



# Florida SADD

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## September 2014

## Activity Guide

### National Suicide Prevention Week

**September 8 – 14, 2014**

Suicide is the 3rd leading cause of death among young people ages 15-24, and is the 11th leading cause of death overall.

More than 31,000 Americans kill themselves every year. The number of non-fatal suicide attempts is considerably greater, often resulting in serious injuries, trauma to families and friends.

#### Website:

- ◆ [National Suicide Prevention Week](#)

### 9/11 Remembrance Day

**September 11, 2014**

Join thousands of others who are taking the Remembrance Day pledge to observe 9/11 this year by helping others in need—volunteer, give blood, make a donation to a charity, give something away, or just help a friend, neighbor, or relative.

#### Website:

- ◆ [9/11 Remembrance Day](#)

### National Seat Check Saturday and Child Passenger Safety Week

**September 14 – 21,  
2014**

Child Passenger Safety Week is an annual campaign to bring public attention to the importance of properly securing all children in ap-

propriate car seats, booster seats or seat belts – every trip, every time. The campaign ends on September 20 with National Seat Check Saturday, when certified child passenger safety technicians will provide



Royal Palm Beach High School  
SADD safety fair flyer

advice and hands-on car seat inspections nationwide for free.

#### Websites:

- ◆ [NHTSA: Planning Materials and Resources](#)
- ◆ [Safe Kids Worldwide](#)



[Royal Palm Beach HS SADD students created this wonderful video on seatbelt use](#) and gave out belts with buckles made from seatbelts.

**“Be yourself;  
everyone else is  
already taken.”**

— **Oscar Wilde**



[Monarch HS SADD created this super texting/driving video.](#)

## Family Day—September 22, 2014

Research by The National Center on Addiction and Substance Abuse at Columbia University consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use illegal drugs.

Here are ways to get

involved with family day:

- ◆ Bring the campaign to your school or community.
- ◆ Tweet photos of your Family Day projects, activities, and family dinners to #FLFamilyDay
- ◆ Play the Family Dinner Dash game

online and win prizes for overcoming obstacles that prevent you from having family dinner.

### Websites:

- ◆ [Family Day](#)
- ◆ [Tools](#)
- ◆ [Florida Family Day](#)
- ◆ [Conversation Starters](#)

## SADD National's *Think About It. . .*

Join more than 1000 SADD Chapters nationwide by participating in The Power of Friendship Campaign. This SADD message is a powerful one! It gives students the opportunity to reach out to everyone in their school and community

by encouraging them to take responsibility for their safety and for the safety of their friends.

### Website:

- ◆ [SADD National Campaign Booklet](#)

## Wellness Week

### September 15—21

Wellness incorporates the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person's life.

### Website:

- ◆ [SAMHSA Wellness Week Activities & Ideas](#)

## National Alcohol and Drug Addiction Recovery Month

**Recovery Month** promotes the societal benefits of treatment for substance use and mental disorders, celebrates people in recovery, lauds the contributions of treatment providers, and promotes the message that re-

covery in all its forms is possible.

### **Recovery Month**

spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and

people can and do recover.

### Websites:

- ◆ [SAMHSA Resources](#)
- ◆ [SAMHSA Toolkit](#)

## Back to School Campaign

Now is a good time to promote awareness of your club. The following are some ideas to do that.

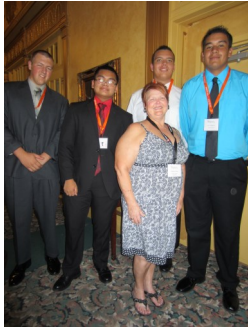
- ◆ Create a Survey - Set up a display booth in the cafeteria or other area with a high volume of traffic and ask students to fill out a short survey about their attitudes and concerns on teen issues. Use that information to present workshops on those topics, to create awareness campaigns specific to the needs of your school, to put in your school newsletter, and/or to use in PSA's. Keep the surveys short and offer students a gift for completing them (chocolate kisses, etc.).
- ◆ Open House- Set up safe driving/drug-free booth at your school's open house night. Ask parents to take a "Contract For Life" home.
- ◆ Resource Room- Check with your school/public library to see if they have a drug and alcohol information resource room or area. Offer to help obtain material for the room.



