



OCTOBER/NOVEMBER FOCUS

Be Kind to Your Mind

RISD takes underage substance use, bullying, and violence seriously. The heartbreaking outcomes produced by substance use, bullying, and violence can change the trajectory of a young person’s life in the blink of an eye. In October and November, substance use, bullying prevention, and violence prevention programs will include Unity Day, Red Ribbon Week, educator professional development, and parent sessions.

Resources

[Partnership to End Addiction](#)

[National Institute on Drug Abuse](#)

[Red Ribbon Week](#)

[Bullying Prevention](#)

[Videos and Information for Families](#)

District Recognitions & Events

October is National Bullying Prevention Month

Unity Day

October 18, 2023

National Red Ribbon Week

October 23-31, 2023



Students

Unity Day is Wednesday, Oct. 18, 2023. Campuses are encouraged to wear orange to promote a united stand against bullying.

Red Ribbon Week is Oct. 23–31, and this year’s theme is *Be Kind to Your Mind*. RISD Counseling and Prevention Programming will support campuses during Red Ribbon Week with the following resources:

ELEMENTARY CAMPUSES:

- *Substance Use Prevention* lessons in Health and P.E. and Health TEKS K-12.
- Presentations on refusal skills and healthy decision-making provided by high school peer helpers and peer mediators.
- Counselor-lead lessons include substance abuse prevention (*Too Good For Drugs* lessons in grades 4–6), bullying prevention, personal safety, and healthy coping skills.

SECONDARY CAMPUSES:

- The first ever *The More You Know* week (Oct 23-31) will feature Stanford Medicine’s lessons on the harmful effects of marijuana and THC during advisory.
- Bullying prevention lessons also provided during advisory.
- Students have the opportunity to utilize peer mediation to resolve conflicts peacefully. Please check with campus counselors or administrators for more information.

Staff

All professional staff will be completing the **state-required training** on substance abuse prevention and warning signs.

Bullying and Suicide Prevention Awareness in the Classroom

All staff are invited to join Suzanne Tsatsoulas, Director of Prevention Programming, on Nov. 15 at 4 or 5 p.m. in the Arzell Ball Center, rooms 201-203, to learn about bullying and suicide prevention signs and techniques for your classroom. *This opportunity is open to all RISD staff. Please register in Eduphoria.*

Community

Parent and Community Prevention Toolkit

A toolkit for parents to learn about the vaping epidemic, gauge their child’s risk of trying e-cigarettes, and find the best strategy to talk to their child about e-cigarettes.

Current Drug Trends Presentation

Join RISD Student Services on Oct. 10 at 6:30 p.m. in the Professional Development Center Auditorium (701 W. Belt Line Rd. Richardson 75080) for a drug prevention education opportunity open to all RISD staff and parents. Please register [here](#).

#liveWiseliveHealthy

www.RISD.org/LiveWise

The Live Wise Live Healthy initiative provides community-wide training, programming, and opportunities designed to empower young people to make healthy and wise decisions through meaningful learning and life-changing experiences.