

# live WISE live HEALTHY

RICHARDSON ISD

## OCTOBER FOCUS

# Drug and Violence Prevention and Education

RISD takes drug and violence prevention and education very seriously. Drug abuse and the heartbreaking outcomes produced by violence can change the trajectory of a young person's life in the blink of an eye. In October, drug and violence prevention programs will include Unity Day, Red Ribbon Week, educator professional development, and parent sessions on the stages of addiction.

### *Resources*

**Partnership to End Addiction:**  
[drugfree.org/prevention-and-taking-action-early](http://drugfree.org/prevention-and-taking-action-early)

**National Institute on Drug Abuse:**  
[www.drugabuse.gov/drug-topics/parents-educators](http://www.drugabuse.gov/drug-topics/parents-educators)

### *District Recognitions & Events*

National Bullying Prevention Month: October  
[www.stopbullying.gov](http://www.stopbullying.gov)

Unity Day: Oct. 19

National Red Ribbon Week: Oct. 23-31  
[www.redribbon.org](http://www.redribbon.org)

## *Students*

**Red Ribbon Week** is Oct. 23 to Oct. 31, and this year's theme is "Celebrate Life. Live Drug Free."

Red Ribbon Week campus resources include **CATCH My Breath** lessons in Health and P.E. and counselor-lead lessons on substance abuse and bullying prevention. Secondary campus will be provided **The Stages of Addiction** video and other prevention lessons for advisory.

High school peer helpers and peer mediators will give presentations to elementary campuses on refusal skills and healthy decision-making.

## *Staff*

Professional staff will complete state-required training on substance abuse prevention and warning signs. In addition, staff will be given **The Stages of Addiction** presentation.

## *Community*

**The Parent and Community Prevention Toolkit** helps parents learn more 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.

Join us on **Oct. 17 at 6:30 p.m. in the RHS library** for **THC – There is No Upside: Know the Risks**. This drug prevention education opportunity is open to **all RISD parents**.

Parents are encouraged to review the **The Stages of Addiction** presentation and discuss with their students.



**#liveWiseliveHealthy**  
[www.RISD.org/LiveWise](http://www.RISD.org/LiveWise)

Community-wide training, programming and opportunities to empower young people through healthy and wise decision making and meaningful life changing experiences.