

**NEW  
SADD STORE!**

(See page 10  
for details)

FALL 2004 NEWSLETTER

# DECISIONS



Fall Campaign in Partnership with NHTSA

## Think About It ...

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SADD and the National Highway Traffic Safety Administration (NHTSA) are partnering to present two new campaigns over the 2004-2005 academic year. The two new campaign kits are additions to the series of **Think About It ...** kits SADD has offered for the past few years. Each of the new kits will focus on a separate time of the year, providing SADD chapters with the opportunity to apply important and timely prevention messaging to the school and community.

### **Think About It ... Homecoming & Red Ribbon Season**

Prepare for your SADD chapter to kick off the fall season with a campaign that celebrates the homecoming season and spreads a message about drug awareness through activities that can touch your entire community, such as

a red ribbon campaign. The **Think About It ... Homecoming & Red Ribbon Season** campaign kit contains useful tools that will help spread the message that underage drinking remains a pervasive problem in American society today.

Teens use alcohol more frequently and heavily than all other drugs combined. Teens who use alcohol are more likely than others to be victims of violent crimes, including rape, aggravated assault, and robbery. This campaign will offer education and prevention activities and materials to raise awareness about the dangers of underage drinking, impaired driving, and other drug use. The kit will focus on ways to motivate your SADD chapter members.

*Continued on page 3*

## "It's OKAY to be Yourself"

### **A Question & Answer Session with Katrina Campins of NBC's The Apprentice**

*How did you first find out about SADD? What motivated you to start a chapter at your former high school, Palmer Trinity, in Florida?*

When I was in the eighth grade, and thinking about my purpose in life, I came across SADD. It caught my eye because back then it was Students Against Driving Drunk, and that was an issue that was really visible. That summer before my freshman year, I immediately called and ordered all the necessary information needed to kick off the chapter, and I did!

*Students are confronted with tough choices all the time. What was the most difficult decision you had to make as a student? Did your involvement in SADD make an impact on the outcome?*

Absolutely. I was fortunate enough to attend Palmer Trinity School, a preparatory school in Miami that truly allowed me to stand out and be recognized for my unique interests, personality, and talents. We were a close-knit

*Continued on page 5*



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www.sadd.org

**Don't Miss a Single Issue!**

To receive upcoming issues of SADD's DECISIONS, you **MUST** be on our mailing list. (See back cover for details.)



## Message from the Executive Director

**T**he beginning of a new school year is an exciting time for students, but it can be a little scary – so many questions, so many unknowns. What will this year bring? Will my friends stay the same? How will my grades be? How will my team or my club do? *Will I succeed?*

That final question is one we all face, young and old, throughout our lives. We face it on a daily basis (How will I do on this test? This interview?) and on a more global level (How will I do in this job? In this relationship? Meeting my goals?). We each have our own definitions of what success means in a particular situation, but I think we would all agree that by asking yourself, “What are the things I can do in this situation to improve my chances of success?” you will have taken the first step.

On a fundamental level, that is what SADD is about. SADD gives young people tools to improve their chances of success and provides a home for those who wish to succeed, who want to learn how, and who are willing to take positive steps. The most obvious steps are to avoid destructive decisions that can undermine your best efforts (using alcohol, tobacco and other drugs); to identify other self-destructive and unhealthy behaviors (eating disorders, depression and suicidal thoughts); and to refrain from hurting other people by bullying and engaging in violent behavior and abusive relationships. Beyond challenging these negative behaviors, SADD gives students tools to feel good about themselves and to make their world a more positive place.

This newsletter aims to provide information to help you through education, activities, and shared stories of success. We are fortunate to share information about some wonderful campaigns created to address some of the areas most challenging to

young people. Our center pullout section focuses on bullying and highlights a national campaign by the U.S. Department of Health and Human Services to confront this huge phenomenon in schools. Bullying occurs in both overt and subtle ways, and only by becoming aware of the harmful messages we send can we begin to address them. We also introduce the BELIEVE campaign, focused on middle school students and developed by our North Dakota chapters, two programs highlighting driving skills, and two new (free!) **Think About It ...** campaigns funded by NHTSA. There's information from the Office of National Drug Control Policy (ONDCP) about how you can help a friend you think may be in trouble with alcohol or other drugs, the emerging issue of identity theft, some links to useful Web sites, and ideas for fund-raising activities. We even have an interview from SADD alum Katrina, whom many of you have seen on *The Apprentice*. Her observations about SADD's influence in her success should inspire you again to THINK POSITIVE!

Finally, we cannot continue to provide you with free materials, information, and opportunities unless we have the most up-to-date information about you. **Every chapter should register with SADD National EVERY YEAR.** So fill out the form on page 31 in this newsletter and fax or mail it to us or go online at [www.sadd.org](http://www.sadd.org). Your registration will help us help you to succeed!

*Good luck in your new year!*

## Red Ribbon, continued ...

Also included in the kit is a red ribbon ideas booklet with step-by-step examples for creating coalitions with officials in local law enforcement, hospitals, businesses, and with community members to bring your campaign's message to the forefront in the minds of teens across the nation. Other tools in the kit will help your chapter find current information about alcohol and drug use prevention for your community.

**"Teens use alcohol more frequently and heavily than all other drugs combined."**

### Think About It ... Prom & Graduation Season

Prom and graduation season brings a host of challenges for high school students each year. Faced with the pressure to do well on final exams and papers, teens are also faced with the pressure to use alcohol and other illegal drugs. Prom and graduation season presents an opportunity for SADD chapters across the nation promoting their common mission: to prevent underage drinking, impaired driving, and other drug use.

This campaign kit will encourage chapters to form coalitions with other organizations and businesses in their community to provide maximum exposure for their message. The activity guide and the materials found in the kit will promote, especially during prom and graduation season, safe, substance-free activities and seat belt use.

Part of the kit will guide your chapter in distributing informational fliers to local businesses, reminding them of the arrival of prom and graduation season and of the importance of pulling together as a community to ensure youth safety. By targeting businesses that deal directly with prom-goers and graduates (hotels, limousine rental companies, etc.), SADD chapters can remind everyone of their obligation to obey laws governing the sale of liquor to minors and primary seat belt laws and of the importance of safe driving.

Each campaign continues SADD's emphasis on working with law enforcement and other community members to form coalitions and disseminate accurate and relevant prevention

information in an active and exciting format to the youth population.

The Think About It ... *Homecoming & Red Ribbon Season* campaign will be launched in September 2004, and the Think About It ... *Prom & Graduation Season* campaign will begin in February of 2005. For more information about either campaign, please contact Lindsay Jean Casavant, Program Coordinator, at [ljcasavant@sadd.org](mailto:ljcasavant@sadd.org) or by calling 877-SADD-INC.





# Start the Year Off Right: Your Chapter Checklist

The beginning of the school year presents a great opportunity for SADD chapters to recruit, reorganize, and reenergize! Start the school year off right by considering the following questions.

### Does your chapter register with the SADD National office every year?

If we don't have the most current contact information about your chapter, you may be missing out on announcements of new campaigns, a variety of free materials, and other important opportunities. You can register by mail, or by faxing the registration form at the back of this newsletter to 508-481-5759, by calling toll-free 877-SADD-INC, or by logging on to [www.sadd.org](http://www.sadd.org).

### Does your chapter notify SADD National about any special honors or awards your chapter has received?

We're always looking for chapters and activities to highlight in Chapter Chatter and on our Web site. You can either call the SADD National office or e-mail us at [SADDnews@sadd.org](mailto:SADDnews@sadd.org).

### Does your chapter know how to get SADD gear?

Your chapter can order pens, T-shirts, visors, stickers, and fleece pullovers from the SADD Store. Many of these items can be personalized with your school's name. E-mail

[saddstore@workflowone.com](mailto:saddstore@workflowone.com) or call (800) 323-3676, ext. 316 to request a 2004-2005 catalogue.

### Does your chapter visit the SADD Web site regularly?

We have resources available online! You can often learn about special scholarships, programs, and other opportunities that are available only to SADD chapters. You will also find answers to many questions that your chapter may have throughout the school year and a list of great links.

### Does your chapter need ideas for fund-raisers, activities, campaigns, or chapter building?

You're not alone! Visit [www.sadd.org](http://www.sadd.org) or call SADD National at 877-SADD-INC to learn about traditional SADD activities, new campaigns, and creative fund-raising ideas.

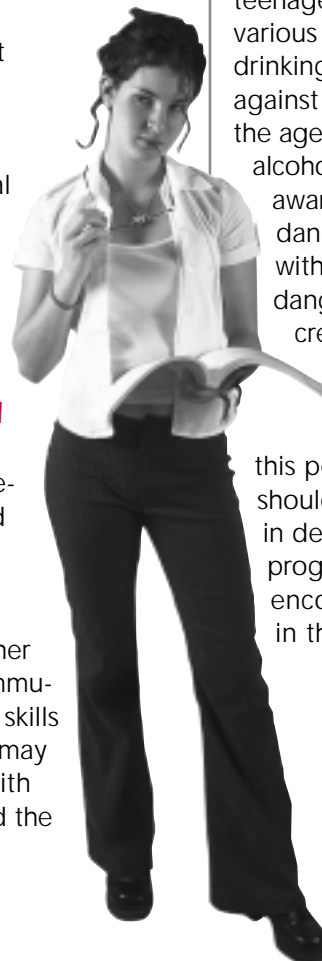
### Does your chapter know where to find local resources?

Your local law enforcement officials, elected officials, and victim advocacy groups can be a big help to your chapter. They and other members in your community possess valuable skills and knowledge they may be willing to share with both your chapter and the

entire school community. Visit [www.sadd.org](http://www.sadd.org) and go to the Contact Us section for more information.

### Is your chapter sending the right message?

When SADD was founded in 1981, our primary focus was on impaired driving. Over time, however, it became apparent that impaired driving was only one serious consequence of underage drinking. Although impaired driving remains a serious problem, killing approximately 2,300 teens each year, the greater problem is alcohol use by teenagers. In addition to the many various dangers that underage drinking presents, it is quite simply against the law for anyone under the age of 21 to purchase or possess alcohol. SADD chapters should be aware that focusing on the dangers of drinking and driving without also addressing the dangers of underage drinking creates the impression among many young people that drinking is OK as long as they don't drive. To avoid this perception, SADD chapters should not endorse or participate in designated driver or safe ride programs. SADD National encourages chapters to be clear in their messaging.



