



Region 7 Winner



Region 5 Winner



Region 8 Winner



Enter The National Red Ribbon Photo Contest

Win An iPad & \$1,000 For Your School

TWO WAYS TO ENTER:

1. Families may submit a photo of a home decoration.
2. Schools may submit a photo of a school decoration.

Here's how it works:



DECORATE

Families, decorate your HOME front door, mailbox or fence with a Red Ribbon (double-looped) and this year's theme: "Respect Yourself. Be Drug Free."

Schools, decorate your SCHOOL campus with a Red Ribbon (double-looped) and this year's theme: "Respect Yourself. Be Drug Free."



SNAP A PHOTO & UPLOAD

Take a picture of your Red Ribbon decoration (preferably with people in it!) and upload to www.redribbon.org. You must be 18 years old to enter, so parents (or for school entries, school staff or PTA members) must submit the photos.

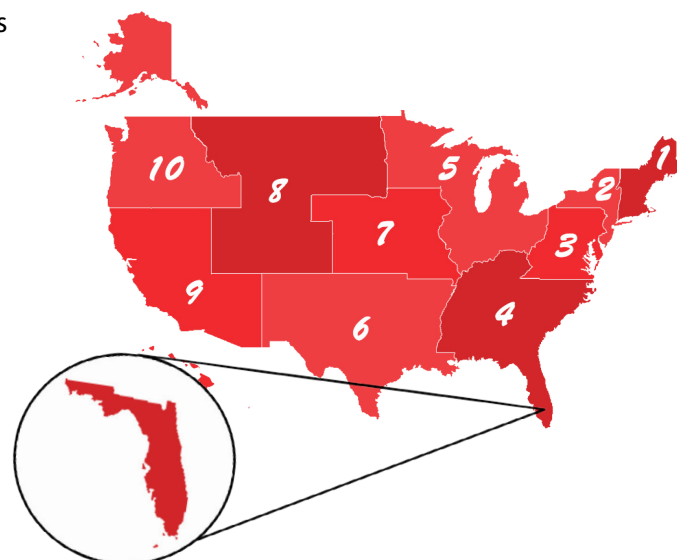


GET VOTES!

Ask your friends, family, colleagues and school contacts to vote for your photo on our website.

10 home entries and 10 school entries with the most votes in each national region will win an iPad and \$1,000 for a local K-12 school.

Additionally, the top home entry and the top school entry in Florida will win an iPad & \$1,000 for a local K-12 school, courtesy of Informed Families.



Get Started Today!

For more details and a list of terms and conditions, visit www.redribbon.org

10 TIPS

TO KEEP YOUR KIDS DRUG FREE

For more tips and other valuable information, visit www.InformedFamilies.org

- 1 Start talking with your kids at an early age about drugs.**
It's never too early to establish good lines of communication.
- 2 Listen carefully to your child** and educate yourself so you can answer his or her questions.
- 3 Be a model of healthy behavior for your child.**
What they see is what they do. Kids learn best by example.
- 4 Don't be afraid of setting rules.**
Parental disapproval of drug use plays a strong role in keeping kids drug free. Be in charge.
- 5 Get to know your children's friends and their parents.**
Work together with the parents to set common boundaries and monitor behavior. There's strength in numbers.
- 6 Keep your children engaged in after school activities.**
Children who engage in extracurricular activities, such as sports, gain confidence and life skills. But, don't overdo it. Give your kids some downtime to relax and recharge.
- 7 Make sure your child's school has anti-drug policies.**
Learn your kid's schools' policies and if they don't exist, work to create them.
- 8 Get involved in your child's school.**
Parental involvement is a strong predictor of academic success. Your presence will make a difference.
- 9 Lock your meds at home.**
Secure your medicine cabinet at home, take inventory regularly and safely dispose of unused medication.
- 10 Eat dinner together regularly.**
Kids who eat dinner with their families 5 or more times a week are much less likely to experiment with and abuse drugs and alcohol.

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