



Florida SADD

Chapter Activity Guide April 2013

- National Public Health Week (April 1 - 7)
- Global Youth Service Days (April 26 - 28)
- National Safe Kids Week (April 22 - 28)
- National Distracted Driving Prevention Month
- SADD Awareness Month
- Safe Prom and Graduation Awareness
- Prom Promise
- Alcohol Awareness Month

National Public Health Week: April 1 – 7, 2013



It only takes a moment for an injury to happen – a fall on a stair, a moment's glance away from the road, a biking or sports-related injury, a medication mix-up. But it also takes just a moment to protect against injuries and make communities safer. The potential for injury is all around us. Each year, nearly 150,000 people die from injuries, and almost 30 million people are injured seriously enough to go to the emergency room.

Injuries are not "accidents", and we can prevent them from happening. Taking actions such as wearing a seatbelt, properly installing and using child safety seats, wearing a helmet and storing cleaning supplies in locked cabinets are important ways to proactively promote safety and prevent injuries.

During National Public Health Week 2012, the American Public Health Association (APHA) needs your help to educate Americans that "Safety is No Accident". Together, we can help Americans live injury-free in all areas of life: at work, at home, at play, in your community and anywhere people are on the move. We all need to do our part to prevent injuries and violence in our communities. Join us as we work together to create a safer and healthier nation.

Some activity ideas include:

- Ask everyone to dress in purple, the official color of APHA, for one day.
- Hold a marathon or awareness walk.
- Host a health fair.
- Present a Public Health Champions of the Year Awards to a faculty, staff or administrator at your school for doing something that improved the health of your school, even though it is not their job.

Website: [National Public Health Week](#)

Global Youth Service Days: April 26 – 28, 2013



Who: Millions of children, teens, and young adults, ages 5-25, and adult allies and champions

Where: Over 100 countries on 6 continents

What: Youth Changing The World, addressing critical issues including health, education, environment, hunger, poverty, disaster preparedness and response, and human rights.

How: Youth working together with schools, youth organizations, nonprofits, community and faith-based organizations, volunteer and national service programs, government agencies, faith communities, and other adult allies.

Why: To be a part of the largest, and longest-running, annual day of service, and the only day of service dedicated to engaging and celebrating children and youth.

Website: GYSD



National Safe Kids Week April 22 – 28, 2013

National Safe Kids Week is an annual nationwide event introduced by Safe Kids USA and founding sponsor Johnson & Johnson in 1988. A multifaceted public education campaign is created each year to help parents and caregivers understand a different part of childhood injury prevention. Visit the websites below for information and ideas on how to celebrate this in your school.

Websites:

- [FL Safe Kids Contacts](#)
- [Safe Kids USA](#)
- [K-12 Teacher Resources](#)
- [National Safety Council](#)



National Distracted Driving Prevention Month

Distracted driving is a dangerous epidemic on America's roadways. In 2009 alone, nearly 5,500 people were killed and 450,000 more were injured in distracted driving crashes.

The age group with the greatest proportion of distracted drivers was the under-20 age group – 16 percent of all drivers younger than 20 involved in fatal crashes were reported to have been distracted while driving.

National Distracted Driving Month, continued

Websites:

- [NHTSA](#)
- [NHTSA Marketing Materials](#)
- [Focus Driven](#)



SADD Awareness Month

SADD Awareness Month is a national campaign during prom and graduation sea-son to address the serious issues of underage drinking, driving under the influence, highway safety, and other destructive decisions young people face. The dangers are no longer limited to just underage drinking and impaired driving. Under-age, inexperienced drinking and drug use are strongly linked to other destructive and dangerous consequences such as violence, suicide, unwanted pregnancy, alcohol poisoning, and date rape. Awareness Month is an opportunity for SADD chapters to get the entire student body and the community involved. The key to reducing these incidents is constant education.

This is also an excellent opportunity for your clubs to show off all of the many wonderful activities that you've done over the year/s to promote good decision making. Here are just a few examples of what your club could do:

- Create a collage of photos with past and present club members and hang it in prominent place. Invite all past and current members to autograph the collage with good wishes.
- Set up a table with scrapbooks, photo albums, and videos of past and pre-sent club activities.
- Select a teacher, student, and/or administrator who has been very supportive of SADD and give them a certificate of appreciation.
- Pick a particular day and have all past and present SADD club members wear their SADD t-shirts.
- Put a full-page ad in your school paper listing your clubs greatest achievements.
- Read those accomplishments to the student body over the morning announcements.
- Send the [FLORIDA SADD](#) office any other ideas that you may have.

Website: [SADD National Chapter information](#)



Safe Prom & Graduation Awareness

Statistics show that prom and graduation season is a time of year when teens are most likely to consume alcohol and most likely to get behind the wheel of a car after they have been drinking. That means it is a time of year when SADD chapters can make a real difference by encouraging their peers to leave alcohol and other drugs out of their prom and graduation celebrations.