## Katrina Campins, continued ...

### Does your chapter want to use the SADD logo or trademark?

The name SADD is registered with the United States Patent and Trademark Office and other jurisdictions. Careful protection of the SADD trademark ultimately works to the benefit of all SADD operations. All rights to use the word "SADD" and the SADD logos are reserved by SADD, Inc., a Massachusetts nonprofit corporation. The word "SADD" or any SADD logo may be reproduced only with written permission from the SADD National office, with the exception of registered SADD chapters who may use the SADD name on printed and informational materials in conjunction with their chapter name without requesting permission. Requests must be made in writing, with an explanation of the intended use. SADD chapters that wish to use the SADD logo on promotional materials (T-shirts, keychains, pens, etc.) must seek to obtain them through SADD National's vendor, the SADD Store, mentioned on page 10. For more information about the SADD trademark policy, call toll-free 877-SADD-INC.

### Does your chapter know about your state coordinator?

Many states have official SADD state coordinators who have valuable resources and contacts that may be of help to your chapter. Visit [www.sadd.org](http://www.sadd.org) or call 877-SADD-INC to find out if there is a coordinator in your state.

community, with strong friendships and passionate teachers. As a result, I was able to influence many of my close friends when faced with peer pressure and tough decisions that would "make or break" (as they were called) their reputation. I am proud to say that at the time SADD provided me with the tools I needed to make a difference in people's lives. It was sort of an awakening – and a feeling that I will always treasure.

### You were very active in SADD as a student. How has your SADD experience shaped you as an adult?

The SADD experience has shaped me as an adult in more ways than I could ever articulate, the main one being the deep-rooted beliefs that we must ALWAYS follow our hearts and strive to be the best person that we can be. I am a living example of how far work can take us if we maintain focused on our betterment. The importance of integrity and maintaining an impeccable reputation is so very important to me! Never, ever compromise!

### Many of our students (and advisors) really enjoyed watching you and your colleagues work through a variety of challenges on the hit show, *The Apprentice*. Did your work with SADD play any sort of role in your experience on *The Apprentice*?

Again, what I was able to accomplish through SADD in essence provided me with a sense of accomplishment and ultimately my identity. I have high standards – standards that I live by, standards that I have grown to treasure. I am governed by my finest thoughts, my highest enthusiasm,

my greatest optimism, and my triumphant experiences. My mother instilled these thoughts, yet SADD helped me carry them out.

### You have achieved great success in real estate! Have you found lessons you learned from SADD to be applicable to life in the business world?

Absolutely! When I started SADD back as a freshman in high school, SADD reinforced my beliefs. If you really want something bad enough, you can make it happen. If you refuse to accept anything but the best, or expect what others may say is "impossible," you will usually attain it. You can accomplish anything you put your mind to in a very limited amount of time. If you simply ask, as outrageous as it may seem, you will more often than not obtain. Some of the things I previously would have thought to be unattainable I now find to be effortless. SADD provided me with the motivation and increased self-esteem that is essential in life in order to succeed.

### As a former SADD member, what piece of advice would you most like to pass on to the thousands of current SADD members across the country?

My advice would be this: do not feel the need to conform. It's okay to be yourself. Use your influence to educate others. There is nothing more gratifying than walking into a room full of people while exuding a commanding and memorable presence because you have changed people's lives.

# FUNd-raisers!

**SADD** fund-raisers can be profitable and fun! Schoolwide fund-raisers are a great way to increase awareness, promote the mission of SADD, pay for school activities, and help others out at the same time!

The following activities have been held by SADD chapters in various high schools (Pennsylvania and Massachusetts). They may give you some new and creative ideas for ways to get students in your own chapters involved. If your school has conducted a successful event or is going to be involved in an event, please send it to the SADD National Office so we can include it on our Web site!

**Central Dauphin High School, Pennsylvania:** Central Dauphin High SADD sponsored its second Coffee House Cafe recently. This event was held at a local church and featured specialty coffees, frozen drinks, hot chocolate, homemade snacks, live entertainment, music, karaoke, board games, and video games on a big screen TV. The cost for the event was \$3.00 per person, \$2.00 for active members of SADD.

**Florence Sawyer School, Massachusetts:** The eighth graders recently put together a fund-raising calendar (see sample). Each day had a different raffle prize, and one \$5 ticket gave each participant thirty chances to win! One name was drawn each day during the month, and every participant was eligible to win more than once! Think a similar calendar might be the perfect idea for your next SADD fund-raiser?

**Harmony High School, Pennsylvania:** The members of Harmony High School's SADD chapter recently sponsored a community Family Fun Night. The event was held in the school's gymnasium; children from the community participated in fun and games that included miniature golf, hockey, beanbag toss, football throw, and hoop shoot. Prizes were also awarded. Larger prizes were also raffled off randomly throughout the evening. Face painting and refreshments were also offered.

**Portage Area High School, Pennsylvania:** On Friday mornings at the Portage Area Elementary School, PAHS SADD sets up "Our Store" in the auditorium lobby. Our Store has numerous items available for sale, at costs ranging from a nickel to a dollar. Proceeds from Our Store will be used to help pay for SADD chapter activities, including the Alcohol-Free After Prom party.

The SADD chapter also plans to pay for the two performances of the Saltworks Theatre for grades K-12.

**Mount Union Area High School, Pennsylvania:** Mount Union's SADD chapter just held its first Prom Fashion Show in their high school auditorium. Many of this year's best gowns and tuxedos were on loan from local bridal stores and there were door prizes and refreshments. All parents, students, and community members were invited to attend.

If a formal fashion show fund-raiser interests you, please refer to the T.J. Maxx fashion show program. You can receive a Fashion Show Request Form by writing to the following address:

T.J. Maxx Fashion Show Program  
Attn: Customer Service  
770 Cochituate Road  
Framingham, MA 01701

or check out the program online at [www.tjmaxx.com/Fashion\\_Program.asp](http://www.tjmaxx.com/Fashion_Program.asp).

## SAMPLE ONE-MONTH CALENDAR

| SHOPPING SALES SUNDAY  | MAD MONEY MONDAY                 | TASTE OF THE TOWN TUESDAY                                   | WHALE OF A WEDNESDAY                  | TREAT THURSDAY  | MOVIE MANIA FRIDAY                | SUPER SATURDAY                               |
|--|----------------------------------|---|---------------------------------------|---|-----------------------------------|--|
|  |                                  |   |                                       |   | <b>1</b><br>Movie Pass<br>6-pack  | <b>2</b><br>Jordan IMAX<br>4 tickets         |
| <b>3</b><br>Marshall's \$50<br>Gift Certificate              | <b>4</b><br>Cash Prize<br>\$100  | <b>5</b><br>Legal Seafoods<br>\$50 Gift<br>Certificate      | <b>6</b><br>Whale watch for<br>three  | <b>7</b><br>Build-A-Bear<br>Workshop                  | <b>8</b><br>Movie Pass<br>6-pack  | <b>9</b><br>Gift Certificate<br>Dinner for 2 |
| <b>10</b><br>\$75 Target<br>Gift Certificate                 | <b>11</b><br>Cash Prize<br>\$50  | <b>12</b><br>\$25 to the Ninety-<br>Nine                    | <b>13</b><br>Video Rental<br>5-pack   | <b>14</b><br>Panera Bread \$15<br>Gift Certificate    | <b>15</b><br>Movie Pass<br>6-pack | <b>16</b><br>Super Surprise<br>\$100 Value   |
| <b>17</b><br>\$50 Belden's<br>Jewelers Gift<br>Certificate   | <b>18</b><br>Cash Prize<br>\$100 | <b>19</b><br>Cheesecake<br>Factory \$35<br>Gift Certificate | <b>20</b><br>Whale watch for<br>Three | <b>21</b><br>Carvel Cake &<br>Mrs. Field's<br>Cookies | <b>22</b><br>Movie Pass<br>6-pack | <b>23</b><br>Red Sox tickets for<br>two      |
| <b>24</b><br>Bob's Discount<br>Furniture Gift<br>Certificate | <b>25</b><br>Cash Prize<br>\$50  | <b>26</b><br>UNO's Bar & Grill<br>\$50 Gift<br>Certificate  | <b>27</b><br>Video Rental<br>5-pack   | <b>28</b><br>Panera Bread \$15<br>Gift Certificate    | <b>29</b><br>Movie Pass<br>6-pack | <b>30</b><br>Bahamas<br>3-day Cruise         |

# A Guided Tour of the SADD Web Site

## www.sadd.org



The SADD Web site has a wealth of information for students, advisors, and anyone interested in SADD. You can find statistics, articles, and a variety of publications, all on SADD National's Web site. Whether you're looking for something specific or simply getting acquainted with SADD, we can help you if you check us out at [www.sadd.org](http://www.sadd.org).

### About SADD

In the ABOUT SADD section, you will find:

- SADD's Mission Statement (What is SADD about?)
- The History of SADD (How did SADD get started?)
- SADD Policies (What is expected of SADD chapters?)
- FAQs (What do others want to know about SADD?)
- The Value of SADD (Why is the work of SADD so important?)
- An introduction to the SADD National Board of Directors, Staff, Student of the Year and Student Leadership Council (Who's involved with SADD National?)

### SADD Events

Under the SADD EVENTS button, you can access the following information:

- The SADD Conference (where this year's event will be held and other details)
- Calendar (when SADD activities are being held and how you can incorporate them in your own chapter)

### For SADD Chapters

In the FOR SADD CHAPTERS section, you will find:

- Constitution and Bylaws (helpful for those who are looking to start a new SADD chapter)
- Policies (details on SADD's "No Use" policy, membership requirements, and other important issues)
- Information for SADD officers and advisors (job descriptions and requirements for newly elected officers)
- Activity and campaign descriptions (detailed descriptions of our signature activities)
- Chapter registration information (Make sure you register annually to receive the latest materials from SADD National.)

### SADD by State

Under the SADD BY STATE sections, you'll find the following:

- State Coordinators (a listing by state with contact information)
- State Events
- State Resources
- Legislation (links to your state's legislators and tips on communicating with legislators)

### Resource Center

In the RESOURCE CENTER, you will find these materials:

- Contract for Life
- Open Lifesaving Lines brochure
- Sample PSAs (public service announcements for schools and the community at large)
- SADD Annual Report
- Links to other sites (helpful for those seeking more information about a specific topic)

- Statistics (great for when you need to do a report or some research)
- The full text of previous online and printed SADD newsletters
- A link to the SADD Store, where you can order shirts, pens, stickers, and much more
- Recent articles and editorials about SADD
- Contact information for the SADD National staff, State Coordinators, and Student Leadership Council

### Media

Clicking on the MEDIA button is a great way to check out SADD collaborations and media positioning.

