

I CARE Program: October is Red Ribbon Month



The **I CARE** Program in EBRPSS is the only prevention education program of its kind and has been serving the East Baton Rouge community for over 40 years!

The 21st-century vision of the **I CARE** Program is to provide students and staff with social-emotional coping strategies and trauma-informed approaches in prevention education.

I CARE will advocate for students, community members, parents, and staff to have safe and drug-free schools. Red Ribbon Week is one of **I CARE**'s premier prevention education programs! We look forward to your participation this month at your school sites and having you join us in our commitment to drug-free lifestyles.



What Is Red Ribbon Week? It is an ideal way for people and communities to unite and take a visible stand against drugs. Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon, Oct. 23-31. The mission of the Red Ribbon Campaign® is to present a unified and visible commitment toward the creation of a drug-free America.

This year's theme is "BE KIND TO YOUR MIND!"

DID YOU KNOW? Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't; yet, only a quarter of teens report having these conversations. Red Ribbon Week, the oldest and largest drug prevention campaign in the nation, is your opportunity to get the ongoing conversation started. This year's theme is Drug-Free Looks Like Me™ Visit www.redribbon.org to learn more about Red Ribbon Week® and get tips for talking to your kids about drugs. The life you save may be that of your own child or a dear friend.

Practical Advice for Parents of Teens Regarding Prescription Drug Abuse:

As a parent, teach your teen to:

- Respect the power of medicine and use it properly.
- Recognize that all medicines, including prescription medications, have risks along with benefits. The risks tend to increase dramatically when medicines are abused.
- Take responsibility for learning how to take prescription medicines safely and appropriately, and seek help at the first sign of a problem for their own or a friend's abuse.

<https://store.samhsa.gov/sites/default/files/d7/priv/sma12-4676b1.pdf>

Parents can make a difference! Kids who continue to learn about the risks of drugs at home are up to **50% less likely to use drugs** than those who are not taught about the dangers. Only 22% of teens report discussing the risks of abusing any prescription drug without a doctor's prescription with their parents. **It's up to YOU to talk openly with your kids!**

The / CARE Program is here to help!

lcare.ebrschools.org

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