

## October is National Bullying Prevention Month and October 23-31 is Red Ribbon Week

### **Wear Royal Blue on October 3<sup>rd</sup>!**

**The Week of October 3<sup>rd</sup>:**      [#blueup](#) [#makefriends](#)

#### ***Make Friends with Someone New***

If you've ever been isolated from others at school or you were new at school and it took time to make friends, you know what it feels like to be left out. Make friends with someone at school who you don't know. You probably wish someone had done that for you. Be a leader. Take action and don't let anyone at school be in isolation.

**The Week of October 10<sup>th</sup>:**      [#bekind](#) [#standup](#)

#### ***STAND UP for Others Week***

When you see someone being bullied, be brave and STAND UP for them. Bullies have been known to back off when others stand up. If you don't feel safe get the help of an adult immediately. Be part of the solution, not the problem!

**The Week of October 17<sup>th</sup>:**      [#nooneeatsalone](#) [#includeeveryone](#)

#### ***Include Everyone***

Don't let anyone at school eat alone in the cafeteria. Include other students in school activities. Include other students in after school activities. Invite someone you don't know to sit next to you on the bus. Learn about each other. It's important to remind our friends and classmates that we're all in it together and we're here to listen and support.

**The Week of October 24<sup>th</sup>:**

**Red Ribbon Week**                      [#fcsdrugprevention](#) [#fcsredribbon](#)

Drugs are becoming increasingly more prevalent in our communities. It is important that teens and parents know about both illicit drugs and the misuse of prescription medications: what they are, where they are found, and the symptoms of drug use so that they can be empowered to get help or encourage their loved ones or friends to seek help.

***Themed Dress-Up Week (Monday, October 24 - Friday, October 28)***

## **Bullying Prevention Month**

October is [National Bullying Prevention Awareness Month](#). Bullying Prevention Month is a nationwide call to action around educating communities as to their roles in bullying prevention and to educate and raise awareness of bullying prevention.

## **Red Ribbon Week**

The [Red Ribbon Campaign](#) is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week, October 23<sup>rd</sup> - October 31<sup>st</sup> each year.