



Florida SADD

Chapter Activity Guide March 2015

- National Sleep Awareness Week (March 2 – 8)
- National Women & Girls HIV/AIDS Awareness Day (March 10)
- National Poison Awareness Week (March 15 - 21)
- Kick Butts Day (March 18th)
- National Nutrition Month
- National Music in our Schools Month

National Sleep Awareness Week: March 2 – 8

March 2 – 8 is National Sleep Awareness Week, and healthy adults are supposed to get 7-9 hours of sleep each night. According to the National Sleep Foundation, children aged 5 to 12 require 9 to 11 hours of sleep a night and adolescents require 8.5 - 9.5 hours each night. Chronic loss of sleep has a cumulative effect on physical and mental health, can reduce the quality of life and productivity, increase the use of health-care services, and result in illnesses and injuries.

Websites:

- [National Sleep Awareness Week: March 2-8](#)
- [How Much Sleep Do Teens Need?](#)
- [Healthy Sleep Learning Center](#)

National Women & Girls HIV/AIDS Awareness Day March 10th

National Women and Girls HIV/AIDS Awareness Day is a nationwide observance that encourages people to take action in the fight against HIV/AIDS and raise awareness of its impact on women and girls.

Websites:

- [Office on Women's Health](#)
- [AIDS and Teens](#)
- [Younger Students](#)

National Poison Awareness Week March 15 – 21



More than 2 million poisonings are reported each year to the 57 poison control centers across the country. More than 90 percent of these poisonings occur in the home. The majority of non-fatal poisonings occur in children younger than six years old. And, poisonings are one of the leading causes of death among adults.

Websites: [Poison Prevention Week](#)

Kick Butts Day – March 18th

Kick Butts Day is an annual initiative that encourages activism and leadership among elementary, middle and high school students. It's the day America's kids stand up to tobacco, and America's adults stand up for kids. Kick Butts Day rallies and events take place in every state, and several nations, showing that kids are powerful voices in the fight against tobacco.

Websites:

- [Kick Butts Day](#)
- [Facebook Kick Butts](#)
- [Youth Tobacco Use](#)



SADD State Coordinators Winter Meeting in South Amboy, New Jersey (January 19th-21st)



National Nutrition Month

National Nutrition Month is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Websites:

- [National Nutrition Month](#)
- [Elementary Students](#)
- [Middle Schoolers](#)



National Music in Our Schools Month



I admit that I am including National Music In Our Schools Month to the list because of my own, personal interest! My husband is a jazz guitarist, and I live in a home that is filled with music. I have an appreciation of all music and believe that is one of those things that connects all human beings with each other, regardless of age, ethnicity, gender, and ideology.

Website:

- [National Association for Music Education](#)



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