- *Teens Today* (Since 2000, SADD and Liberty Mutual have collaborated on *Teens Today*, an annual research study that links teens' attitudes, influences, and decision-making to behaviors such as driving, drinking, drug use, and sexual activity.)
- Press Releases (Get up-to-date information about the latest happenings at SADD National)
- Op-Eds (editorial pieces that have been disseminated nationwide on timely topics of interest.)

If you are looking for something on our Web site but just can't remember where you found it, try our SEARCH option to help negotiate the site!

# STEP UP:

**I**f a friend smokes marijuana or uses other drugs or alcohol, there is no way to predict his/her actions or what will happen when he or she is drunk or high. All drugs, including marijuana, can be harmful and addictive. There's no magic number of drug experiences it takes to become addicted. Drug and alcohol use can lead to abuse, and continued abuse can lead to addiction.

Helping friends address alcohol or drug use early can help them stop before they have a problem that gets out of control. If you decide to sit down with a friend and talk to him or her about this drinking or drug use, you may wonder how he or she will respond. People with drug or alcohol problems usually defend their use and make excuses for it. Here are some suggestions for approaching a friend who is using in a supportive and non-threatening way.

1. Start by telling your friend how much he or she means to you and that you are worried.
2. Give your friend examples of when his/her drug use or drinking has caused problems or affected you or others.
3. Let your friend know that you want to help and tell him/her what you will do to help.
4. Discuss this issue when your friend is not high.

5. If you aren't comfortable having this conversation with your friend by yourself, get some other friends to help you out. There's safety and support in numbers. Be careful not to "gang up" on your friend.
6. Try talking in confidence to an adult whom you trust before talking to your friend. Many people can help you figure out the best approach: a trusted family member, teacher, coach, school counselor or student assistance professional, family doctor, school nurse, or spiritual leader.
7. If you are not comfortable talking

with your friend in person, try writing a note or sending an e-mail.

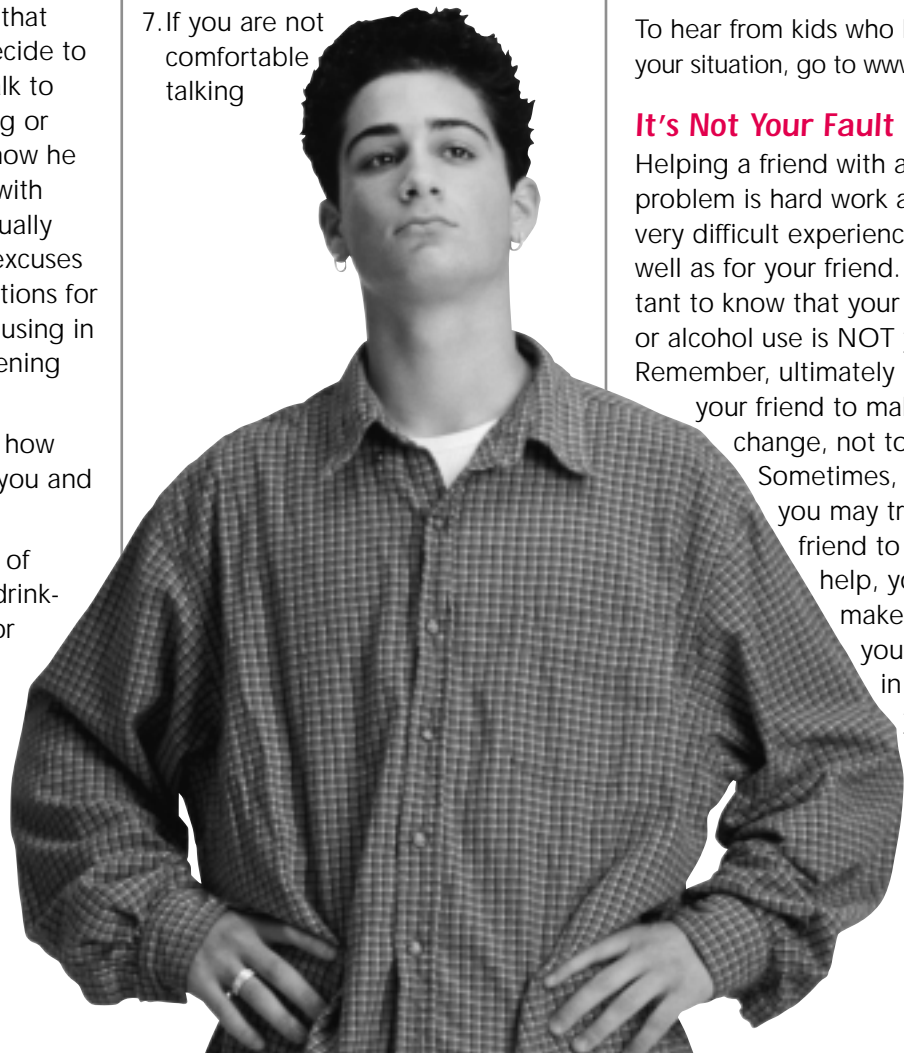
Finally, remember that talking with your friend is only the first step. You may need to have several conversations before he or she understands how serious you are about the drinking or drug use. Don't give up if he or she doesn't stop after your first conversation. Your friend may need additional help to face this drinking or drug problem, such as talking to a counselor or getting treatment. Tell your friend that you will help him/her get the necessary help, and then follow through.

To hear from kids who have been in your situation, go to [www.freevibe.com](http://www.freevibe.com).

## It's Not Your Fault

Helping a friend with a substance problem is hard work and can be a very difficult experience for you as well as for your friend. It is important to know that your friend's drug or alcohol use is NOT your fault.

Remember, ultimately it is up to your friend to make that change, not to you. Sometimes, as much as you may try to get your friend to quit or seek help, you just can't make it happen. If you find yourself in this situation, you should take one of the following steps.



# You've Got the Power to Help Your Friends

1. Seek support from other friends or trusted adults; your friend is not the only one who needs help in this situation.
2. Limit the time you spend with this friend. Remember, your friend's drug or alcohol use may also be putting you at risk.
3. Start thinking about yourself. Get out and participate in activities that you enjoy to take your mind off the situation.

Working up the courage to confront a friend about his/her drinking or drug use is very difficult. In fact, it may be one of the hardest things you'll ever have to do. But part of being a good friend is recognizing when your friend needs help — even if that help wasn't requested. Did you know that 68% of teens say they would turn to a friend or sibling about a serious problem related to substance abuse? When you talk, your friends will listen — even if you've tried drugs or alcohol yourself. Don't underestimate your own power to influence your friend and explain to him/her how you see this drug use is getting out of hand. By not talking with your friend about your concerns, you are sending the silent message that this drug or alcohol problem is no big deal.

## Where to Get Help

For more information on drug and addiction and for advice on how to talk to your friends about their drug and alcohol use, go to [www.freevibe.com](http://www.freevibe.com).

For more information or to talk to a specialist who can refer your friend to help, call 1-800-788-2800 or go to [www.health.org](http://www.health.org).

For science-based facts from the National Institute on Drug Abuse about how drugs affect the brain and body, visit this site: [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov).

**“Did you know that 68% of teens say they would turn to a friend or sibling about a serious problem related to substance abuse?”**

If you are concerned about your own drug or alcohol use, go to [www.checkyourself.org](http://www.checkyourself.org).

For more information about underage drinking and alcohol problems, go to [www.thecoolspot.gov](http://www.thecoolspot.gov).

## Don't Walk Away

You can help your friend now — before something really bad happens. If he/she continues to make bad decisions about drugs or alcohol, the consequences could be serious: getting caught or arrested, losing a driver's license, getting suspended from school, or more seriously, getting involved in a drug or alcohol-related car crash, overdosing, or becoming addicted. Your friend will

probably insist that his or her drinking or drug use is not a big deal, which is very common among people with drug or alcohol problems. Don't let your friend's denial keep you from talking about the problem.

## Parents: The Anti-Drug

Kids who learn from their parents about the dangers of underage drinking, drugs, and other harmful substances are less likely to use those substances. How much less likely? Kids whose parents talk to them about drugs are about 36% less likely to smoke marijuana, 50% less likely to use inhalants, and 56% less likely to use cocaine, and 65% less likely to use LSD. For information that may be helpful to you as you plan these conversations, please contact the National Youth Anti-Drug Media Campaign at [www.TheAntiDrug.com](http://www.TheAntiDrug.com). If you would like to request a brochure, call 1-800-788-2800 to receive *Keeping Your Kids Drug Free: A How-To Guide for Parents and Caregivers*.

Though a look at drug trends may be discouraging, take heart. Two-thirds of kids say that losing their parents' respect and pride is one of the main reasons they don't smoke marijuana or use other drugs. Your words and actions matter.

Adapted from the Office of National Drug Control Policy

# Kudos to the Creators of "BELIEVE!"

**Congratulations** to SADD State Coordinator Lee Erickson and members of the North Dakota Student Leadership Council! Lee and his students recently held the premiere of BELIEVE, a Public Service Announcement they developed that is now airing on various North Dakota television stations. According to Lee, the idea for BELIEVE was born at a Student Leadership Council event three years ago. The members of the SLC were looking for ways to emphasize that SADD is not just a club, but also a lifestyle choice for students. The students wanted to develop a theme that would be a cornerstone for different awareness events in their area. Their ideas took shape as BELIEVE. The students felt that SADD had empowered them to believe in their ability to make a difference. Belonging to SADD had shown them how to believe in the power of standing up to peer pressure. And it certainly taught them to believe in themselves.

The students behind BELIEVE will continue to celebrate their accomplishments by focusing each month with activities using the letters in BELIEVE.

- Building self-esteem
- Establishing lines of communication
- Living a healthy lifestyle
- Involving parents and community
- Educating youth
- Voicing SADD's mission
- Empowering peers

To find out more about BELIEVE, contact Lee Erikson at [leerickson@rrv.net](mailto:leerickson@rrv.net). We are proud to promote this unique accomplishment from North Dakota SADD. SADD National would love to feature activities from other chapters around the country. If your chapter has accomplished something outstanding or newsworthy, e-mail us at [SADDnews@sadd.org](mailto:SADDnews@sadd.org) so we can recognize your chapter or state in an upcoming newsletter!

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# 2004-2005 SADD National Student Leadership Council



**STUDENT OF THE YEAR**  
**Jacqueline Hackett**  
Harleysville,  
Pennsylvania

Jacqueline Hackett is the 2004-2005 SADD National Student of the Year! She served on the SADD National Student Leadership Council for 2003-2004 as a member of the executive committee. A recent graduate of Souderton Area High School, Jacqueline was a co-coordinator of her chapter for the past two years.

