

**RED RIBBON WEEK IS  
OCTOBER 23RD-31ST**



**2025**

# **RED RIBBON WEEK**

**THIS YEAR'S THEME IS  
LIFE IS A PUZZLE, SOLVE IT DRUG FREE**



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[SCIPNEBRASKA.COM](http://SCIPNEBRASKA.COM)  
AND [REDRIBBONWEEK.ORG](http://REDRIBBONWEEK.ORG)**



## RED RIBBON WEEK IDEAS:

1. Use Red Ribbon Week as an opportunity to continue talking to your students and their caregivers about the dangers of drugs.
2. Host a School-Wide Red Ribbon Rally.
3. Plan fun celebration days during Red Ribbon Week: Wear Red Day, Hat Day: Put A Cap On Drugs, Crazy Sock Day: Put A Sock On Drugs Day, Team Gear Day: Be On A Drug Free Team Day, and Sunglasses Day: Shade Out Drugs Day.
4. Natural High's is a drug prevention program, supported by the Red Ribbon Week foundation, that has developed an age-appropriate curriculum to be shared with students. SCIP has found the Catch My Breath Vaping Prevention Program that can be completed by students.
5. Talk to parents and students about securing and taking inventory of their home medicine cabinets to prevent prescription drug abuse.
6. Write an article about the importance of Red Ribbon Week in your school's Parent Newsletter. Provide information on community resources.
7. Organize an essay contest incorporating this year's theme: "Life Is A Puzzle, Solve It Drug Free.™"
8. Host a School-Wide or District-Wide Puzzle Piece Picture Contest for students and his or her families to win a prize.
9. Sign the Red Ribbon Pledge.
10. Organize Door Decorating Contests.
11. Invite parents and families to a special health fair or education program.
12. Plan a Walk Out On Drugs Walk-a-thon.
13. Create a banner and ask all students, faculty, and parents to sign it, pledging to be drug-free.
14. Ask your SCIP School Coordinator for additional ideas or resources that are needed.

