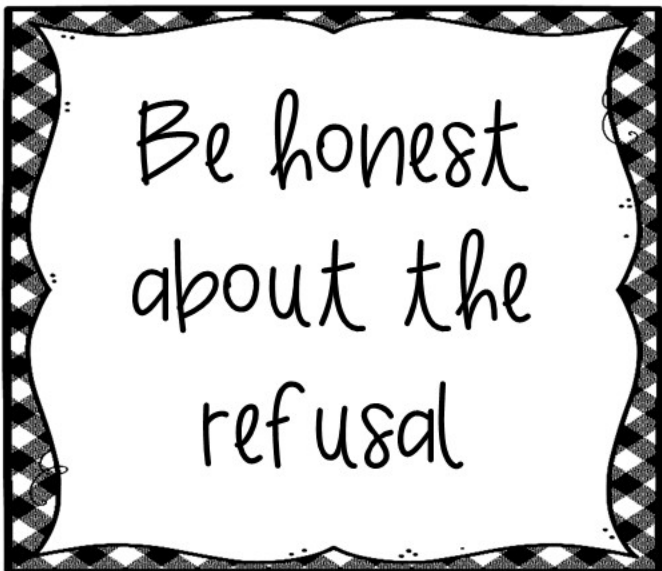
Walk away



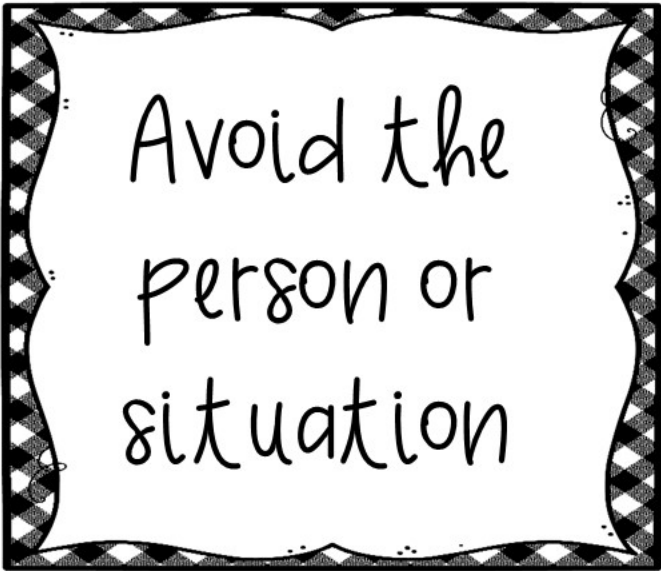
Suggest
something
else to do



Ignore the
request



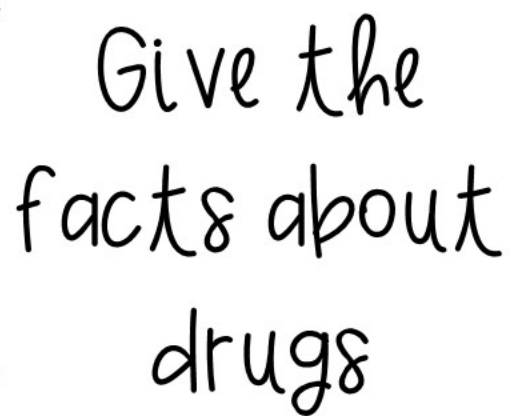
Be honest
about the
refusal



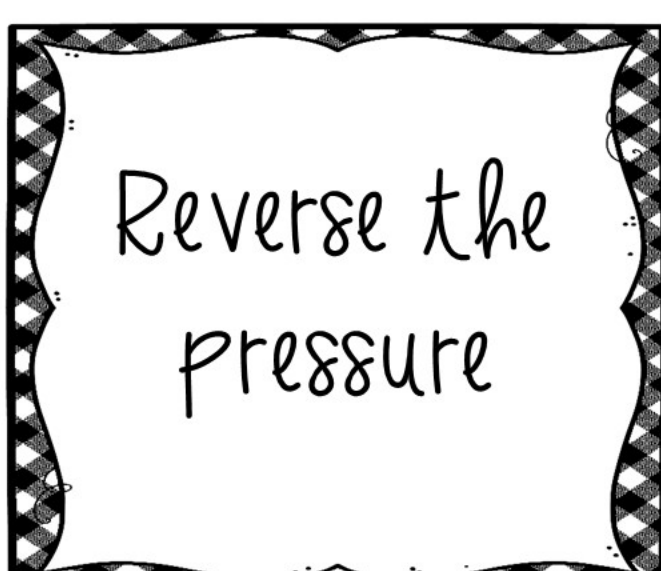
Avoid the
person or
situation



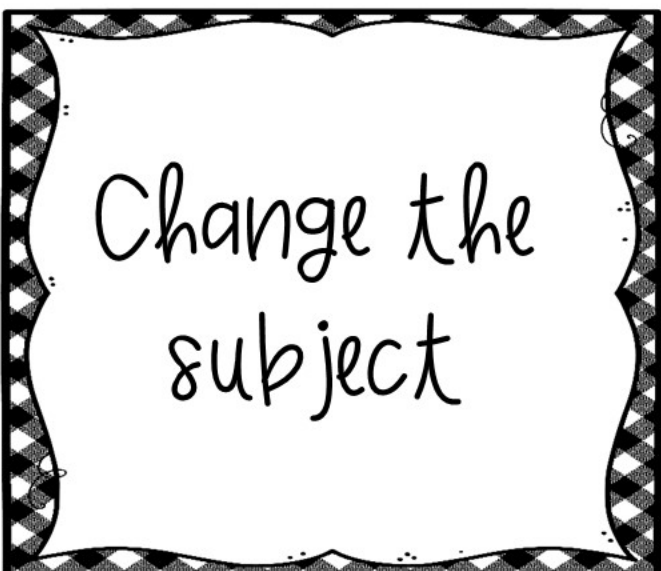
Just
simply
say no




Give the
facts about
drugs



Reverse the
pressure



Change the
subject



Ignore the
person

Red Ribbon Week Choice Boards

Activity: Choice Boards

Type: Class or individual activities

Goal: Students will have the opportunity to choose activities to raise awareness of alcohol, tobacco and other drug use and abuse.

Grades: 4th through 6th

Lesson Plan Introduction and Guide

Introduce the choice board style of learning to the students. Explain that they can perform some of their activities, presentations, skits, or rap songs for the entire class throughout Red Ribbon Week.

Preparation:

Print choice boards (found of the following pages) for each student or groups of students. Each choice board has nine activities or projects. These are great for classwork, homework, partner projects or extra credit. You can assign students three activities in a row like Tic-Tac-Toe, one activity per column or row, or any number of activities in random order on the board. Distribute the choice boards a week prior to Red Ribbon Week so that the students have time to prepare. Students who do not share with the entire class can record their responses in a journal or spiral.

Red Ribbon Week

Choice Board



Observations! Observe and record the number of healthy habits that your classmates do each day at school for a week. Include the location (classroom, cafeteria, gym, or playground). Graph the data.	Picture It! Create a "I'm Drug Free" poster with slogans and pictures. Ask some classmates to add a few words. Display your poster in the classroom, cafeteria or hall.	Read All About It Make a brochure about different types of drugs and the effects on the brain and body. Include a section about healthy and activities.
How to Say No! Create a lesson to teach classmates what to say when offered illegal drugs, such as, "I have to go," or "I'd rather do something else," or "I respect myself too much." Make worksheets and activities to use during your lesson.	Stretch from Head to Toe! Research some exercises and its healthy effects. Present some those exercises to a few classmates or the entire class.	Game Show! Design a game show. Create questions about the following drugs: aspirin, antibiotics, cough syrup, and pain medicines prescribed by a doctor. Highlight medicine usage and safety for each. Classmates can take turns being the player.
Match It Up Create a memory match game about healthy choices. Draw pictures or write simple phrases on the cards to match.	Show Time Create a skit or role-play about the consequences when a person uses alcohol, tobacco, or other drugs. Share with another classmate or the entire class.	What Not To Do! Write a rap about the dangers of drinking alcohol and driving a car. Share with your class.