At her high school, Jacqueline participated in numerous school activities, including serving as the vice president of her school's student government for the past two years. She was a member of the Souderton Orchestra and the National Honor Society. She also participated in school sports by playing volleyball for her school's team.

Jacqueline is a D.A.R.E. role model and a member of the "Just Say No" traveling show. Through these initiatives and the Character Counts! program, Jacqueline helps elementary school age youth understand the importance of responsibility and citizenship.

Jacqueline is currently a freshman at George Washington University, where she plans to study political science.



**Jessica Ann Billings**  
Bloomington, Minnesota  
Executive Committee

Jessica Billings is a senior at the Academy of Holy Angels in Richfield, Minnesota. In 2002, she was one of three founding members of her SADD chapter. Jessica worked diligently

on several seat belt safety initiatives, which included a Seat Belt Challenge, public address messages, signs, and a music video with a SADD message, which she co-produced.

At her school, Jessica is involved in many service activities and organizations, including Students Assisting Students, a group for which she is currently serving as president. Jessica also serves her school on the ministry team, admissions team, and diversity team. She is an active athlete as a member of the track, cross-country, and dance line teams. Jessica puts her academic skills to work as a member of the varsity speech team and the knowledge bowl.

In her community, she also founded *Dare to Be Different*, a program designed to educate youth about diversity. Jessica donates much of her time to the Minnesota Autism Society as a team coordinator and workshop presenter.



**Robyn Crumby**  
Denham Springs,  
Louisiana  
Executive Committee

Robyn Crumby, a recent graduate of Denham Springs High School in Denham Springs, Louisiana, was the Louisiana 2003-2004 SADD Student of the Year. During her tenure at Denham Springs High, she took leadership roles in her chapter's events, including Red Ribbon Week, elementary tobacco prevention activities, school skits, and prom fashion shows.

Robyn was involved in many activities, including Anchor Club, Fellowship of Christian Athletes, and National Honor Society. An avid athlete, Robyn participated in both track and cross country.

Robyn has given back to her community through many activities. She volunteered for Women Outreaching Women by selling fireworks to raise money for the creation of a battered women's shelter in her area. She also assisted the Louisiana Alliance to Prevent Underage Drinking.

Robyn is currently a freshman at Louisiana Tech University, where she intends to study architecture.



**Jawad Ahmad**  
Owings Mills, Maryland

Jawad Ahmad is a recent graduate of Franklin High School

in Reistertown, Maryland. He led his chapter in raising funds for the Chara House and conducting many activities, including Ghost Out Day, Prom Promise, high school retreats, Red Ribbon Week, and drug- and alcohol-free dances. Through SADD, Jawad also participated in the National Bullying Prevention Campaign.

Jawad has been active in many school activities, including mock trials, for which he served as both a lawyer and a witness. He also acted in the 2004 spring musical *Bye Bye Birdie*. An avid tennis player, Jawad played for his school's varsity tennis team. He was named to the Baltimore County Varsity Tennis All-Academic Team and was the Baltimore County Varsity Tennis Division Champion. Jawad received the Scholar Athlete Award for Varsity Tennis from the Maryland Athletic Association.

Jawad is currently a freshman at Boston College, where he intends to pursue a business degree.

*Continued on next page*



**Julianne Bongiorno**  
Stowe, Vermont

Julianne Bongiorno is a senior at Rice Memorial Catholic

High School in South Burlington, Vermont. She has been involved in the Vermont Teen Leadership Safety Program (VTLSP/ SADD) for three years. Through her work with VTLSP/ SADD, Julianne has taken a lead role in the Rice Memorial High School Drug and Alcohol Day, served as a delegate to the Vermont Youth Summit to Prevent Underage Drinking, and attended numerous Governor's Youth Leadership Conferences.

Julianne was a member of the cross-country team this past year and has been a member of the varsity tennis team for three years. Julianne has participated in varsity dance for three years and was also the team's captain.

Julianne organized a local effort to raise money for the Heifer Project International, an organization that donates cows to families in Third World countries and teaches the recipients how to use the gift cows to improve their living conditions. She is committed to continuing her efforts on behalf of this organization.



**Camille Campins**  
Miami, Florida

Camille Campins is a senior at Grandview Preparatory School in

Miami, Florida. During her sophomore and junior years, Camille was selected to serve as a Florida SADD state representative, and she assisted in organizing state conferences. Camille also planned events for her chapter, including Making a Healthy Transition, a program for incoming high school students to help mentor and acclimate them to the high school environment.

Camille has been involved in sports at her high school as both a cheerleader and a varsity swimmer. For all three years of her high school swimming career, Camille was captain of the team and a district and county finalist; during her sophomore and junior years, she qualified for state competition.

Camille regularly volunteers her time to her school and community. She is a volunteer for America's Promise. She also answers phones and sends out mailings at her school. Camille also assists with an annual holiday party for disabled children.



**Laura Margaret Corlin**  
Strafford, New Hampshire

Laura Corlin is a

senior at Coe Brown Northwood Academy in Northwood, New Hampshire. Laura currently serves on the New Hampshire SADD Student Leadership Council. She is a DARE mentor, and she has worked with first graders in reading mentor programs.

She served as a student council representative and active member of her school's honor society. She participated in the drama club and its many productions, including *Footloose*, *Godspell*, *West Side Story*, and *Our Town*.

Laura and her sister co-founded the annual Help Someone Live Better with a Sweater Drive, collecting more than 3,000 sweaters to distribute to needy families. Laura was the driving force behind The Difference Music Makes CD, serving as the independent producer and administrator and as a performer. The CD's profits benefit a local children's hospital.

Laura's vocal talents have given her the opportunity to sing at many events sporting and cultural events, including the Rochester Opera House and the Governor's Volunteer Awards.



**Whitney Frahm**  
New Rockford, North Dakota

Whitney Frahm graduated from New

Rockford High School in North Dakota, where she founded a SADD chapter in 2001 and served as president for three years. Whitney's leadership skills earned her the position of 2003-2004 North Dakota SADD Student of the Year. Whitney was also elected as a SADD representative to the Eddy County Tobacco Coalition.

Whitney was an active participant in her school as a member of band, swing choir, speech, and academic challenge. Whitney served as class president for four consecutive terms. She also served as a writer, production editor and, during her senior year, editor-in-chief for her school newspaper. An avid musician, Whitney plays the oboe, alto saxophone, and piano.

Whitney's activism extended beyond her school to community service activities; she plays piano at local nursing homes and works with the First Lutheran Church Youth Group.

Whitney is currently a freshman at Concordia College in Moorhead, Minnesota.



**Jessica Haas**  
Aberdeen, South Dakota

Jessica Haas graduated from Central High

School in Aberdeen, South Dakota, where she served as the SADD chapter president since 2002.

Jessica was an active participant in her school's show choir, drama club, improvisational troupe, and flag corps. During her participation in flag corps, Jessica was awarded the Best Spirit Award and was named the most valuable performer in show choir for 2003. She also

served as the choreographer for the junior varsity show choir and as the volunteer connection president in 2003.

She has been awarded accolades in her acting endeavors, including an outstanding actress award and outstanding performer award at the South Dakota State One-Act Festival in 2004.



**Travis Helmondollar**  
Montcalm,  
West Virginia

Travis Helmondollar is a senior at Montcalm High School in West Virginia. He served as his SADD chapter's treasurer for three years and most recently as chapter president. During his tenure, Travis led Kick Butts Day, directed Prom Promise, and coordinated his school's elementary SADD programs multiple times.

Travis has served in many leadership positions, including terms as student council treasurer and president. He is a member of the Montcalm High School marching and concert bands. Travis served two terms as the president of the Robotics Club and Spelunking Club.

An active leader outside of his school, as well, Travis has worked with Project Y.E.S. and Creating Opportunities for Youth as a Mercer County Student Leader.

Travis has received numerous academic honors, including national science, English, history, mathematics, and honor roll awards.



**Leslie Jones**  
Greensburg, Indiana

Leslie Jones is a senior at Greensburg High School in Greensburg, Indiana. Leslie's involvement in many prevention advocacy events and organizations led to her appointment to her state's student

leadership council and to her being named the Indiana SADD Student of the Year. She is a committee chairwoman for Indiana Point of Youth, a statewide youth leadership and youth advocacy organization.

Leslie is involved in a variety of activities at her high school, ranging from Spanish Club to Concert Choir. She is also a member of her high school dance team, and she was voted most outstanding freshman and sophomore on the team.

Leslie volunteers to help fellow community members by assisting with the Shop with a Cop holiday program, manning an anti-tobacco booth at the Relay for Life and participating in the relay, and raising money for Big Brothers Big Sisters. She also represents her school on a countywide youth prevention council.



**Kaleb Page**  
Red Bay, Alabama

Kaleb Page is a senior at Red Bay High School in Alabama. He recently served as his chapter's president and led his chapter members in conducting drug-free volunteer days, seat belt checks, and Prom Promise. Kaleb attended the Alabama state SADD convention and participated on the SADD Student Council for two terms.

Kaleb has been an active leader in many clubs and organizations at his high school, including serving as captain of the Envirothon, Math, AstroBowl, and Scholar's Bowl teams. He has also engaged in public speaking, representing Red Bay High School through both Future Farmers of America and Future Business Leaders of America. Kaleb built the Red Bay High School Web site. He was the vice president of the Beta Club during his junior year. He also participates in athletics and holds varsity positions on both the basketball and tennis teams.

Kaleb also gives back to his community by serving on the Franklin County Junior Leadership Council and volunteering at the First United Methodist Church Vacation Bible School. He also worked as a page for his state representative, Johnny M. Morrow.



**Kimberley Dail Whitley**  
Hertford,  
North Carolina

Kimberley Whitley graduated from Perquimans County High School in Hertford, North Carolina. As a senior, Kimberley served as her SADD chapter's president, educating and raising the awareness of her peers through a number of activities. Kimberley took the lead in many projects, including the Great American Smokeout, underage drinking and driving prevention, Red Ribbon Week, and Prom Promise. She had a lead role in SURGE, Students Using Responsible Guidelines to teach effective drug Education, a group that mentors younger students.

Kimberley is a dedicated athlete who played on the varsity volleyball, basketball, and softball teams. Her leadership over the past four years led to her being named the Perquimans County High School Athlete of the Year. Kimberley continuously maintained high academic standards, resulting in her being named a scholar athlete and an All Academic Team member in all three sports at the state level.


Kimberley donates much of her time to her community, especially in times of need. When Hurricane Isabel struck the Carolina coastline in October 2003, Kimberley distributed food to families in shelters and to those who lost their homes. She also mentors students at the Student Athlete Summer Institute.

