



RED RIBBON WEEK SPIRIT WEEK 2026

OCTOBER 26 - OCTOBER 30

Life is
Better
Drug
Free!

**MONDAY
OCT 26**

★ HEROES MAKE HEALTHY CHOICES ★

Invite students to dress as a personal hero, community helper, historical figure, or positive role model.

During the day, ask students to share one quality they admire about the person they selected.



**TUESDAY
OCT 27**

TEAM UP AGAINST DRUGS

Students can wear clothing representing their favorite sports team, school organization, club, or activity.

Use the day to discuss how strong teams support one another and help members make responsible decisions.



**WEDNESDAY
OCT 28**

YOUR FUTURE IS BRIGHT

Encourage students to wear bright colors or sunglasses while discussing goals, dreams, and the healthy choices that can help them build the future they want.



**THURSDAY
OCT 29**

WEAR RED AND STAND TOGETHER

Conclude the week with a schoolwide red-out day that visually demonstrates unity around the commitment to healthy, drug-free living.



**FRIDAY
OCT 30**

HALLOWEEN COSTUMES!

★ MUST BE SCHOOL APPROPRIATE ★



HEALTHY CHOICES...
STRONGER TOMORROWS!

