



# May 9 – May 15, 2021

## Does our school have the most **SPiRiT**?

### MON

May 10



#### Preventing Prescription Drug and Opioid Misuse

If a teenager's friends use prescription or illicit opioids, they can pressure the teen to try the drug, or at least make the teen want to try them out to fit in. Additionally, when friends abuse drugs, it normalizes drug use, making it seem more socially acceptable.

[www.generationrx.org/wp-content/uploads/2016/03/Take-Action-HandoutFINAL.pdf](http://www.generationrx.org/wp-content/uploads/2016/03/Take-Action-HandoutFINAL.pdf)

#### Athletes vs. Mathletes

Dress up as an athlete or a nerd.

### TUE

May 11



#### Preventing Underage Drinking and Alcohol Misuse

Alcohol affects the region in the brain that is responsible for decision making (frontal lobe). A brain is not fully developed until the mid to late 20's.

[www.northpointwashington.com/blog/wp-content/uploads/2017/06/infographic.png](http://www.northpointwashington.com/blog/wp-content/uploads/2017/06/infographic.png)

#### Tourist Tuesday

Dress up as a tourist.

### WED

May 12



#### Preventing Illicit Drug Use and Youth Marijuana Use

Marijuana's psychoactive ingredient is THC and is harmful to the developing brain. 1 in 6 adolescents who use marijuana increase chances for addiction.

[www.drugabuse.gov](http://www.drugabuse.gov)

#### Twin Day or Opposite Day

Ask a family member or grab your pet, get creative and dress up looking like twins or opposite of each other while practicing social distancing.

### THU

May 13



#### Preventing Youth Tobacco Use (E-Cigarettes and Vaping)

E-cigarette liquid or juice like in a JUUL is not just flavored water. One JUUL pod contains as much nicotine as a pack of cigarettes.

[www.upstate.edu/poison/pdf/ppw/e-cig-tips-teens.pdf](http://www.upstate.edu/poison/pdf/ppw/e-cig-tips-teens.pdf)

#### Hero vs. Villain

Dress up as your favorite characters. Get creative with your heroes or villains attire.

### FRI

May 14



#### Preventing Suicide

Suicide prevention starts at home. Show kindness, compassion, friendship, acceptance and respect to everyone you meet.

[www.suicidepreventionlifeline.org/help-yourself/youth](http://www.suicidepreventionlifeline.org/help-yourself/youth)

#### Class Colors

Wear your school colors. Show your school spirit, socially distant but united!