

OCTOBER 2020

Mount Olive Middle School Prevention Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
4 	5 BLUE RIBBON ANTI-BULLYING Wear blue DAILY CHALLENGE Talk to 2 people you don't normally talk to	6 "SAY PEACE OUT TO BULLYING" Wear tie-dye DAILY CHALLENGE Surprise someone by doing a task without them asking (ex: set the dinner table)	7 "TEAM UP AGAINST BULLYING" Wear team jerseys DAILY CHALLENGE Smile at 10 people 6:30pm Child Assault Prevention (CAP) Program for Parents	8 "SOCK IT TO BULLYING" Wear silly socks DAILY CHALLENGE Tell 3 friends how they bring positivity to your life	9 "PUT A CAP ON BULLYING" Wear a hat/cap DAILY CHALLENGE Anti-Bullying Pledge	10
11 	12 DAILY CHALLENGE Be mindful of your online interactions—focus on Digital Citizenship!	13 DAILY CHALLENGE Give 2 people a compliment	14 DAILY CHALLENGE Tell someone why you appreciate them	15 DAILY CHALLENGE Stand up for a friend	16 DAILY CHALLENGE Say thank you to a first responder	17
18	19 DAILY CHALLENGE Ask someone how you can help them	20 DAILY CHALLENGE Care about your community, clean up trash you see left behind!	21 DAILY CHALLENGE Wave hello to 5 people MOMS/MOHS VIRTUAL	22 DAILY CHALLENGE Take a break from social media and check in with yourself	23 DAILY CHALLENGE Identify 2 support people in your life and tell them	24
25 	26 "PROUD TO BE DRUG-FREE" Wear MO spirit wear DAILY CHALLENGE Come up with a personal goal about healthy living	27 "JOIN THE FIGHT AGAINST DRUGS" Wear camouflage DAILY CHALLENGE Be kind to yourself by doing something you enjoy	28 "UNITY DAY" Wear Orange to support Unity Day DAILY CHALLENGE Try a new exercise that may help you to de-stress	29 "TOO BRIGHT FOR DRUGS" Wear neon colors DAILY CHALLENGE Respect yourself—pledge to be drug-free	30 "SUPPORT RED RIBBON WEEK" Wear red DAILY CHALLENGE Set a goal to donate one item to a local food pantry or clothing drive	31