



"Lad in a Battle" and Red Ribbon Week

An Article by Student Assistance Counselor Amanda Fuller

Red Ribbon Week activities kicked off early this year with a special presentation for the freshmen class. With the help of a generous donation from *SoRock*, **James Orrigo from "Lad in a Battle"** came to Sanborn to share his story with students. After experiencing significant adversity early in his life, James set out to make a positive difference in other's lives through music, song writing, and giving back. James identified that these were times in his life when he easily could have gone down a more difficult path or turned to unhealthy coping mechanisms but instead he used his adversity as motivation to do something bigger than himself and to help himself by helping others.

While it is important for adolescents to know the risks and consequences from using substances, a significant part of *prevention* is helping adolescents to build on their strengths and protective factors. Throughout the presentation students were reminded that each one of us is a "lad in a battle" and has something they are going through, for some it may be harder than we know, but even just small positive actions can have an impact on your life and the people around you.

"In life things are going to happen and 'mess something up' but instead of wanting to start over, or giving up, take a step back and look at it in a different way"

Red Ribbon Week activities will continue next week with "PERCEPTION v. REALITY" messaging, a panel of experts meeting with upperclassmen, fundraising for local prevention organizations and opportunities for discussion and awareness education.

We encourage parents and guardians to be part of the conversation as well! This is a great opportunity/excuse to talk to your kids about drugs and alcohol, peer pressure and to find ways to build on their protective factors. For more information on prevention tips, risk/protective factors, and talking points check out the links below.

<http://drugfreenh.org/families/how-to-keep-kids-safe/talking-with-your-child#Thirteen>

<http://redribbon.org/blog/>