



Beaufort Office
1905 Duke Street, Suite 270
Beaufort, SC 29902
843-255-6000



Bluffton/Hilton Head Office
4819 Bluffton Parkway, Suite 303
Bluffton, SC 29910
843-255-6020

October 1, 2025

Dear Parents, Schools and Community Members,

The Red Ribbon Campaign is the largest drug prevention campaign in the United States and takes place yearly October 23rd -October 31st. The campaign honors the life of Drug Enforcement Administration Agent KiKi Camerino by educating youth on refusal skills, anti-bullying campaigns and encouraging participation in drug free activities.

Nexus Care of Beaufort County wants to shine a light on the National Campaign this year by unifying Beaufort County in our prevention efforts. We will take the National Theme, "Life is a puzzle, and we can solve it drug free" and incorporate it in our communities by implementing spirit weeks and challenges for all to participate in. Red Ribbon prevention activities unite youth, families, educators, and community members to celebrate healthy, drug-free living by promoting positive alternatives—like sports, the arts, and service projects—that build resilience and strengthen community bonds.

Beaufort County Councilman, District 10, Larry McElynn says, *"The foundation you build your life upon becomes the place you go when you are seeking safety, direction, insight, and strength....do not let drugs become the foundation you build your life on."*

Please see the challenges on the next page to see how you and your family, school, or place of business can get involved. Aim to complete 4 challenges from the next page and post to social media with the #NexusCaresBFT slogan to be entered into the basket giveaway. The Challenge lasts the entire month of October. There will be 4 winners (one from each category), chosen randomly from submissions, to receive a prize basket.

Katie Godowns, MA, CSPS

Senior Prevention Specialist

Nexus Care of Beaufort County

843-255-6003



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In order to receive credit for the challenge a photo must be posted on social media with the hash tag **#NexusCaresBFT (Facebook)**. With each post, please mention a **NAME** and **AGE** so that each entry will get put in the correct category for submissions. Example, “We absolutely love reading at the library and learning about how to brush our teeth” (Alex M. 4 yrs old).

0-5 Years Old

- Coloring Sheet
- Check out or Read a Healthy Habit Book (Local Library has a list)
- Participate in a Parks and Rec Sporting Event
- Participate in a healthy family activity
- Participate in a healthy personal activity
- Participate in Spirit Week
- Participate in a Beaufort County Parks and Recreation Event

6-12 Years Old

- Coloring Sheet
- Check out or Read a Healthy Habit Book (Local Library has a list)
- Participate in a Parks and Rec Sporting Event
- Participate in a Healthy family Activity
- Participate in a healthy personal activity
- Participate in Spirit Week
- Post a 30-90 second video explaining how you implement healthy hobbies! (Be creative!)
- Sign a Red Ribbon Pledge
- Participate in a Beaufort County Parks and Recreation Event

13-16 Years Old

- Check out or read a Healthy Habit Book (Local Library has a list)
- Participate in a Parks and Rec Sporting Event
- Participate in a healthy family activity
- Participate in a healthy personal activity
- Post a 30-90 second video explaining how you implement healthy hobbies! (Be creative)
- Participate in Spirit Week
- Sign a Red Ribbon Pledge
- Follow Nexus Care of Beaufort County on Facebook
- Participate in a Beaufort County Parks and Recreation Event



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17 Years and UP

- Check Out or read a healthy habit or personal development book (Local Library has a list)
- Participate in a healthy family activity
- Participate in a healthy personal activity
- Participate in Spirit Week
- Sign a Red Ribbon Pledge
- Follow Nexus Care of Beaufort County on Facebook
- Participate in a Beaufort County Parks and Recreation Event

Resources:

- Healthy Family Conversation Starters/ Activities: [Start Open Conversations with Your Kids - Open Conversations SC](#)
- Public Library Locations in Beaufort County: [Beaufort County Library Locations](#)
- Beaufort County Library Event Calendar: [Event Calendar | library](#)
- Beaufort County Parks and Recreation Locations: [FACILITIES | BEAUFORT COUNTY PARKS AND REC](#)
- Beaufort County Parks and Recreation Events: WWW.BCSCREC.COM
- Substance Use Prevention Resources for Families: [Why It's Important To Talk To Your Child About Alcohol & Drugs | SAMHSA](#)
- All Aboard Beaufort Coalition- Drug Free Communities (North of the Broad) www.allaboardbeaufort.org
- Low Country Alliance of Healthy Youth- Drug Free Communities (South of the Broad) [HOME | Lowcountry Alliance](#)