Here are activity examples from SADD National:

- Stage a mock DUI (Driving under the Influence) arrest with the aid of local law enforcement officers to demonstrate to students what happens when they are stopped for driving under the influence.
- Conduct a Mock Crash (sometimes called Mock Prom) to demonstrate the results of an alcohol-related car crash. Mock collisions leave a lasting impression on students. Through the joint efforts of the fire and police departments, hospital, life flights, EMTs and other agencies, the mock crash demonstration simulates arrests, rescue and medical transport of the injured students and the death of others. Ask your School Resource Officer for help putting this together. A "How To" manual is available from FL SADD; send an email request here: [Request for Mock Crash \(Ghost Out\) Manual](#).
- Arrange to have elementary students write personalized, handmade greeting cards for the tables at prom urging prom-goers to have a safe, alcohol and substance-free prom and graduation. This is a great activity that raises the awareness of the younger children, plus their crayon-drawn cards are cute, often funny, and very touching. They remind older students that their young counterparts look up to them and care about them.
- Stage a debate about alcohol and teens. Many students who don't drink find it difficult to share a "no use" message with peers because they imagine they will be ridiculed and ignored. Hold a debate about alcohol and teenagers. One team could argue why it is OK to drink as long as you don't drive, while the other group could argue why it is not. To make this activity effective, it will be necessary to have two teams do some solid research into the legal and health/safety issues surrounding alcohol use. Make sure the debate takes place in a well-ordered manner. It should not be allowed to disintegrate into a shouting match or free for all. Faculty supervision and a strict debate format (with timed statements and responses and no interrupting allowed) can help keep the discussion on track and coherent. The goal of the activity is to get teens to think realistically about what alcohol is and what it does. Don't worry about the possibility that the pro-drinking team will "win" the debate. If the arguments are phrased in logical terms with good documentation, alcohol and drinking will invariably look pretty bad. A debate allows you to highlight the dangerous consequences that often result from teen drinking, such as violence, date rape, suicide, alcohol poisoning, etc. Remember...people do not change their behavior before they change their minds — somebody or something must get them thinking about an issue. This activity is meant to provoke thought. Once people start really thinking about the issue, they may modify their drinking behavior or even stop altogether.
- Deliver a message each day on the public address system. Ask local radio stations to record PSAs and to broadcast them. If your school has a radio station and/or TV station, record and broadcast PSAs on that station. Sample PSAs can be found on the SADD National web site at <http://sadd.org/psa.htm>.
- Erect a billboard. Design a billboard to promote the message to have a safe, drug-free and alcohol-free prom and graduation. Have it put up in your community.

Websites:

- [SADD National Prom Promise](#)
- [Freehold Township SADD Prom Promise](#)



Prom Promise

As you begin planning your Prom Promise activities, remember — the SADD message is one of caring, not judging; inclusion, not exclusion. Focus on traffic safety and preventing alcohol and drug use and abuse, not criticizing those who make a poor choice.

Going into your Prom season, consider placing a wrecked car in front of your school to alert students about the dangers they face from impaired drivers and other destructive decisions. Remind them that drivers do not have to be drunk to be impaired – it may only take one drink to make someone impaired. Note: Be sure to be sensitive when conducting this activity. Do not use a car in which there has been a death or serious injury in your community. Share the Prom Pledge and [Contract for Life](#) with students during lunch hours and other events.

Sample Pledge: Click [here](#) for a Word version that you can add your school’s logo and/or information specific to your school. Or copy and paste this into a document and personalize it for your school’s SADD Chapter.



SADD Prom Pledge

I WANT TO LIVE. I want to laugh, listen to great music and dance. I want to have an absolutely great time at prom. The day after, I will relive it, hour by hour, with my friends. I want to remember it. All of it. I will not use alcohol or other drugs at prom.

I, _____, hereby promise to behave responsibly before, during and after _____'s Prom. I commit to an alcohol and drug free prom night because I care about my fellow students, my community, and myself.

My Signature: _____

My Parent/Care Giver’s Signature: _____

My Principal/Teacher’s Signature: _____

My Date/Best Friend’s Signature: _____

Date: _____

Websites:

- [SADD National Prom Plan](#)
- [Prom Contract for Life](#)

Videos:

- [McCarthy High School SADD Mock Crash](#)
- [Broward Sheriff Dept. Prom Promise Mock Crash](#)
- [Renee Napier at Wesley Chapel HS](#)

Alcohol Awareness Month



Alcohol Awareness Month, sponsored by the Alcoholism and Drug Dependence since 1987, to focus on alcoholism and alcohol-related issues.

began as a way of reaching the American public with information about the disease of alcoholism - that it is a treatable disease, not a moral weakness, and that alcoholics are capable of recovery.

National Council on encourages local communities Alcohol Awareness Month

Alcohol Free Weekend: April 5 - 7, 2013

An integral part of NCADD Alcohol Awareness Month is **Alcohol-Free Weekend**, which takes place on the first weekend of April (April 5 – 7, 2013) to raise public awareness about the use of alcohol and how it may be affecting individuals, families, businesses and our communities. During **Alcohol-Free Weekend**, NCADD extends an open invitation to all Americans to engage in three alcohol-free days.

Websites:

- [Alcohol Screen Day \(April 11, 2013\)](#)
- [National Council on Alcohol and Drug Dependence](#)
- [Stop Underage Drinking](#)
- [K-12 Teacher Resources](#)
- [Alcohol Awareness Activities](#)
- [Awareness Information for Teachers](#)