

## Preventive measures



**LIFESAVING LESSONS** — Cannon Brawley, a University of Tennessee at Martin graduate, visited Union City High School (above) and UC Middle School (at left) for Red Ribbon Week recently. He shared how nicotine and drugs can ruin not only their lives, but the lives of their loved ones as well. “The students and coaches really enjoyed the presentation,” Obion County Prevention Coalition coordinator Carla Aaron said. “Thank you, Cannon, for all your hard work to help educate our students on the dangers of drugs.” Similar programs were held at schools across Obion County and Union City during Red Ribbon Week (Oct. 23-31).

**SHARING HER STORY** — The 2019 National Red Ribbon Week theme was “Send a Message. Stay Drug Free.”™ A few days ago, guest speaker Donna Newsom did just that as she shared her story with Lake Road Elementary School’s eighth-graders and encouraged them to stay drug-free. Similar activities were staged at schools throughout the county.

### Red Ribbon Week urges youth: ‘Send a Message. Stay Drug Free.’

The Red Ribbon Campaign® is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week®.

**Who?**  
National Family Partnership is the sponsor of the National Red Ribbon Week Celebration.

Among them are hundreds of students from Obion County and Union City schools.

Take the National Red Ribbon Campaign Pledge and be a part of the creation of a drug-free America.

The Obion County Prevention Coalition and the local health department coordinated activities in local schools recently as part of this year’s Red Ribbon Week (Oct. 23-31).

**Parent Pledge**

Many local schools hosted guest speakers who shared personal experiences as they urged students to take the pledge to be drug-free.

- As parents and citizens, we will talk to our children and the children in our lives about the dangers of drug abuse.

The 2019 week’s theme was “Send a Message. Stay Drug Free.”™

- We will set clear rules for our children about not using drugs.

**What is Red Ribbon Week?**  
It is an ideal way for people and communities to unite and take a visible stand against drugs. Personal commitment to a drug-free lifestyle would be shown through the symbol of the red ribbon.

- We will use a good example for our children by not using illegal drugs or medicine without a prescription.

**Why?**  
The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying red ribbons as a symbol of intolerance toward the use of drugs. The mission of the Red Ribbon Campaign is to present a unified and visible commitment toward the creation of a drug-free America.

- We will monitor our children’s behavior and enforce appropriate consequences, so that our rules are respected.

- We will encourage family and friends to follow the same guidelines to keep children safe from substance abuse.

**Youth Pledge**  
I pledge to grow up safe, healthy and drug-free by:

- Understanding the dangers of drug use and abuse.
- Respecting myself and being drug-free.
- Spreading the word to family and friends about the importance of being healthy and drug-free.

**Did you know?**

Children of parents who talk to their teens regularly about drugs are 42 percent less likely to use drugs than those who don’t, yet only a quarter of teens report having these conversations.



Photos courtesy of the Obion County Prevention Coalition; Page compiled by Chris Menees, Senior Staff Reporter

**ROCKIN’ RED RIBBON** — The Red Ribbon Campaign is the oldest and largest drug prevention program in the nation, reaching millions of young people dur-

ing Red Ribbon Week. Locally, guest speaker Josh Darnell went to Ridgemont Elementary School to share his story with sixth-, seventh- and eighth-graders.

**CLASS CHAT** — The Obion County Prevention Coalition and Obion County Health Department kicked off Red Ribbon Week with Obion County Central High School’s cosmetology class. Students discussed the importance of living a drug-free lifestyle,

setting goals and remembering that all choices have consequences. Kelly Tittle Jones (right) and Ashley Smith (not pictured) shared their personal stories with the students at the invitation of teachers Sissy Nicks (left) and D’Anna Vancleave.