**Gulf HS SADD teens and their advisors at the 2014 Leadership Academy**

## Florida SADD Membership Month

- ◆ Set up a table during school registration and/or during scheduled lunch times. Offer juice, water, cookies, etc.
- ◆ Put up posters about SADD around school (like the ones that you will receive in your Back To School box of goodies). Be sure to make them fun and easy to read, with all the information available at a glance. Students walk down the hall in a hurry – your poster must "jump" out at them.
- ◆ Visit classes that have interest in health and safety issues - drivers education, health classes, etc.
- ◆ Invite all class officers to your first meeting. Make a sign to show the growing membership. Make it a % contest for each class.
- ◆ BYOB- Have a party with the theme "BYOB" -- "Bring Your Own Banana." Offer refreshments and ice cream for banana splits.
- ◆ SADD Spirit Day- Have all members wear their SADD shirts on meeting days or a specific day each month.
- ◆ Game Night- Sponsor a game night for 4th through 6th graders from your feeder school. Have members bring their own board games for a better variety. Plan several different contests during the night. If it goes well, sponsor the night once a month.
- ◆ B-I-N-G-O Night- Have your club sponsor a Bingo Night where members will run several Bingo games and offer prizes to the winners.
- ◆ Visit freshman classes and give out a SADD information sheet. Tell them what your SADD chapter does and invite them to join. Make the meeting sound fun and appealing. Provide a sign up sheet for each class.
- ◆ Follow up with a special meeting for freshmen. They may be especially skittish about just showing up at a general meeting, so cultivate them first and make them feel welcome.
- ◆ Host a special informational meeting for kids who are just interested in finding out more about SADD. Provide pizza, ice cream or other snacks.
- ◆ Make announcements about your meetings on the PA. Be sure your announcements are clear, concise, and creative – students tend to "tune out" announcements.
- ◆ Put invitations to join on the windshields of students' cars.
- ◆ Write an article for your school newsletter about SADD and its members, activities and goals.



The wonderful Dianna Quay and her Cape Coral HS SADD teens at the 2014 Leadership Academy

**“How wonderful it is that nobody need wait a single moment before starting to improve the world.”**  
— Anne Frank



Dianna Quay from Cape Coral HS and Danielle Branciforte, the state coordinator

## Chain of Life Drive

The Chain of Life is a great activity to start off the school year.

Start by providing everyone with a piece of paper – during lunch or homeroom is generally a good time.

Invite each student and staff member to sign his or her name on the paper.

Your SADD members then loop every piece together, making an interlocking chain with the links.

Customize the activity to your school. Divide the chain into colors by each class and hold a competition to see who can achieve 100% participation.

If you don't challenge the individual classes, challenge the entire school for 100% participation.

Keep a record and inform everyone by daily announcement indicating how close you are to 100%.

Class slogans can also be incorporated in the chain, or each person

can glue a picture of himself or herself onto the inside of the chain.

Hang the chain in a prominent place in the school with a sign that says, –Don't Break the Chain of Life.||

At the culmination of this activity, you may choose to leave the chain up for a longer period or bring it out for special at-risk seasons, such as Christmas, New Year's, prom, and graduation, to remind everyone not to break the chain during the upcoming season.

New signs and slogans may be added to reinforce the season. In this way, the chain serves to reinforce the idea of caring, responsibility and making good decisions.

Many schools have found this activity to be so effective that they have expanded the Chain of Life to the middle school and also the community.

Invite the mayor, selectmen, city councilors, school committee members, parents, and

community members to come to a central location to sign a link and connect it to the chain.

You can also do this activity as part of your safe summer campaign to reinforce the need to have the entire community involved in the effort to end underage drinking, impaired driving and other destructive decisions.

## Library Card Sign-up Month

I'm an avid reader and lifelong library patron. With the electronic age upon us, check out your local library for information on how to borrow digital books. I have mine bookmarked and love checking out e-books on my iPad.

September is [Library Card Sign-Up Month](#) - a time when the American Library Association and libraries across the country reminds everyone that the most important school supply of all is @ your library - it's your library card.

FLORIDA SADD

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Send your photos and  
success stories  
to

[FloridaSADD@gmail.com](mailto:FloridaSADD@gmail.com)

## Have you renewed your FL SADD Chapter for 2014.15?

It is critical to our funding that we can demonstrate that we continue to grow as a statewide organization. But at the end of this school year we only had 143 registered Florida SADD chapters. That's 114 fewer registered chapters than the year before! I know that you're out there because I constantly hear about the wonderful things that you're doing. If you would take a few minutes to re-new/register your Florida SADD chapter, it would make a huge difference.

**Renew/Register** by clicking [here](#).

What's in it for you?

- You will receive a box of "goodies" that will include promotional items (registered FL SADD chapters only)
- You will significantly improve our funding options for next year
- You will be able to guide the direction of FL SADD for the next year

What's keeping you from registering YOUR FL SADD chapter? And what can I do to encourage you to register?

## Please Take Annual Florida SADD Survey

It is my honor to serve you as the state coordinator for Florida SADD. We couldn't do it without the generous support of the Florida Department of Transportation's Safety Office, or without the amazing grants from State Farm.

In order to continue receiving those grants, I am required to submit regular reports on how that money is used, and can't do so without your

input.



**Danielle Branciforte,**  
State Coordinator for  
Florida SADD and Lead

I understand that you are very busy, but if you could take half an hour to complete the two online forms on this page, it would greatly help this office to continue to apply for grants.

**2013-14 Survey**  
can be done by  
clicking [here](#).