Red Ribbon Week

Choice Board



Teach! Create a lesson plan to teach the short- and long-term effects of alcohol, tobacco, and other drugs. Make some worksheets and activities to use during your lesson.	Healthy Choices Collage Create a "Healthy Choice" picture and word collage of things to do for a healthy brain and body. Ask some classmates to add a few words. Display your poster in the classroom, cafeteria or hall.	Bon Appetit! Design a menu for healthy lunches for an entire week. Add pictures of healthy foods on the menu.
Dealing With Peer Pressure Write a skit about how to handle negative peer pressure. Share with another classmate or the entire class.	Their Favorite Snack Ask your classmates about their favorite healthy snack. Graph the data to show the information.	T-Chart Make a T-Chart listing examples of healthy and unhealthy choices. List at least ten for each. Share with a few classmates.
Exercise Create an exercise program for an entire week that involves 30 minutes of daily exercise.	Show Time Create a puppet show about healthy habits. Present to a lower grade.	Write About It Make a list of problems that might happen from using alcohol, tobacco, and other drugs. Write about how using these substances might affect your health, relationships and school success.

Test Your Knowledge

Activity: Alcohol, Tobacco and Other Drugs Knowledge

Type: Class activity

Goal: Students will test their knowledge about alcohol, tobacco and other drugs.

Grades: 4th through 6th

Lesson Plan Introduction and Guide

Explain to students that they are going to do an activity that will be “testing” their knowledge about alcohol, tobacco and other drugs.

Preparation:

Print the “yes” and “no” answer cards on cardstock.

Directions:

Place the “yes” and “no” answer cards on either side of the room. Have the students create a single-file line down the middle of the room to start the activity. Read each statement, instructing the students to answer standing by either the “yes” and “no” cards. During the activity, initiate and invite discussion about the students’ responses.

Read the following statements to the class, and have students vote “yes” or “no”.

- Alcohol and tobacco are drugs.
- Health warnings must be featured on all alcoholic drinks and tobacco products.
- Drinking too much alcohol can cause serious health problems.
- Nicotine is the drug found in tobacco products.
- When people have been drinking alcohol, their reactions become slower.
- Heroin and cocaine are illegal drugs.
- A doctor writes a prescription to give you a safe medicine.
- Taking someone else’s prescription drugs is illegal.
- Smoking e-cigarettes is harmful to a person’s health.
- It is okay to drink and drive.
- It is safe to ride in a car when someone has been drinking alcohol.
- Breathing in secondhand smoke from lit cigarettes or cigars increases a person’s risk of illnesses.
- Most teenagers do drugs.
- Smoking causes heart and lung disease.
- Alcohol, tobacco and illegal drugs do not harm the brain.
- People your age who are trying to convince you to do what they are doing is peer pressure.

- The safest way to dispose of any unused prescription medication is to throw it away.
- Marijuana impairs judgement.
- Alcohol doesn't affect behavior and thinking.
- Addiction is an uncontrollable need to use a substance despite the consequences.
- Addiction can be managed so that a person can live a successful life and have successful relationships.
- A person can be popular without using alcohol, tobacco and other drugs.
- Taking more of a medication than what was prescribed to you is considered prescription drug abuse.

Key

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Bulletin Board Banners And Pledge Cards

Directions:

Banners:

Print these black and white pennants on colored paper or have the students color. Use banners to decorate a bulletin board, door, or the hallway. An option would be to attach to a string and hang in the classroom or on a bulletin board.

Pledge cards:

Print and cut the pledge cards and have the students sign them and have them keep. An option would be to affix them to a bulletin board or a classroom door. Two different styles of pledge cards are provided.



Red Ribbon Week
Not just for
a week, but
for Life!



Celebrate
Red Ribbon
Week



Happy to be
Drug free!!



Red Ribbon Pledge Cards

I love my healthy habits!

I pledge to be DRUG FREE.

X _____
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X _____
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X _____
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X _____
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X _____
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X _____
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X _____
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X _____
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X _____
signature



I love my healthy habits!

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X _____
signature

