

DRUG FREE LOOKS LIKE ME



CELEBRATING NATIVE STYLE

Monday 10/25	Tuesday 10/26	Wednesday 10/27	Thursday 10/28	Friday 10/29
Prepare and submit a Native-inspired poster for Red Ribbon week.	Post an image on social media using the hashtag #drugfreelookslikeme of yourself or someone you know who leads a drug free life.	Learn or share a traditional song that speaks to the sacredness of life.	Support Red Ribbon Week. ROCK YOUR MOCS! Dress in your regalia.	CELEBRATE! Make a traditional meal to share and talk with your family and friends about fun, drug free activities you enjoy.

Additional ideas for school-wide events:

- Invite a Native speaker to speak to your class/school about the importance of being drug free
- Hold a Red Ribbon themed powwow at your school
- Have students write about their favorite Native hero
- Have the entire school pledge to be drug free (see pledge)



National American Indian and Alaska Native

MHTTC

Mental Health Technology Transfer Center Network
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IOWA



Native Center for Behavioral Health