



Florida SADD

Chapter Activity Guide January 2013

- Fans Don't Let Fans Drive Drunk (January 2 – February 3)
- Martin Luther King Day (January 21)

National Drug Facts Week (1/28-2/3)

- National Volunteer Blood Donor Month
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<http://floridasadd.org/calendar.htm>

Fans Don't Let Fans Drive Drunk

NHTSA (National Highway Traffic Safety Administration) is sponsoring their third *Fans Don't Let Fans Drive Drunk* campaign, which will run from January 2nd through February 3rd, 2013. Their website has resources and contact information on how to hold a program at your school.

Website: [Marketing Tools](#)

Martin Luther King Day

Martin Luther King Day is January 21, 2013 and is a wonderful opportunity for you and your SADD chapter to celebrate in many different ways. You can start by going to the official website, which offers project ideas, planners, etc. Website: [MLK Day](#)

National Volunteer Blood Donor Month

January is usually a difficult month for blood centers to collect blood donations, due to fewer people donating during the holidays, poor weather, and more people getting sick. A reduction in turnout can put blood inventory at a critical low. In some parts of the country, blood centers are currently on critical appeal.

What your FL SADD Chapter can do:

- Call your local blood bank and volunteer to distribute flyers at the mall and/or local shopping area.
- Arrange for the Blood Mobile to come to your school and hang posters, signs, etc.; announcing the date/time/location at your school and in your community.
- Create posters, etc., with information about donating blood
- [Florida Blood Bank](#)
- [Red Cross](#)



*Hudson High School
SADD held a Food Drive*



*FAMU SADD brought
ThinkFast to their
school*

National Mentoring Month

During the month of January, attention is focused on how mentoring benefits the child, adult and society, as a whole. It is also a time to thank those mentors who are "everyday heroes" to their mentees and to encourage others to share the experience and become a mentor.

Ideas to help you get started are at the National [Mentoring Month](#) website

National Drug Facts Week

National Drug Facts Week – NDFW (January 28 – February 3)

National Drug Facts Week is a health observance week for teens and is an initiative of the National Institute of Drug Abuse (NIDA), which supports most of the world's research on the health aspects of drug abuse and addiction.

This national health observance is a time for communities across the country to help educate teens about drugs and drug abuse. National Drug Facts Week encourages community-based events that give teens a physical or virtual space to ask questions about drugs and get factual answers from a scientific expert. By connecting teens with scientific experts, National Drug Facts Week events put science into the discussion about drugs and give teens a chance to ask their questions and get factual, nonjudgmental answers.

Web Resources:

- [National Drug Facts Week](#)
- [SADD National](#)
- [National Institutes of Health](#)

Elementary and/or Middle School Campaign

Ask your school Principal if your FL SADD chapter can be part of the welcoming committee for each Elementary and/or Middle School that visits. You could give them stickers, pencils, and other SADD club items to remember you by.

Visit elementary and/or middle schools in your area and discuss with students the facts about alcohol, tobacco and other drugs and the harm they can cause. Also discuss with them being safe in other ways, such as wearing their helmets when bike riding, roller-blading or riding a scooter.

When going to schools to speak to students, mix your presentation with a play, skit, role-playing or rap to get your message across. Make it a fun time with a message. Also remember to adjust your message and material to the grade you are visiting.

Suggestions for Elementary/Middle School Presentations:

- Talk about the importance of always wearing their seat belts and sitting in the back seat of the car for safety; teach them how to hold a Seat Belt check at their school to promote seat belt use.
- Conduct a poster contest illustrating how to say NO to peer pressure. Kids could do it alone or in groups but it would really help them to reinforce in their minds how and when to say NO.
- Build a Chain of Life in each classroom. Bring them all together and hang them in the cafeteria to display the students' commitment to being alcohol and drug-free.
- Collect paper grocery bags from your local store and distribute to elementary students to create drug free messages. Award prizes to the winners. Return all the decorated bags to the grocery store to be used. Shoppers will have a drug-free message on their bags when they return home.
- Explain to the students that smoking would damage their lungs and hearts and they would not be able to run that fast anymore.
- Smoking is not the only issue threatening young people. Also discuss with them the dangers of sniffing or experimenting with pills or other toxic substances.
- If you have a really creative chapter, write little rhymes for the younger grades to help them remember things like always wearing their seat belts, saying no to alcohol, drugs and cigarettes, and other issues that affect them. Create little rhymes such as this and sing it with them in class so that they will remember it.

Roses are red,
Violets are blue.
I'll always wear my seat belt
Because I love you.

Younger students look up to older teens in their community. Use this admiration to build a bond of friendship and trust. Through this bond you may be able to influence them to make good choices and grow up to be strong, healthy young adults living a healthy lifestyle. Explain to them that you can be popular and successful without drinking alcohol, smoking cigarettes or using drugs. Don't underestimate the power of your influence!



