

Indigenous Red Ribbon Week **Monday** Activities



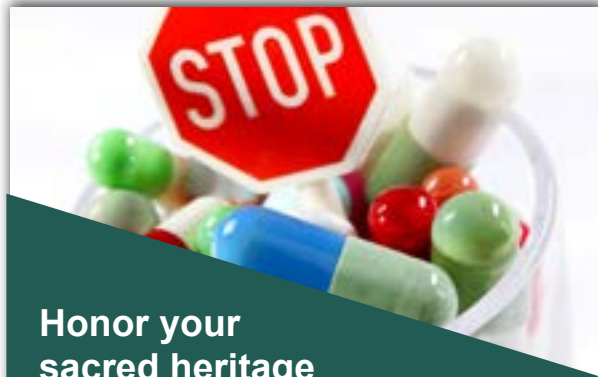
National American Indian & Alaska Native

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Encourage use of the attached Indigenous anti-drug posters in schools and other relevant community locations. Suggested posters are below and available electronically (link). Use these examples as inspiration and make your own and even have a poster contest!

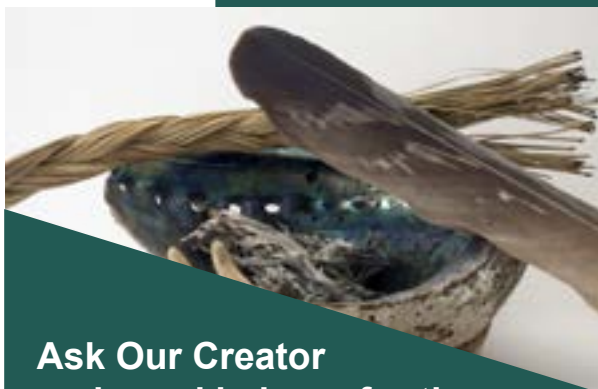
Need more inspiration? Scan here



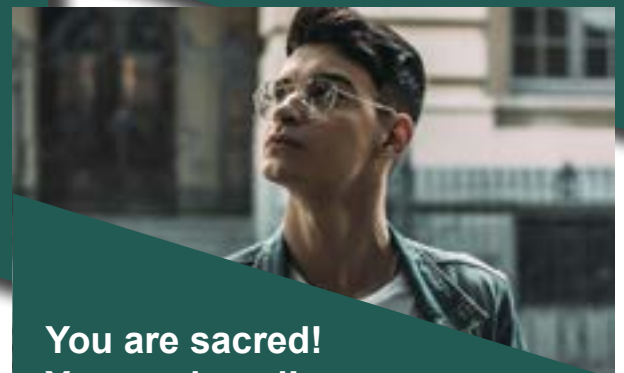
Honor your sacred heritage and lineage.
Be proud to be Native!
Choose to refuse alcohol and drugs.



As Natives, we are all connected.
You are not alone.



Ask Our Creator and good helpers for the strength to refuse alcohol and drugs.
Reach out now!



**You are sacred!
You are loved!**
Now, just love yourself as your ancestors love you.
Stay drug-free!



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Post positive messages on social media
Use these hashtags: #BeBrave #LiveTraditions #LiveSubstanceFree
Use the examples below for for Twitter and Instagram.

Make red ribbons to symbolize Red Ribbon Week.
You can also wear Native regalia or a Native pow wow button or
even make some buttons with Native sayings such as:



As Natives, we are all
connected.
You are not alone.
Find your support squad today!



The Creator gives the
hardest battles to the bravest
warriors.
You can overcome any challenge!
We can help.



**Be Proud to
Be Indigenous!**

**Be Substance Free
and Be Strong!**

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Indigenous Red Ribbon Week Friday Activities

Indigenous Red Ribbon Week Thursday Activities



Have the school do an all-school event or have a teacher conduct musical chairs with a Native pow wow song.
See You Tube Crow Fair Pow Wow:
<https://www.youtube.com/watch?v=CfeOkmKsLTc>

Teach kids how to pow wow dance on You Tube:
<https://www.youtube.com/watch?v=eI2gnTZh0-I>

Listen to a traditional song
Anishinaabek Turtle song on You Tube:
<https://www.youtube.com/watch?v=phIL7U0tjOM&list=PLV4oZM8CkmMNIJnT3bfzwPCUmdTo5UOfC>

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