

### Girl Scout/Municipal Alliance Patch Program

Patch objective: To promote awareness of the negative impact of underage/illegal drug and alcohol use; encourage positive role modeling and behaviors that prevent underage drinking/drug use and to provide ways to learn good decision making skills to be make responsible choices regarding alcohol and drugs.

K-3 Daisy/Brownie 3 requirements /1 activity

4-8 Junior/Cadette 4 requirements/ 2 activities

9+ Senior/Ambassador 4 requirements/3 activities

#### Requirements (\*Must be done by all levels)

1. Sign the Alcohol and Drug Free Pledge\*
2. Learn about alcohol/drugs and their effects on your body and behavior
3. Learn about the origins of Red Ribbon week
4. Invite a speaker from your local law enforcement agencies, prevention organizations, or other community organizations to give a presentation regarding drug prevention to your troop.
5. Attend a local drug prevention presentation given in the community, in the library, at school, etc.

#### Activities

1. Use the Role play situations below to learn how to say no to alcohol/drugs:

In groups, have students role play different ways to say no to drugs. They may use the 7 listed below or develop their own list. Afterward, discuss with the group when it's easy to say no and when it's challenging. Ask students to discuss why it's important to decide in advance to say no to drugs.

1. No thanks – the easiest way but some forget!
2. Give a reason, fact, or excuse – “Dude, no way! That stuff messes with my ability to play soccer; plus my dad would ground me forever.”
3. Walk away – If someone brings alcohol or drugs to the party walk away and leave the situation.
4. Change the subject – “No thanks, man. But hey – did you hear about the upcoming Star Wars movie?”
5. Use humor – “No thanks, I need all the brain cells I can get!”
6. Strength in numbers – One of your most important choices you can make is the choice of your friends. Choose to hang out with non-users.
7. Avoid the situation – If a situation becomes dangerous, leave immediately!

2. Coordinate a “Living Drug Free” day at school where everyone wears red and receives a Red Ribbon after reciting the Drug Free Pledge.

3. Create Posters/banners with a message about being and staying drug free to hang around the school or community.

4. Decorate boxes in red paper with drug free messages to collect food for local food banks or community organizations like Cranford Family Care.
5. Ask the Principal if you can address the school with a drug free message or slogan created by you and your troop/scout members during Red Ribbon Week or any other appropriate time (ie. prom time, graduation, New Year's, etc)
6. Create spirit days in school focused on a theme (ie. Sock it to Drugs- wear colorful socks, Catch the Wave to Living Drug Free-wear Hawaiian shirts, beach attire, etc)
7. Co-sponsor a community event and hand out information on being drug free.
8. Have a contest to see who can create the best poster, bookmark or other work of art with a drug free message.
9. Sponsor a Red Ribbon one mile walk (during Red Ribbon Week); invite your family, friends, and community to participate.
10. Have a pep rally or event promoting being and staying drug free.
11. Practice refusal skills with this activity:

Start by having the participants form a circle with their chairs. Select one person to be "it" (the person the other class members try to make laugh). Once they laugh, the person who made them laugh is "it". Continue this for 5 minutes, then discuss the following questions: What were some of the strategies used to keep from laughing? Was it difficult to ignore everyone? It is not usually appropriate to ignore people, but when might it be a good time to ignore someone? Often if someone really wants to get your attention, ignoring them does not work. Has someone ever asked you to do something you did not want to do? It's happened to all of us, so learning to refuse and say No is an important skill. Next, break students into small groups. Ask them to list different ways they could say no to a friend or peer if they were asked to use drugs. Encourage discussion. After 10 minutes, have groups share their ideas with the larger group.
12. Create something of your own that demonstrates the dangers of alcohol/drug abuse

For patch--have a contest where girls can submit a design promoting

Picture of patch

Municipal Alliance Logo

I make the following pledge to stay drug free:

I pledge to stay in school and learn the things that I need to know.

I pledge to make the world a better place for kids like me to grow.

I pledge to keep my dreams alive and be all that I can be.

I pledge to help others and to keep myself drug free.

I know that I can achieve my dreams and live my life as I choose because of my pledge to stay Drug-Free.

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Signature of Scout

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Date

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Signature of Parent

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Date

## Sources

<https://www.drugfreeactionalliance.org/files/redribbon-toolkit12.pdf>

<https://www.justthinktwice.com/dea-red-ribbon-patch-program>