



RED RIBBON 2009

Check out all the Drug Prevention Month Activities that you can do in the Month of October!!

Please join your community and pledge to live healthier and drug free lives!



LiveWise

The Power to Live Substance Free

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				TV Free Night- Go Outside!	Write a letter to your mentor or someone you love!	Set your personal goals for the month!
4	5	6	7	8	9	10
Find 12 ways to Pray for your child!	Talk to your kids about being drug free!	Share your childhood stories with someone!	Have dinner with your family together!	Share your culture with another person!	Have lunch with your child at school!	Share 3 important values you have with another person!
11	12	13	14	15	16	17
Make today your community service day!	Explore a creative place in the community!	Talk about your family history!	Meet your neighbors night!	Create a SAFE HOME- www.safehomes.org !	Be a mentor to a peer!	Tell someone if you need help staying safe!
18	19	20	21	22	23	24
Child Sabbath Day- Please Pray for the children!	Encourage someone today!	Invite a friend to dinner!	Schedule your annual check ups!	Say "Thanks" to your teacher Day!	Read/ Discuss a book with someone today!.	Keep the radio off day- Talk to each other in the car!
25	26	27	28	29	30	31
Say "Thanks" to your parent today!	Hand down your favorite hobby to someone today!	Family Game Night!	Get to know your kid's friend's parents!	Reach out to someone to support them!	Be Proud of who you are! Always!!!	Try a new food!

2009