



# Florida SADD

## Chapter Activity Guide

April 2016

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## Leadership Academy

We are hosting our 4<sup>th</sup> annual Leadership Academy in St. Petersburg, Florida, June 13 – 16, 2016. We know that teens have the power to change their peers' choices and encourage safe responsible driving and that peer led programs can be very successful in helping to reduce teen crashes and fatalities. The

purpose of the academy is to train and empower teen leaders to address the issues impacting safe driving practices in their communities. It will include workshops on driving safety, effective planning strategies, resources and tools to assist in implementing local events.

Because of the generosity of State Farm, the FL Dept. of Transportation, and many private donations, the cost of attending will only be your gas money to and from St. Petersburg, hotel parking (free parking available at All Children's Hospital), and dinner on Tuesday. All other expenses are covered by grants and donations.

**What:** Safe Teen Driver Leadership Academy

**Who:** Teams of 5 from 15 high schools; 2 - 4 students and 1 adult chaperone

**When:** June 13<sup>th</sup> starting at 3:00pm – 1:00pm on June 16<sup>th</sup>, 2016

**Where:** St. Petersburg, FL

**Cost:** Travel to and from St. Petersburg, hotel parking, dinner on Tuesday

**Application:** Click [here](#) to complete your application form

**Deadline Date:** The deadline date for applying is April 1, 2016

## Lock Your Meds®

The Lock Your Meds Campaign®, created by the National Family Partnership, is a universal prevention campaign intended to save lives from prescription drug abuse. According to SAMHSA, every day, over 2,500 young adults begin experimenting with prescription drugs. In fact, prescription drug abuse is now the fastest growing substance abuse problem in America. The Lock Your Meds Campaign® encourages people to secure and take regular inventory of their medication so it doesn't fall into the wrong hands. Many adults may be unintentional suppliers and awareness is the key to ending this preventable epidemic.

You can inform your community of the problem and help them take action using free tools and resources from the Informed Families and National Family Partnership, sponsors of the Lock Your Meds Campaign®.

Between April 1 – May 5, 2016 take the Lock Your Meds® pledge to take inventory, secure your medicines and spread word about Rx abuse and enter to win a MedGuard safe.

### Websites:

- [Lock Your Meds Homepage](#)
- [Pledge](#)



## Alcohol Awareness Month

**Alcohol Free Weekend: April 1 – 3, 2016** Alcohol Awareness Month, sponsored by the National Council on Alcoholism and Drug Dependence since 1987, encourages local communities to focus on alcoholism and alcohol-related issues. Alcohol Awareness Month 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.

An integral part of NCADD Alcohol Awareness Month is **Alcohol-Free Weekend**, which takes place on the first weekend of April 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 Awareness Month Homepage](#)
  - [Alcohol Screening Day, April 7<sup>th</sup>](#)
  - [Addiction Facts and Help](#)
  - [Stop Underage Drinking](#)
  - [K-12 Teacher Resources](#)
  - [Alcohol Awareness Activities](#)
  - [Awareness Information for Teachers](#)
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## World Health Day

**April 7, 2016** World Health Day is celebrated on 7 April every year to mark the anniversary of the founding of WHO in 1948. Each year a theme is selected that highlights a priority area of public health. The Day provides an opportunity for individuals in every community to get involved in activities that can lead to better health.

### Website:

- [World Health Day homepage](#)
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## Public Health Week

**April 4 – 10, 2016** 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. 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 15 – 17, 2016**

**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](#)

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## Distracted Driving Prevention Month

In 2013, 3,154 people were killed in motor vehicle crashes involving distracted drivers. This represents a 6.7 percent decrease in the number of fatalities recorded in 2012. Unfortunately, approximately 424,000 people were injured, which is an increase from the 421,000 people who were injured in 2012.

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

Research shows that high visibility enforcement works because, with many distracted drivers, the fear of a citation and significant fine outweighs their fear of being injured or killed in a crash.

### Websites:

- [National Safety Council](#)
  - [Distraction.gov](#)
  - [NHTSA Marketing Materials](#)
  - [Take the Pledge to Drive Cell Free](#)
  - [Anthony Phoenix Branca Foundation](#)
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## Safe Prom & Graduation

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.

### Websites:

- [FL SADD Materials and Ideas](#)
- [AAA PROMise Toolkit](#)
- [Freehold Township SADD Prom Promise](#)

## 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.

### Websites:

- [Florida SADD Chapter Registration \(free\)](#)
  - [Florida SADD materials, guides and manual](#)
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## Child Abuse Prevention Month

April is National Child Abuse Prevention Month, a time to recognize that we each can play a part in promoting the social and emotional well-being of children and families in communities.

**Website:** [Homepage](#)

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## Sexual Assault Awareness Month

In the USA April marks Sexual Assault Awareness Month (SAAM). During SAAM activists raise awareness about sexual violence and educate communities and individuals on how to prevent it. This campaign provides tools on healthy adolescent sexuality and engaging youth. Learn how you can play a role in promoting a healthy foundation for relationships, health and sexual violence prevention.

### Websites:

- [SAAM Homepage](#)
  - [Washington Coalition: Teen Dating Violence](#)
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## Youth Sports Safety Month

Help prevent injuries during April's Youth Sports Safety Month

**Website:** [Homepage](#)