

Counselor's Corner

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RED RIBBON WEEK

October 26-30

Each year we celebrate Red Ribbon Week in our schools by making posters, wearing ribbons, reciting pledges, and giving prizes. Hopefully, the real message isn't lost in all of the hype. The Red Ribbon Week Pledge states,

"I pledge to lead a drug-free life. I want to be healthy and happy.

I will say NO to alcohol. I will say NO to tobacco.

I will say NO to illegal drugs. I will help my friends say NO.

I pledge to stand up for what is right."

We all see our innocent elementary school students signing their pledge cards with certainty that they'll NEVER do drugs. Then those same sweet students enter MS and begin to experience both the freedom and the temptations that will force them to test their commitment to stay drug-free. As always, it is often the input of parents that will make the difference in a child's choices. Take advantage of your child's involvement in Red Ribbon Week to start up a conversation about staying drug-free. Your middle schooler would love to hear your opinions regarding drug use and would benefit from knowing that you're interested in what he/she has to say. You'll find great parents' guides that can provide more information as well as some ideas for conversation starters at www.drugfree.org or www.redribbon.org.