# Reflections

## from Molly Linn, 2003-2004 SADD Student of the Year

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Five years ago, I embarked on a journey that has come to define the choices I make and the person I have become. I did not know that I was living the same SADD "No-Use" lifestyle that thousands of students across the country have come to embrace. With five years of involvement and a tremendous term as SADD National Student of the Year, I can proudly say that SADD has been the most defining element of my life.



As a high school freshman, I was a founding member of my school's SADD chapter. My position as the vice president of SADD provided me with a unique opportunity to express myself and taught me valuable organizational skills. A year later, I met my first SADD mentor, Jim Noffsinger, Indiana's State Coordinator, who was just beginning to build the foundation of Indiana SADD. I became part of the first-ever Indiana SADD student leadership council. Working to create a strong network of SADD chapters within my state has been one of the many highlights of my time with SADD. It is extremely gratifying to have been part of the original group of Indiana students to discuss our shared experience of what it means to be part of Indiana SADD.

I was eager to get involved with SADD on the national level, and I was thrilled to attend my first national conference two years ago in Anaheim, California. My first year with the Student Leadership Council was guided by the amazing Ashley Conners from Reno, Nevada, the 2002-2003 SADD National Student of the Year. Seeing Ashley in action inspired me to work toward being considered for the SADD National Student of the Year.

When I graduated from high school and found out I had been named Student of the Year, I was too overwhelmed by excitement to realize just how challenging my role could be. I had to learn to interact with a diverse leadership council of students who were every bit as qualified as I was to be the national student spokesperson for SADD. This experience reshaped my leadership style and enhanced my listening skills.

Representing SADD students on the SADD National Board of Directors forced me to confront the differences in generational perspectives of what issues teens face. Overcoming the intimidating nature of a boardroom was easy thanks to the Board's interest in what I had to say about my experiences with SADD. Having the opportunity to share the perspective of SADD students with key members of both the youth safety community and government officials has been the highlight of my tenure as Student of the Year.

The year has absolutely flown by, and I now find myself at the end of my term. One of my final responsibilities as Student of the Year involved an internship in Washington, DC, at the National Highway Traffic Safety Administration. Though my term is over, I consider myself a SADD member for life because of the lifestyle I will continue to live and promote. I want to express my gratitude to all of you, as well as to the members of SADD National. Thank you for giving me the opportunity to be your voice for the past year.

# Bullying in Schools

Advisors: please copy and distribute to your students!

## IT'S NOT JUST THE VICTIMS WHO SUFFER!

Bullying is a social phenomenon that has been around for years and is extremely common. It seems only recently that Americans are becoming aware that what some people call "harmless teasing" can escalate into outright violence. The repercussions are rarely limited to the victims and bullies alone. Students who observe bullying report feeling unsafe, anxious, and less satisfied with school than do students who are not exposed to bullying.

Bullying causes a negative impact on the overall school atmosphere by creating a climate of fear. "The impact of bullying on a school climate can be toxic," says National Crime Prevention Council member and former school administrator James E. Copple. "Bullies and victims suffer well-documented damage, sometimes long-lasting. We've been overlooking the fact that bystanders experience fear, discomfort, guilt, and helplessness that poison the learning atmosphere even more extensively. The level of bystander exposure is far beyond what many of us expected, especially in the upper grade levels, and its growth is nothing short of terrifying."

Given the disturbing frequency of violence in schools, we can no longer afford to dismiss this harassment as harmless teasing.

Seventeen-year-old Tony Morales puts it this way, "When you're a kid, your school building is like your office. Imagine being afraid of a co-worker you must see every day ... it would be pretty hard to get your work done."

So what exactly is bullying? The U.S. Department of Justice released this definition in a recent publication (Ericson, 2001).

*"Bullying encompasses a variety of negative acts carried out repeatedly over time. It involves a real or perceived imbalance of power, with the more powerful child or group attacking those who are less powerful. Bullying can take three forms:*

- **Physical** (hitting, kicking, spitting, pushing, taking personal belongings)
- **Verbal** (taunting, malicious teasing, name calling, making threats)
- **Psychological** (spreading rumors, encouraging social exclusion, extortion, intimidation)."

Ultimately, it does not matter which form bullying takes for it to be harmful. In June 2002, the American Medical Association adopted an anti-bullying measure urging doctors to help change attitudes that tolerate bullying. The AMA policy lists symptoms to watch for in kids who are bullied, including increased school absences, frequent crying, low self-esteem, lack of empathy, and unexplained bouts of rage or sullenness. Physical symptoms of bullying may include recurrent sleep problems, headaches, and sudden bed-wetting.

## Characteristics of Bullies and Their Victims

Kids who bully seem to have a need to feel powerful and in control. They derive pleasure from inflicting misery and suffering on their victims and show little empathy for the people they hurt. Not only do bullies fail to connect a victim's pain with their own behavior, but also most bullies will actually claim that a victim had provoked the attack.



Studies suggest that kids who bully are likely to have been raised in a home in which physical punishment is used as discipline. Students who bully in school are generally defiant, oppositional to teachers and administrators, and antisocial with their peers. In contrast to prevailing "bully mythology," bullies are shown to possess a high, even delusional sense of self-worth. Despite what most of us grew up believing, there is little evidence to support the contention that bullies victimize others because they feel bad about themselves (Olweus, 1993).

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Kids who typify victims of bullying appear to be anxious, self-doubting, and insecure. Victims of bullying frequently report very low levels of self-esteem and a lack of confidence. Victims rarely stick up for themselves when confronted by bullies face-to-face. Victims may lack social skills and friends and are often raised in overprotective households. From a physical standpoint, victims are often undersized and physically weaker than their peers. Contrary to popular belief, physical characteristics such as obesity, dress, or wearing eyeglasses have not been shown to be factors that correlate with victimization (Olweus, 1993).

### Long-term Outcomes of Bullying

Scandinavian studies have reported that kids who bully other students during their school years are likely to have criminal problems as adults. Bullying behavior has been linked to vandalism, shoplifting, skipping and dropping out of school, fighting, and the abuse of drugs and alcohol. Being a child bully makes it very likely that the individual will grow into an adult who has difficulty developing good relationships (Olweus, 1993).

Students who are bullied often see school as an unsafe and unhappy place. An astounding 7% of American eighth graders will stay home from school at least once a month because of bullying (Batsche & Knoff, 1994). Students who are already social outcasts may find themselves even lonelier when they become victims of bullying.

Being a victim of bullying brings consequences that can follow an individual well into adulthood, including depression, low

self-esteem, other mental health disorders, and, in rare cases, even suicide (Batsche & Knoff, 1994). Longitudinal studies have found that victims who were bullied as children are more likely to be bullied as teenagers and adults.

A climate of bullying truly does affect everyone. Bystanders and peers of victims can be distracted from learning as frequently as victims themselves. Students who attend schools with frequent bullying are likely to become more aggressive and less tolerant themselves. They might experience some of the following:

- Being afraid to associate with the victim for fear of lowering their own status, which sometimes happens when bystanders are afraid of retribution from the bully and of becoming victims themselves;
- Fear of reporting bullying incidents because they do not want to be called a "snitch" or "tattletale";

- Feelings of guilt or helplessness for not standing up to the bully on behalf of their classmate;
- Being drawn into bullying behavior by group pressure; and
- Feeling unsafe, unable to take action, or a loss of control.

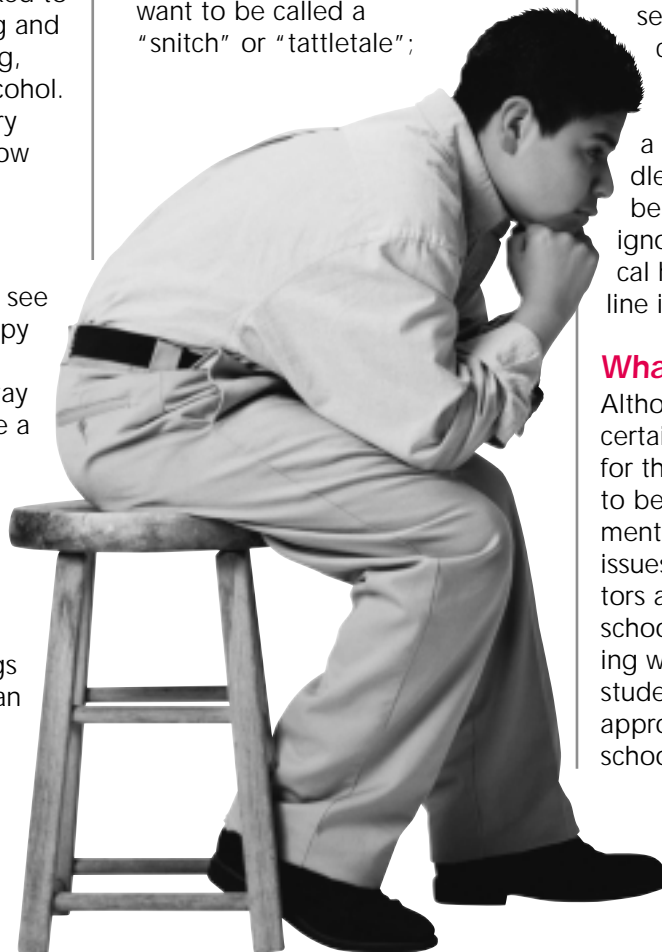
### Can Parents Stop Bullying?

Most parents are unaware of the widespread problem of bullying and do not consider bullying a major issue facing their children. Parents who remember bullying from their own schooling may think of it as harmless teasing that is just part of growing up. Some parents still underestimate the harm bullying can cause.

Many kids who are bullied are afraid to turn to parents and teachers for help. Some victims fear that getting an adult involved will only lead to more harassment from the bully. Students report that teachers seldom or never talk to their classes about bullying, which reaffirms the common misconception that bullying is a problem that kids should handle on their own. Many students believe that school personnel will ignore the verbal and psychological harassment unless it crosses the line into physical assault or theft.

### What Can Be Done?

Although individual bullies must certainly take personal responsibility for their actions, the behavior needs to be countered in their environment. Most experts in bullying issues recommend that administrators address bullying by developing schoolwide bullying policies, working with teachers, and empowering students. A comprehensive approach to address bullying at school can change students'



## SPECIAL PULLOUT SECTION

behaviors and attitudes, reduce other antisocial behaviors, and increase teachers' willingness to intervene.