LaBelle High School SADD had a door decorating contest during Red Ribbon Week



The Miami Beach Coalition used their State Farm funding to host a variety of safe driving programs, including for middle schools

Stop Aggressive Driving

According to the Florida Traffic Crash Report, drivers in the age group of 15-19 years old had the highest rate of crash involvement and drivers in the age group of 20-24 had the highest rate of fatal crashes. There are many contributing factors, and one of them is being an aggressive driver. Below is a questionnaire that you can use to help your students/faculty/parents determine if they are an aggressive driver.

While driving, do you:

- Express frustration? Taking out your frustrations on your fellow motorists can lead to violence or a crash.
- Fail to pay attention when driving? Reading, eating, drinking, texting, putting on makeup or talking on the phone can be a major cause of roadway crashes.
- Tailgate? This is a major cause of crashes that can result in deaths or serious injuries.
- Make frequent lane changes? If you whip in and out of lanes, you can be a danger to other motorists.
- Run red lights? Do not enter an intersection on a yellow light. Remember, flashing red lights should be treated as a stop sign.
- Speed? Going faster than the posted speed limit, being a "road racer," and going too fast for conditions are some examples of speeding.



FL SADD advisors and students at the Leadership Summit in Tampa



FL SADD rocks!

What you can do:

- Allow plenty of time to get where you're going.
- Identify Alternate Routes. Try mapping out an alternate route. Even if it looks longer on paper, you may find it is less congested.
- Concentrate. Don't allow yourself to become distracted by talking on your cellular phone, texting, eating, drinking or putting on makeup.
- Relax. Tune the radio to your favorite relaxing music before you start driving. Music can calm your nerves and help you to enjoy your time in the car.
- Drive the Posted Speed Limit. Fewer crashes occur when vehicles are traveling at or about the same speed.
- Use public transportation, carpool, or get a ride with others. Any of these can give you some much-needed relief from life behind the wheel.
- Just be late. If all else fails, just be late.

When confronted with aggressive drivers:

- Get out of the way. First and foremost make every attempt to get out of their way.
- Put your pride aside. Do not challenge them by speeding up or attempting to hold-your-own in your travel lane.
- Avoid eye contact. Eye contact can sometimes enrage an aggressive driver.
- Ignore gestures and refuse to return them.
- Report serious aggressive driving. You or a passenger may call the police. But, if you use a cell phone, pull over to a safe location.

For a program planner and ideas on how to increase awareness on this important issue, go to the [NHTSA](http://www.nhtsa.gov) website.

One Text or Call Could Wreck it All

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 U.S. Department of Transportation is leading the effort to stop texting and cell phone use behind the wheel. Since 2009, they have held two national distracted driving summits, banned texting and cell phone use for commercial drivers, encouraged states to adopt tough laws, and launched several campaigns to raise public awareness about the issue.

Websites:

- [Distraction homepage](#)
- [Distraction teen page](#)

Be the Wall

Each year, the economic impact in Florida of alcohol-related crime, traffic crashes, health care and other costs totals slightly more than \$3 billion statewide.

Researchers also computed the overall costs per youth. These averaged \$627 per person under the age of 21 and \$1,818 per youth between the ages of 14 and 20. These costs were the result of approximately 180 youth deaths and 71,602 injuries and other events directly attributable to underage alcohol use.

Here are two excellent websites that have programming ideas, materials and links to many other resources so that you can develop your own awareness campaign for your school and community.

[Be the Wall](#)

Above the Influence

Above the Influence is a national program that has an amazing amount of information, materials, and resources for you to plan programming with. They have worked very closely with FL SADD, as well as SADD across the county, and if you'd like to hold an Above the Influence event at your school, just let me know; I'd be happy to help you with that.

Visit their [website](#) and [Face Book](#) page for a wealth of information.



Renee Napier and Eric speaking to FL SADD students and advisors



J.W. Mitchell High School SADD students held an Above the Influence event



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Project Yellow Light

Project Yellow Light is a scholarship competition designed to bring about change. As an applicant you have one clear mission: encourage other teens to develop and embrace safe driving habits. Specifically – don't text and drive.

The first place winner will receive a scholarship in the amount of \$2,000. 2nd place runner up will receive \$500; 3rd place \$200.

Here's what they're looking for. A video designed to motivate, persuade, and encourage teens to not text while driving. You have a unique opportunity to play a key role in spreading this important message. You can speak to your peers on this subject in a way that adults cannot. The more lives you can impact, the more lives you can save.

For details about the scholarship, visit their [website](#).

License to Save

The Allstate Foundation and National Safety Council partnered to create the License to Save Report, which answers two perennial questions that traffic safety leaders have been trying to address for over a decade - how many lives and how many dollars could be saved through stronger teen driving laws, commonly known as graduated drivers licensing.

The Allstate Foundation has a wealth of information about safe teen driving and graduated driver licensing on their [website](#). Here parents can download specific Parent-Teen Driving Agreements for their state and learn more about programs taking place in their community. They can also learn more about graduated driver licensing and how it is an effective way to protect teens on the road.

If you would like a copy of the full report, email Danielle Branciforte at floridasadd@gmail.com.



*Monarch HS SADD
holds a successful
Ghost Out program. If
you would like a Ghost
Out Manual, email
floridasadd@gmail.com*

