



SADD Campaigns and Activities: Elementary School Program

Never before has it been so important for SADD chapters to reach out to elementary school students to help them from making dangerous decisions that could disastrously affect their lives. Elementary students look up to high school students. They want to be like them. They see them at the mall, at the pizza place and at other locations around town. What better way to capitalize on this hero worship than by having SADD chapter members mentor them! Because many elementary students are home alone with older siblings after school until parents arrive, situations may arise that could put younger children at risk. Good information and skills to help say no will be very important for these youngsters. As mentors, SADD members can provide information, skills, encouragement and support to help them to make good decisions about tobacco, alcohol and other drugs and to follow good safety practices.

Visit the elementary schools and discuss with students the facts about tobacco, alcohol 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 elementary schools to speak to students, mix your presentation with a play, skit, roleplaying 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.

The following are some specific ideas and activities for your SADD chapter when visiting elementary schools.

- Bring Vince and Larry the crash dummies with you to talk about the importance of always wearing seat belts and sitting in the back seat of the car for safety.
- Encourage them to take a look at the real side of using tobacco. Conduct a door contest. The entire class can work on the project, thus encouraging among them a discussion of tobacco use. Provide prizes for the doors that best depict the effects of using tobacco. Don't forget to include chewing tobacco in the discussions.
- 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.
- Tell the story about DEA Agent Enrique "Kiki" Camarena, who was kidnapped and killed in February of 1998 trying to keep drugs out of the United States. Explain the significance of the Red Ribbon Campaign. Present each student with a red ribbon to remember Agent Camarena's commitment and dedication. Although it is nice to tie this into National Red Ribbon Week, this presentation can be given at any time of the year. If you hold a Red Ribbon Parade or some other significant activity, don't forget to invite your elementary students to participate. It is important that they witness your commitment, and it is never too early to get theirs.
- 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.
- Hold races outside or in the gym.



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- 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 inhaling or experimenting with pills or other toxic substances.

The Union City Community High School in Indiana uses the BABES Story Book program to get their message to the elementary students. The BABES Story Book is a complete system designed to help young children of all ages have happy, healthy lives free of substance abuse. The program covers self image and feelings, peer pressure, coping skills, alcohol and other drug information. For more information on the BABES Story Book program, call BABESWORLD at 800-54-BABES.

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 one below:

Roses are red,

Violets are blue.

I'll always wear my seat belt

Because I love you.

Sing it with them in class so that they will remember it.

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 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!