The U.S. Department of Health and Human Services, the Health Resources and Services Administration, and the Maternal and Child Health Bureau have created a new campaign, called "Take a Stand. Lend a Hand. Stop Bullying Now!" SADD is a partner in the project, and we encourage you to check out their Web site, [www.stopbullying-now.org](http://www.stopbullying-now.org); it is an outstanding resource for anyone worried about this problem. If you have been bullied, have witnessed bullying, have bullied others, or are just curious, you'll find that the Web site is a fun and useful tool. Take some time and check it out! Watch a "Webisode" in the sometimes funny, sometimes sad series. Take an online survey about bullying. Play some cool games. Learn a thing or two about bullying and how to do something about it! The research and resources will help adults get smart and get involved, too. It's all here, at the *Take a Stand. Lend a Hand. Stop Bullying Now!* site, [www.stopbullyingnow.org](http://www.stopbullyingnow.org).

Another useful programming resource is available from an organization called Street Law. They have developed *Community Works: Smart Teens Make Safer Communities*, a program that combines education and action to reduce teen victimization and to involve youth in their communities. The interactive activities include role-plays, group discussions, and skits to build leadership and communication skills. Training, technical assistance, and additional information about the program is available by e-mailing

Betsy Kendall at [bkendall@street-law.org](mailto:bkendall@street-law.org) or by calling (301) 589-1130, ext. 226.

No matter what your school's administrators decide to do, it is imperative to send the message that bullying behavior is totally unacceptable. Districts that have zero tolerance policies should include in those policies not only weapons but also harassments, put-downs, and bullying. While a school's administrators might not be able to eliminate cliques and differences between kids, they can demand that every student treats his or her peers with respect.

### What Your SADD Chapter Can Do

**Analyze the level of bullying** at your school and in your community.

**Talk with school administrators** and SADD advisors about ways to address the problem.

**Call 1-888-ASK-HRSA** to request a copy of the Stop Bullying Now! materials.

**Provide resources** for students in the school.

**Educate students** about the dangers of bullying.

**Create a bullying awareness** campaign.

**Support others** by following SADD's "Helping a Friend Tips." Work with elementary school students and develop programs to teach them about the dangers of bullying.

### Sources

Wellesley Centers for Women  
[www.wconline.org/bullying/facts.html](http://www.wconline.org/bullying/facts.html)

*Continued on next page*

## Helping a Friend

Maybe you're not being bullied but you know someone who is. Have you ever stood around when someone was being bullied but you weren't sure what, if anything, you could do? Maybe you figured that nothing you could do would make a difference.

Don't ignore the bullying! You can help, and here are a couple of suggestions for you to try:

- **Refuse to join in.** Don't laugh at mean jokes or crowd around someone who is being harassed.
- **Correct classmates.** If you hear an untrue rumor, correct the people who spread it and ask them to stop repeating it.
- **Try to be a friend to the person being bullied.** That person needs to know that people will be supportive through this difficult time.
- **Keep an eye on bullied kids.** When bullying becomes too much to bear, victims may choose destructive behaviors themselves to avoid the bully and the situation. If you see any of these signs, tell a parent, teacher, counselor, coach, or any other adult who is close to the situation.
- **Don't question the victims.** Kids get picked on through no fault of their own. Be careful not to unintentionally make a victim feel as though he or she did something to encourage the bullying.
- **Let a teacher or other adult know what's happening.** Adult intervention can stop bullying before it escalates into violence.
- **Don't fight the bully yourself.** It may not be safe to fight back, and you do not want to get labeled as a bully! Tell an adult instead.

## Ten Myths About Bullying

1. **THE MYTH:** Bullies suffer from insecurity and low self-esteem. They pick on others to make themselves feel more important.  
**THE RESEARCH:** Most bullies have average or above average self-esteem. They "suffer" from aggressive temperaments, a lack of empathy, and poor parenting.
2. **THE MYTH:** Bullies are looking for attention. Ignore them and the bullying will stop.  
**THE RESEARCH:** Bullies are looking for control, and they rarely stop if their behavior is ignored. The level of bullying usually increases if the bullying is not addressed by adults.
3. **THE MYTH:** Boys will be boys.  
**THE RESEARCH:** Bullying is seldom outgrown; it's simply redirected. About 60% of boys identified as bullies in middle school commit at least one crime by the time they are 24.
4. **THE MYTH:** Kids can be cruel about differences.  
**THE RESEARCH:** Physical differences play only a small role in bullying situations. Most victims are chosen because they are sensitive, anxious, and unable to retaliate.
5. **THE MYTH:** Victims of bullies need to learn to stand up for themselves and deal with the situation.  
**THE RESEARCH:** Victims of bullies are usually younger or physically weaker than their attackers. They also may lack the social skills to develop supportive friendships and cannot deal with the situation alone.
6. **THE MYTH:** Large schools or classes are conducive to bullying.  
**THE RESEARCH:** No correlation has been established between class or school size and bullying. In fact, there is some evidence that bullying may be less prevalent in larger schools, where potential victims have increased opportunities for finding supportive friends.
7. **THE MYTH:** Most bullying occurs off school grounds.  
**THE RESEARCH:** Although some bullying occurs outside of school or on the way to or from school, most bullying occurs on school grounds: in classrooms, in hallways, and on playgrounds.
8. **THE MYTH:** Bullying affects only a small number of students.  
**THE RESEARCH:** At any given time, about 25% of U.S. students are the victims of bullies and about 20% are perpetrators. The National Association of School Psychologists estimates that 160,000 children stay home from school every day because they are afraid of being bullied.
9. **THE MYTH:** Teachers know if bullying is a problem in their classes.  
**THE RESEARCH:** Bullying behavior usually takes place out of sight of teachers. Most victims are reluctant to report the bullying for fear of embarrassment or retaliation, and most bullies deny or justify their behavior.
10. **THE MYTH:** Victims of bullying need to follow the adage "Sticks and stones will break your bones but names can never hurt you."  
**THE RESEARCH:** Victims of bullying often suffer lifelong problems with low self-esteem. They are prone to depression, suicide, and other mental health problems throughout their lives.

\*excerpted from: "Sticks and Stones and Names Can Hurt You: De-Myth-tifying the Classroom Bully!" from Education World. Retrieved May 2004 from [http://www.education-world.com/a\\_issues/issues102.shtml](http://www.education-world.com/a_issues/issues102.shtml).

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1999

# Dear Abby

**H**ere at SADD, we know that there are all sorts of issues affecting your lives each and every day. When a member of our staff pointed out this Dear Abby column, we decided that the issue discussed by Dear Abby and her readers could be relevant to SADD members anywhere. We have received permission to reprint this column verbatim, and we hope you find it helpful and informative if you are facing a similar situation in your own life.

**For teens who are dating an older partner, this may be something you didn't even know you had to consider.**

Clearly, there are no easy answers here. The decisions you make are your own, but we hope you will find comfort in knowing that there are teens across the country experiencing the same situation.

**DEAR ABBY:** You printed a letter from "Shot in the Heart," a 17-year-old young man who was in love with a 15-year-old "girl of his dreams." His 18th birthday was approaching, and he was worried that he and his girlfriend would have to separate because he would be an adult. He asked if there was anything he could do. You advised him that because his girlfriend's parents had not yet objected to the age difference, they probably would not—and told him to talk to them.

Abby, although your answer had merit and was logical, our laws are not always so. In this country there are thousands of boys in prison who had the same problem. If he has intimate relations with her, which could be as simple as kissing and touching, he could find himself in prison. The girl or her parents could have a change of heart. All it would take is for them to call the police.

There are many cases of parents allowing their daughter's boyfriend to spend the night, only to report the boy to the authorities later.  
— EX-CORRECTIONAL OFFICER WHO HAS SEEN IT ALL

"... for the rest of Nicky's life, he will be required to register as a sex offender."

**DEAR EX:** Thank you for an important letter. The implications are chilling. Read on:

**DEAR ABBY:** The "Shot in the Heart" story is a familiar one. Let me tell you what happened to my sister-in-law's nephew, "Nicky." When Nicky was 17, his girlfriend, "Andi," was 15. Andi's parents liked Nicky and were fully aware of her sexual relationship with him. Andi was still 15 when Nicky turned 18. Then Andi got pregnant. When she told her parents the news (she felt she had very cool parents and could tell them anything), they filed charges against Nicky because he was now an adult.

The outcome? The ruling of the court was that for the rest of Nicky's life, no matter where he moves, he will be required by law to register as a sex offender. (He is also forbidden to have any contact with Andi, whose parents made her get an abortion.) The law enforcement agency that Nicky registers with is legally required to send out fliers letting Nicky's new neighbors know that a sex offender has moved into their area.

This will follow Nicky for the rest of his life. Everywhere he goes, people will regard him as a sick and evil person. They won't bother to find out the specifics of what occurred.

"Shot in the Heart" needs to consider his future, get counseling, and above all realize that it could happen to him! Please Abby, spread the word. People need to be aware.  
— FURIOUS IN FLORIDA

**DEAR FURIOUS:** That girl's parents were as much at fault for what happened as that young man was. That they would turn on him, and that he must now carry the label of "sex offender" for the rest of his life is wrong. I have two letters on my desk from men responding to the letter from "Shot in the Heart" relating that they have been happily married for 48 and 50 years respectively. One man was 22 and the other 18 when they fell in love with their wives, both of them in their early teens. However, that was a long time ago, and times have changed.





# The Growing Problem of Identity Theft

## "But That Wasn't Me!"

**W**hen five-year-old Carlos applied for a passport to visit his grandparents, his mother was perplexed to find her son's application turned down. When she researched the matter, she was shocked by the discovery that her five-year-old son was \$68,000 in debt, owed \$47,000 in child support, and had a criminal record that included three felony DWIs. How could a five-year-old possibly have such a lengthy record? He was one of the 750,000 Americans who fell victim to identity theft last year.

### **Identity theft has become the fastest growing crime in America!**

Most victims are surprised to learn that it takes only a few key pieces of information for someone else to assume your identity and wreak havoc on your credit. With just a name and Social Security number, criminals can open new bank accounts, buy cars, rent apartments, take out loans, and even start new cell phone service. Twenty percent of people who have had their identities stolen don't realize it until two years later! (Identity Theft Resource Center) The process of clearing your name, credit rating, and sometimes even criminal record is both intensely stressful and time consuming. In the meantime, victims may lose job

opportunities, be refused loans, education, housing, or cars, or even be arrested for crimes they didn't commit.

Despite the availability of new technologies, the vast majority of incidents are still relatively low tech. Tactics such as stealing wallets, breaking into mailboxes, or rummaging through trash are still

*"... it takes only a few key pieces of information for someone else to assume your identity and wreck havoc on your credit."*

the most frequently-employed strategies used by identity thieves. While most identity theft victims are adults, children and teenagers are at risk as well. When the victims are very young, they are less likely to have an established credit history and therefore less likely to check their credit reports.

