

## October is:

- ADHD Awareness month
- Bullying Prevention month
- LGBT History month



- Down Syndrome Awareness month
- Spina Bifida Awareness month
- Mental Illness Awareness week (**Oct. 2-8**)
- America's Safe Schools week (**Oct. 15-21**)



- Red Ribbon Week (Drug-Free America) (**Oct. 23-31**)
- Child Health Day (**Oct. 2**)
- National Coming Out Day (**Oct. 11**)
- International Stuttering Awareness Day (**Oct. 22**)
- Unity Day/Stop Bullying Day (**Oct. 25**)



## Red Ribbon Week

### Why We Celebrate

When Drug Enforcement Administration (DEA) Agent Enrique “Kiki” Camarena was murdered in 1985, angered parents and youth in communities across the country began wearing red satin ribbons as a symbol of their commitment to raise awareness of the killings and destruction caused by drugs. Determined to play a larger role in drug prevention, parents formed new coalitions. They chose Camarena as their role model and embraced his belief that one person can make a difference. (Source: Sapp, Peggy B. “Red Ribbon Campaign.” [www.redribbon.org](http://www.redribbon.org). 2017.)

### Celebration Ideas

#### *Elementary:*

- ◆ Ask the police department to bring in a drug-sniffing dog.
- ◆ Hold a poster contest about being drug free.
- ◆ Decorate classroom doors with anti-drug themes.
- ◆ “Can Drugs”—Bring in canned goods for local food banks.
- ◆ “Turn Your Back on Drugs”—Wear your shirt and hat backwards.
- ◆ “Peace Out on Drugs”—Wear tie dye and peace signs.
- ◆ “Sock It to Drugs”—Wear silly socks.
- ◆ “Team Up Against Drugs”—Wear favorite team jersey.
- ◆ “I Pledge to BEE Drug Free”—Color pictures of bees and sign a pledge.
- ◆ “Drugs are Scary; Don’t Do Them”—Wear a Halloween costume.

#### *Middle School:*

- ◆ Provide anti-drug bracelets for students to wear all week.
- ◆ Acquaint students with the names of drugs and their harmful effects.
- ◆ Review the school’s drug policy.
- ◆ Show a video on the history of Red Ribbon Week.
- ◆ Sell candy grams with “anti-drug” messages for friends.
- ◆ Sponsor an essay writing contest on the best prevention idea.
- ◆ “Don’t Slip Up by Doing Drugs”—Wear slippers.
- ◆ “Don’t Let Drugs Turn You Inside Out”—Wear clothing inside out.
- ◆ “Declare War on Drugs”—Wear camouflage pants.
- ◆ “Living Drug Free is No Sweat”—Wear sweatpants/shirts.
- ◆ “Too Bright for Drugs”—Wear sunglasses at lunch.

#### *High School:*

- ◆ Have students take a “drug quiz” and win candy for correct answers.
- ◆ Invite alumni to school to speak about their addiction and recovery.
- ◆ Watch the FBI/DEA movie “Chasing the Dragon: The Life of an Opiate Addict” (*YouTube*)
- ◆ Enter the contest to create the 2018 National Red Ribbon Week theme; \$500 prize.
- ◆ Organize an essay contest on “A Healthy Me is Drug Free.”
- ◆ Create a drug-free banner and have all staff and students sign it.
- ◆ Send home drug/alcohol/tobacco information to parents.
- ◆ Collect teddy bears for an elementary school. Tie red ribbons around the necks and distribute.
- ◆ “I Mustache You Not to Do Drugs”—Hand out fake mustaches at school.



# Working with ADHD Students

Approximately 6.4 million U.S. children ages 4-17 diagnosed with attention deficit hyperactivity disorder (ADHD) just started a new school year. Teaching these students doesn't need to be stressful. Here are 10 strategies to help these students transition smoothly into the school year:

- 1. Let them fidget.** Research shows that fidgeting helps ADHD-diagnosed students focus better. Some teachers provide students with squeeze balls, while others use elastic bands stretched across the bottom of a desk or chair. Kids can quietly bounce their legs as they work.
- 2. Engage them in active learning.** Students with ADHD need extra stimulation. Research has found that symptoms are more pronounced during passive learning. When students are **actively** involved—through class discussions, reading aloud, writing activities, hands-on learning—their behaviors become indistinguishable from those students without ADHD.
- 3. Provide physical activity breaks.** ADHD rates have skyrocketed while physical activity in the classroom has declined. Plan exercise breaks every 20 to 30 minutes between lectures and textbooks or worksheets. Play exercise videos set to music that students can follow.
- 4. Integrate the arts into lessons.** Students with ADHD are bundles of energy, and the creative arts help provide a channel for directing that energy. Have students put on an improvised play or puppet show to act out the plot of a story. Allow students to keep a sketch diary to record the visual thinking required in their math or science. Permit students to work on social studies projects that integrate music or dance with words and numbers.
- 5. Take your teaching outdoors.** When students diagnosed with ADHD are in natural environments such as gardens, parks, or woods, **their symptoms decrease**—often substantially. Allow students to do fieldwork outdoors when doing science observations. Hold reading class under a tree. Have students practice spelling words on the sidewalk with chalk.
- 6. Allow students to make choices.** All students should be permitted to make meaningful choices to expand their social and emotional skills. For ADHD-diagnosed students, this 'freedom' provides rewarding activities that can lessen their symptoms. Let them choose their own books to read or their own long-term projects or a partner to practice vocabulary.
- 7. Bring novelty into your lesson plan.** Students with ADHD get bored more easily than other students. Spice up your next lesson plan with a little something extra to grab students' interest. Dress like Miss Frizzle for science. Draw pictures to go along with math problems. Sing songs during social studies to enhance learning.
- 8. Use interactive technology.** There is now a cornucopia of apps and programs for teachers to reach every learner. Students with an ADHD diagnosis respond well to strong stimulation--vivid colors and sound effects, frequent feedback on performance, and highly interactive lessons (SMART Boards). Think "Bill Nye, the Science Guy!"
- 9. Share stress-management techniques.** Give students strategies for remaining composed in situations when they're more likely to become stressed or hyper--during testing or the end of the school day. Practice deep breathing with the class. Show them how to stiffen their muscles (like a robot) and then relax them (like a rag doll). Ask them to visualize a peaceful image or scene.
- 10. Promote positive teacher-student rapport.** Kids with ADHD often have had previously difficult experiences with their teachers. Greet them when they come into the classroom. Find out as much as you can about their strengths and abilities (ask parents during parent-teacher conferences), and let them know you see the best in them.

October is  
National **Down**  
**Syndrome**  
Awareness Month

## Teen Pot Use Down

The National Survey on Drug Use and Health shows that the rates of marijuana use among 12-17 year olds last year is at the lowest since 1994. This is good news for public health officials who worry more about teens because their brains are still developing. Adolescent drug use is connected to addiction, criminal behavior, and cognitive deficits. (Source: Ingraham, Christopher. "Survey: Teen pot use down, adults up." *The Morning Call*. 10 September

Oct. 25  
Wear  
orange!  
Unite  
Against  
**UNITY**  
**DAY**

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Thank you to our newsletter sponsor the Lehigh County  
Department of Human Services, Drug and Alcohol Division!