



# THE HISTORY OF RED RIBBON WEEK

Red Ribbon Week is the nation's OSTDLE and largest drug prevention awareness program.

In 1985, a Drug Enforcement Special Agent was killed by a drug-related gang, and people began wearing red RNIBBOS to honor him.

Today, wearing the red ribbon means that you PEELGD to live a drug-free life, and that you plan to make healthy and ARSTM choices.

Making these choices will help you achieve your PEELGD.

## HEALTHY & SMART CHOICES

1. Get plenty of sleep each night.
2. Keep your feelings to yourself when you become upset.
3. Take a short walk outside when you become stressed.
4. Eat fruits and vegetables.
5. Watch TV or play video games for 5 hours each day.
6. Smoke cigarettes when you feel nervous.
7. Write your thoughts and feelings in a journal.
8. Stay away from drugs, alcohol, and tobacco.
9. Keep track of all the mistakes you make each day.
10. Set small goals now to help you reach your dreams.

Use the coding chart to assign each letter a number. Example: A=1, H=8, W= 23

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>	<b>M</b>
1	2	3	4	5	6	7	8	9	10	11	12	13
<b>N</b>	<b>O</b>	<b>P</b>	<b>Q</b>	<b>R</b>	<b>S</b>	<b>T</b>	<b>U</b>	<b>V</b>	<b>W</b>	<b>X</b>	<b>Y</b>	<b>Z</b>
14	15	16	17	18	19	20	21	22	23	24	25	26

IT'S UP TO YOU TODAY TO START

**13 1 11 9 14 7 8 5 1 12 20 8 25 3 8 15 9 3 5 19**

CHOICES THAT ARE

**8 5 1 12 20 8 25 6 15 18 25 15 21 18 2 15 4 25**

AND ALSO

**8 5 1 12 20 8 25 6 15 18 25 15 21 18 13 9 14 4**