While there is no guaranteed way to protect yourself, there are some steps you can take to limit the opportunities a thief will have to take advantage of you.

- If your driver's license carries your Social Security number, call your local Registry of Motor Vehicles to obtain a state-issued, random license number.
- Destroy private records and statements. Tear or shred credit card

statements, solicitations, and other documents that contain private financial information.

- Empty your mailbox quickly so criminals do not have a chance to snatch sensitive mail.
- Don't carry your Social Security card with you.
- Never leave ATM or gas station receipts behind.
- Check your credit report once a year to look for suspicious activity. If you spot something unusual, alert your creditors right away and follow up to avoid an even bigger problem down the road.

Protect your personal information as you would protect anything else of great value to you. You always have the right to refuse people who ask you for this information, and you should not be afraid to exercise it! *Your personal information — your identity — belongs to you and no one else!*

### **Sources**

The National Center for Victims of Crime Web site, [www.ncvc.org](http://www.ncvc.org)

The Christian Science Monitor: "Identity Heist!" [www.csmonitor.com/2002/0219/p1702-wmcn.htm](http://www.csmonitor.com/2002/0219/p1702-wmcn.htm)

Identity Theft Fact Sheet, written by Linda Foley, Executive Director of Identity Theft Resource Center [www.idtheftcenter.org](http://www.idtheftcenter.org)

*Cosmopolitan* Magazine, June 2004 Issue

# Driving and Teens

## Real World Driver: Driving Skills for Life

Ford Motor Company and the Governors Highway Safety Association (GHSA) have partnered together to create Driving Skills for Life, a program designed to promote safe



teen driving. The Driving Skills for Life program is designed primarily to educate students, but can be beneficial to adults, as well. Program materials have been sent to every high school in the United States and are also available on the Web. The educational kits reinforce skills teens need to master in order to become safer drivers. The four primary skills highlighted in the program are:

1. Hazard Recognition
2. Vehicle Handling
3. Space Management
4. Speed Management

Each kit contains a half-hour video, handbook, teacher's guide and brochures. These materials are meant to serve as the classroom-learning component of the program. The education-based materials are complemented by a series of safe driving demonstrations that take place throughout the country. At each event, teens are provided with an opportunity to practice these four key skills with professional driving instructors in real-life scenarios.

To learn more about the Driving Skills for Life program and to order program materials, please visit [www.drivingskillsforlife.com](http://www.drivingskillsforlife.com).

## Driver's Edge

Driver's education class ... a few instructor hours behind the wheel, some rides observing the driving skills of a terrified peer, an afternoon spent memorizing driving facts you will soon forget and, before you know it, you are a licensed driver! It's astonishing that formal training for teens could be so inadequate, especially given that drivers ages



15-24 are *20 times* more likely to be involved in fatal collisions than the average driver is. Concerned about teens on the road, professional racecar driver Jeff Payne found most conventional driver's education programs unacceptable. Despite the seriousness of the teen driving problem, Payne found that no organization had developed a curriculum that would prepare teens for real-life driving scenarios.

Those concerns prompted Payne to develop Driver's Edge, a program that focuses on accident avoidance skills — real-life braking, evasive steering maneuvers, and skid control — that are rarely taught in conventional driver's training courses. The

instructors are professional racecar drivers who, like Jeff Payne, have firsthand experience handling automobiles when they are pushed to their limits. And this unique training program further distinguishes itself from typical driver's education by putting teens behind the wheels of shiny BMWs and new Camaros. Even teens who think they know everything about driving will find the opportunity to operate a BMW with a professional racer hard to resist!

The 4 1/2 hour Driver's Edge program is free and the program is structured in two sessions per day, with each session accommodating about 75 drivers. Although parents are not required to attend for their kids to participate, they are encouraged to stay and observe the program. Driver's Edge is open to youth ages 15-21 who have a valid driver's license or learner's permit.

Upcoming events on the fall tour can be found by checking out the Web site at [www.driversedge.org](http://www.driversedge.org).

If you would like to bring a Driver's Edge program to your area, contact Driver's Edge by telephone at 877-633-EDGE.

**Driver's Edge**  
KNOW YOURSELF • KNOW YOUR LIMITS

# 2004 SADD National Conference Wrap-Up

Every year we find ourselves saying that the most recent conference was the best yet, and this year is no exception! The energy, passion, and enthusiasm that hundreds of SADD chapters brought to St. Louis, Missouri, successfully raised the bar for future SADD conferences! With more than 400 attendees representing 34 states, students and advisors from across the country came together to enjoy four days of inspiring speakers, motivating workshops, and valuable networking time spent with those who are equally dedicated to the SADD mission.

All of us at SADD express our warmest thanks to Master of Ceremonies Craig Tornquist, who truly set the tone for a positive and productive conference. We also send thanks to keynote speakers Scot Anthony Robinson, Aric Bostick, Sarah Jackson, and Jolanda Jones, whose moving words and stories kicked off each day of our conference with positive energy and inspiration.

We say congratulations and thank you to the Student Leadership Council (SLC) of 2003-2004 and the new 2004-2005 Student Leadership Council. Both were a huge part of the success of the conference. Their hard work, commitment, and

thoughtful attention to detail made this conference memorable. After all of their hard work, we were proud to introduce them all and officially induct our newest SLC at a special banquet the final evening of the conference.

The July 18th awards banquet also gave SADD National an opportunity to honor some very special individuals. Our awardees have devoted substantial time and resources helping children and teens to make positive choices and to resist the negative pressures in their lives. We would like once again to recognize these distinguished award recipients.





Introducing the new 2004-2005 Student Leadership Council

**2004 SADD National Awards Outstanding Contribution Award**

First Lady of Missouri Lori Hauser Holden accepted the Outstanding Contribution Award on behalf of the Leadership to Keep Children Alcohol-Free, a unique coalition of governors' spouses, federal agencies, and public and private organizations. This organization is the only national effort that specifically targets prevention of drinking in the 9- to 15-year-old age group.



**Lifetime Achievement Award**

Yvonne Sparks Strauther, executive director of the Jackie Joyner-Kersey Foundation, accepted the Lifetime Achievement Award on behalf of Jackie Joyner-Kersey, one of the greatest athletes of all time and an outstanding citizen of the metropolitan East and St. Louis community. In 2000, under Ms. Joyner-Kersey's leadership, the Foundation raised more than \$12 million to build a safe haven for young people to learn, play, and contribute to their community and



Lori Hauser Holden, MaryLou Vanzini, Yvonne Sparks Strauther and Penny Wells, executive director of SADD.



2004-2005 SLC Induction Ceremony

opened the Jackie Joyner-Kersey Center, which includes the Jackie Joyner-Kersey Boys & Girls Club. The JJK Center provides services to thousands of families and youth in the metropolitan St. Louis area.

**Distinguished Service Award**

MaryLou Vanzini of SADD National was honored with the Distinguished Service Award for her nearly 23 years of service to SADD National and to the youth in her community of Marlborough, Massachusetts.

Finally, we would like to take this opportunity to recognize Miriam Nicklaus, DC Sills, and the rest of the SADD National Conference Planning Committee for their tremendous efforts in putting together a wonderful conference.

*Continued on next page*



## Conference Wrap-up, continued ...

# Sunday evening's SADDopoly events included ...



Master of Ceremonies  
Craig Tornquist

### Hollywood Boulevard



Karaoke and the SADD Idol Contest

### Boardwalk



Dancing the night away



Making new friends and renewing acquaintances is always a conference highlight.

### Waterworks



Tasty treats included the famous St. Louis frozen custard, and we topped that by having a chocolate fountain!



And, party pics at the beach

**Join us at the SADD National Conference in July 2005!**

The official conference dates will be announced this fall. Look for an update on the SADD National Web site.

# Web Sites

## [www.stopimpaireddriving.org](http://www.stopimpaireddriving.org)

Every 30 minutes, an impaired driver kills: that's nearly 50 people a day and almost 18,000 citizens a year. The National Highway Traffic Safety Administration (NHTSA) and its partners are working together to put a stop to these deadly crashes. Visit this Web site to learn about important impaired driving prevention initiatives, including SADD's own SADD and the Law: *SADD Mobilizes* campaign.

## [www.AboutHealth.com](http://www.AboutHealth.com)

This Web site is a part of Family Health Productions, a nonprofit production company that produces and distributes media (TV programs, videos, booklets) designed to help families stay healthy and talk about the challenges young people face. The site has useful information and resources for parents as well as a section dedicated to young people.

## [www.wiretapmag.org](http://www.wiretapmag.org)

*Wiretap* is an online magazine, youth media network, and art gallery created by and for socially-conscious youth. The site showcases investigative news articles, personal essays and opinions, artwork, and activism resources that challenge stereotypes, inspire creativity, foster dialogue, and give young people a voice in the media.

## [www.thewhitehouseproject.org](http://www.thewhitehouseproject.org)

Fewer young women than men turn to politics as a means of creating change or solving problems. At the White House Project's Girl Zone, students can learn about leadership and how to foster it. Students in grades 7-12 can take part in the Art and Writing Awards that aim to advance public dialogue and creative thinking about women's leadership.

## [www.publicagenda.org](http://www.publicagenda.org)

Want to know what teachers and others are saying about life in U.S. schools? Visit Public Agenda's extensive collection of research, including *Where We Are Now: 12 Things You Need to Know about Public Opinion and the Schools*.

## [www.streetlaw.org](http://www.streetlaw.org)

The Street Law organization strives to provide practical, participatory education about law, democracy, and human rights to teens across the nation. Visit their Web site to view available programs and resources.



## Congratulations to the SADD National College Scholarship WINNERS!

SADD National has chosen Jessica Stark and Chanelle Robinson as the 2004 college scholarship recipients, after reviewing the applications of many qualified students.



**Jessica Stark** is a 2004 graduate of Father Lopez Catholic High School in Daytona Beach, Florida, and will be attending Stetson University in the fall. Jessica is actively committed to a safe and healthy lifestyle and was president of her SADD chapter for three years.

**Chanelle Robinson** of Camden, New Jersey, will be attending Spelman College in the fall. As a high school student at Camden County Technical Schools-Pennsauken, Chanelle was president of her SADD chapter and was involved in many other leadership activities.

**Congratulations, Jessica and Chanelle!**



# Fall and Winter SADD Activities

Fall brings a new school year and the opportunity to renew your SADD chapter's commitment to activities that promote positive decision-making. **To get your chapter going, we've listed a few of the SADD Calendar activities below. More information about these and other activities can be obtained by visiting [www.sadd.org](http://www.sadd.org) or by calling the SADD National office toll-free at 877-SADD-INC (723-3462).**

## SEPTEMBER

### Chain of Life

The Chain of Life is a great activity to start off the school year. It encourages everyone to give serious thought to the decisions they could face throughout the year, and it's an easy way to initiate important conversations about the potential consequences of these choices.

