

## MORE INFO: [redribbon.org](http://redribbon.org) **RED RIBBON WEEK** FOR PARENTS

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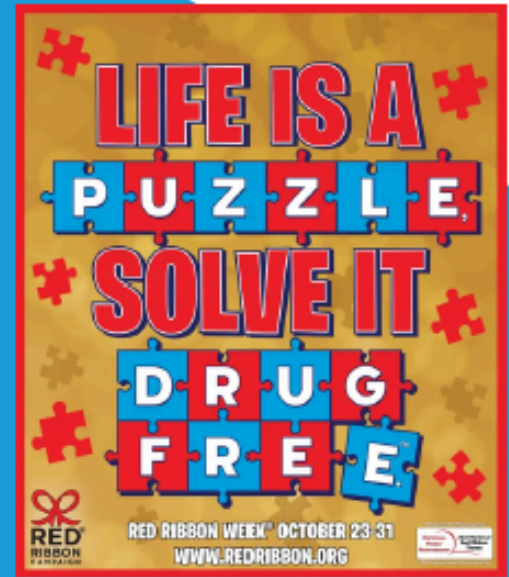
Get to know the parents of your children's friends. Work together to set boundaries and monitor behavior.

Use Red Ribbon Week as an opportunity to continue talking to your kids about drugs. Let them know that alcohol and drug use will not be tolerated.

Gather neighbors to discuss neighborhood watch concerning drug use among children in the neighborhood. Discuss plan to alert each other if any suspicious activity is observed.

Work with your child's school to hold RRW Events

Secure and take inventory of your medicine cabinet to prevent prescription drug abuse.



**LEND A HAND**  **TAKE A STAND**

**NATIONAL BULLYING PREVENTION MONTH**

*Read more: [pacer.org/bullying/](http://pacer.org/bullying/)*

**Goal:**

- To educate the public about the impact of bullying and encourage communities to take action to prevent it.

**Activities:**

- Schools, organizations, and individuals participate in various activities throughout October to promote anti-bullying messages and initiatives.



**Unity Day:**

- A signature event of the month where people wear orange to show support for kindness and inclusivity.

**Focus Areas:**

- The month highlights the importance of kindness, acceptance, and inclusion, and addresses the different forms of bullying, including cyberbullying.



*If you don't properly dispose of the unneeded medications in your home, they might find a new one.*

Unneeded prescription medication—those that are old, unwanted, or no longer needed – are a public safety issue, too often becoming a gateway to addiction. The majority of opioid addictions start with prescription pills found in medicine cabinets at home. Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a doctor's supervision. A majority of people who misuse a prescription medication obtained the medicine from a family member or friend. DEA's National Prescription Drug Take Back Day events are one way to dispose of unneeded medications. Beyond Take Back Day, there are opportunities to regularly and safely dispose of unneeded medications at pharmacies, hospitals, police departments, and businesses working to clean out medicine cabinets throughout the year. For more information on prescription drug abuse, go to: [www.DEA.gov](http://www.DEA.gov) [www.GetSmartAboutDrugs.com](http://www.GetSmartAboutDrugs.com) [www.JustThinkTwice.com](http://www.JustThinkTwice.com)

## Domestic Violence Awareness Month



One in three women and one in four men, on average, have been victims of physical violence over their lifetimes at the hands of an intimate partner, according to the National Coalition Against Domestic Violence. Domestic violence can manifest as physical or sexual assault, intimidation, harassment, stalking, threats, emotional or psychological abuse, or other abusive behavior.

October is Domestic Violence Awareness Month. It's a prime time to stand up and speak out on this issue, as well as support life-saving programs to help domestic violence victims find safety and stability.



On average, a woman will leave an abusive relationship seven times before she leaves for good, experts say. Beyond physical assaults, there are plenty of reasons why walking away from domestic violence can be tough:

**WEAR PURPLE ON #PURPLETHURSDAY  
THURSDAY, OCTOBER 23, 2025**

MORE INFO: [thehotline.org](http://thehotline.org)



**Children** - When a couple has children, a partner might worry that the other parent might take their anger out on the children - or seek custody.

**Money** - A victim who's financially dependent on an abusive partner might fear they'll have no resources - or even a place to live - if they end the relationship.

**Disability** - A victim who relies on his or her partner for physical care might feel like they need their abuser to ensure they continue receiving care.

**Embarrassment or low self-esteem** It can be tough to acknowledge that a relationship is unhealthy or has failed, especially if a victim feels love for his or her abuser. Victims sometimes wrongly feel like the abuse is their fault.

**Immigration status or language barrier** - A victim might not be able to express their need for help - or might fear reporting the abuse, if they worry their undocumented status could result in deportation or legal troubles.

**DVAM** is a chance for anyone and everyone - victims, survivors, advocates, supporters, and political leaders - to unite in our work to end domestic violence. This is a time of solidarity and support. It is also a time for victims and survivors to share their stories.

- **Teen Rx abuse and misuse is a problem that must be addressed, in spite of the fact that usage rates are going down and/or have leveled off.**
- **Teens are misusing and abusing pain medications and stimulants.**
- **Some teens believe that abusing Rx medications is safer than abusing illicit ones.**
- **The physical and psychological realities of Rx drug abuse and addiction are devastating and can ruin a student's future aspirations.**
- **There is a connection between abusing prescription medications and combining them with alcohol and over-the-counter (OTC) medications.**
- **When taking as-directed, prescription medications are safe, but when not taken as directed or shared with others, the consequences can be extremely serious and life-threatening.**
- **Proper medication storage helps to ensure that teens and family members are kept safe, and safe medicine disposal is an essential prevention strategy that impacts individuals and the environment.**

### APPROXIMATELY

2.6%

of the population are nonmedical users of RX medications

including 4.9 million users of pain relievers, 2.1 million users of tranquilizers, 1.2 million users of stimulants, and 270,000 users of sedatives, THAT'S 6.8 MILLION PEOPLE MISUSING MEDICATIONS.

MORE INFO: [preventmedabuse.org](http://preventmedabuse.org)



**NATIONAL  
MEDICINE  
ABUSE  
AWARENESS MONTH**