Start the Chain of Life 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. SADD members then loop each piece together, making an interlocking chain with the links.

Customize the activity to your school by dividing the chain into colors for each class, including a color for faculty and other staff members. Class slogans can also be incorporated in the chain, or a photo can be glued on each link in the chain. When the chain's

complete, hang it in a prominent place in the school with a sign that says, "Don't break the Chain of Life." Leave the chain on display or bring it out for special at-risk seasons, such as homecoming, winter holidays, New Year's, prom, and graduation. The chain serves as a reminder that the loss of even one person impacts the entire community.

The Chain of Life is an effective project because it brings a powerful, visual reminder to young people to think before making decisions that may have negative consequences on their lives and their loved ones.

### SADD Membership Drive

Membership is one of the most important elements of your SADD chapter – without members to do your projects and activities, your SADD chapter will not survive. Reaching out to your school community to recruit new members each year is crucial. Equally important is keeping members once they have joined. The following are some ideas for recruiting new members and keeping them committed.

- Put up posters about SADD around school. Be sure to make them fun and easy to read, with all the information available at a glance.
- Visit freshman classes and give out a SADD information sheet. Tell them what your SADD chapter does and invite them to join.
- Host a special information meeting for kids who want to find out more about SADD, its members, and what you do. Provide pizza, ice cream, or other snacks.
- Write an article for your school newspaper about SADD and its members, activities, and goals.
- Invite people personally; everyone wants to be asked.
- Be sure to reach out to a diverse group of students. Always remember that SADD is an inclusive organization – you cannot help students with alcohol or drug problems if you shut them out.

Make sure your meetings are fun and exciting. Put everyone to work right away. If you don't have a job for them to do, they will think you don't need them. Good luck!

## OCTOBER

### Red Ribbon Campaign (October 23-31) [www.nfp.org](http://www.nfp.org)

National Red Ribbon Week is the last week of October. The Red Ribbon Campaign presents a visible commitment to a safe, healthy, and drug-free lifestyle. The campaign creates awareness of the problems related to the use of tobacco,



alcohol, and other drugs and supports the decision to live a healthy, drug-free lifestyle.

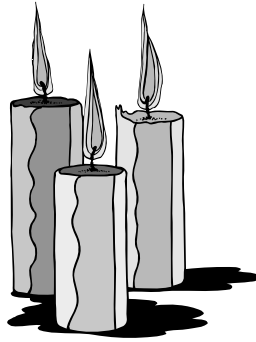
Red Ribbon Week was created to honor Agent Enrique "Kiki" Camerena (of the Drug Enforcement Agency) who died fighting the war on drugs in 1988. Agent Camerena, then 37, uncovered a multibillion-dollar drug ring in Mexico that was pushing a heavy supply of illicit drugs into the United States. Agent Camerena found evidence that linked drug activity to high-ranking Mexican officials from the Mexican Army, police forces, and government. While working in Mexico to bring down the ring, Agent Camerena was kidnapped and killed in February of 1988. Red Ribbon Week celebrates the memory of a special man who died striving to keep Americans safe from drugs. We support his efforts by wearing a red ribbon to send the message: **Live drug-free!**

SADD chapters are encouraged to celebrate Red Ribbon Week to symbolize their commitment to a healthy, drug-free lifestyle and to create awareness of the problems related to the use of tobacco, alcohol, and other drugs.

## DECEMBER

### Tree of Life

The Tree of Life activity focuses on the positive message of living a life free of the hazards and heartache of alcohol and other drugs. This activity can also be combined with a candlelight vigil to remember those who have died or been injured in alcohol-related crashes. It is also appropriate to organize Tree of Life activities as a reminder for students during the holiday season.



Ideally, a live tree with white lights is used as a visual symbol of life for the activity. A local florist or garden center may allow your SADD chapter to borrow a live tree for this activity. If a live tree is not available, create a papier maché tree, a wall tree, or a tree of your design.

Choose a prominent place to display your tree. High-traffic locations such as the school foyer, library, or cafeteria are well suited for this activity. A live tree outside on your school grounds would also work well. Many SADD chapters have done their Tree of Life and Candlelight Vigil in an outside area in their community or in a more public place, such as the local mall.

Plan publicity for the event. Invite the local media to attend and take pictures. Invite the mayor, selectmen, school board members, and other local officials to participate. Ask local elementary school students to make cards to bring with them to hang on the tree.

The Tree of Life and Candlelight Vigil are great ways to put the spotlight on impaired driving during one of the busiest and most dangerous times of the year.

### Lights on for Life

Lights on for Life Day is a symbolic observance designed to focus attention on impaired driving. We have made notable decreases in impaired driving, but we still have much work to do. More than 25,000 people die every year in alcohol- and drug-

related crashes: one death every 33 minutes and one injury every two minutes. Impaired driving is not an accident – these crashes are terrible outcomes of the preventable destructive decisions people make.

To save lives and reduce impaired driving-related deaths, we must generate a greater national urgency to stop death and injury on our nation's highways. We need to change the way Americans view impaired driving, and that will require everyone's help. Impaired driving is not just a problem for law enforcement, the courts, and the victims. Unsafe driving affects everyone. In addition to the physical and emotional damage impaired drivers inflict, they also place a huge financial burden on the community.

During December, law enforcement agencies will stage crackdowns on impaired drivers through the use of sobriety checkpoints and mobilizations. SADD chapters can join with their law enforcement agencies in this effort and encourage drivers to drive with their headlights on the Friday before the winter holidays to remind everyone that alcohol- and drug-related crashes are preventable.

### Gift of a Lifetime

Holidays are a time for giving and for telling the people close to us how much they mean to us. SADD encourages everyone to give the greatest gift of all – a commitment to be safe and drug-free during the holidays. With the SADD Gift of a Lifetime Card, individuals can make promises to each other to celebrate safely and avoid tragedy during the holidays. Through the message of the Gift of a Lifetime Card, teens promise to party substance-free, never to ride with an impaired driver

*Continued on next page*

## SADD Activities, continued ...

and to always wear a seat belt. Parents and family members of legal drinking age promise not to drive after drinking, never to ride with an impaired driver and to always wear a seat belt.

SADD chapters can create visible symbols of this commitment to attach to the card – pins or gold braid or other holiday-colored cord works nicely. Whoever gives the gift also promises to wear the matching symbol. Each demonstrates a pledge to keep the season happy by using the power of caring and good decisions during the holidays.

**REMEMBER** – these are just some of the activities from the SADD Calendar. For more information and ideas, visit [www.sadd.org](http://www.sadd.org) or call the SADD National Office at 877-SADD-INC (723-3462).

The new school year brings a renewed focus on issues that affect teens and their friends. This is your chapter's opportunity to get the facts and share the information with friends before they make a decision they'll regret.

### High Risk Drinking & Alcohol Poisoning

High risk youth drinking and alcohol poisoning are nearing epidemic proportions. Recent studies reveal that the rate of high risk drinking among underage persons was almost as high as the drinking rates for those of legal age! Even middle school students have begun to engage in this dangerous practice. Both high risk drinking

and alcohol poisoning can do serious short- and long-term damage and can even cause death.

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) recently adopted a new definition of binge drinking/high risk drinking: Binge drinking/high risk drinking is a pattern of behavior that raises the blood alcohol level to .08% or above. The NIAAA's definition also includes warnings that it may take less than four or five drinks for some people's blood alcohol content (BAC) to rise and includes the term "bender," which refers to two or more days of sustained heavy drinking. Alcohol poisoning is a severe, often deadly physical reaction to an overdose of alcohol, bombarding the brain and depriving it of oxygen. The brain, struggling to deal with the overdose of alcohol and lack of oxygen, begins to shut down the voluntary functions that regulate breathing and heart rate.

High risk drinking and alcohol poisoning can be deadly, and everyone should be aware of the symptoms. Your SADD chapter can prevent senseless deaths and injuries from high risk drinking and alcohol poisoning by educating your peers and adult members of the community about these destructive behaviors.



### Teens and Tobacco

Develop a program that will raise awareness about teen tobacco use. Nearly all first-time tobacco use occurs before high school graduation. Studies suggest that the younger a child is when he/she tries smoking, the more likely that individual will be to smoke as an adult.

Comprehensive tobacco programs can have two objectives: 1) preventing nonsmokers from trying tobacco and 2) helping current smokers quit. In various survey reports, many adolescent smokers say they would like to quit but have been unsuccessful in previous attempts to quit. A smoking cessation program will provide teen smokers with the support they need to make this important life change.

The CDC (Centers for Disease Control) suggests structuring a smoking cessation program around the Five D's of quitting.

- **Delay:** The craving for a cigarette will eventually pass.
- **Deep Breath:** Take a few calming breaths if you feel you're losing control.
- **Drink Water:** It will flush out the chemicals.
- **Do Something Else:** Form a new, healthy habit instead.
- **Discuss:** Talk through your feelings with people who support your effort to quit.

For more information on these and other issues important to you, visit [www.sadd.org](http://www.sadd.org).



## Chapter Chatter

**Cook, MN** – The Cook School chapter of SADD sponsored a presentation of the play *No Innocent Bystanders*. The 2003/2004 Peer Education Players, a group of Duluth/Superior High School Students, put on the play. *No Innocent Bystanders* is an original theatrical production that provides positive solutions to help the victims of acts of violence and bullying bystanders to understand and/or cope with aggressive peer behavior. The play explores alternatives to the various types of choices that teens often use to cope with aggression: everything from outward physical aggression and verbal abuse to the inward hidden aggression that surfaces in the form of destructive rumors, gestures, suggestive innuendo and the ostracizing of classmates. The Cook School SADD chapter hopes that the play will help students deal positively with the various forms of bullying and ridicule they may be faced with.

**Milford, MA** – The Milford High School SADD chapter opened their SADD Café to the public in the high school cafeteria. The SADD chapter was promoting awareness of the dangers of bad decisions through song, poetry, and other individual and small group performances. Current and former students performed original music and poems. SADD members served as performers, waiters, and waitresses.

**Roselle, IL** – Lake Park High School SADD chapter presented their 22nd Student/Staff Talent Show. It was the last for long-time teacher and SADD sponsor Jim Benzin who retired in

June. The show's proceeds help fund SADD's programming and Red Ribbon Week. The event showcases the talents of both the students and teachers. Last year police officer and high school liaison Rich Hoffman presented a skit featuring his capacity for consuming Krispy Kreme doughnuts while advertising the sale of the sugary delights following the show.

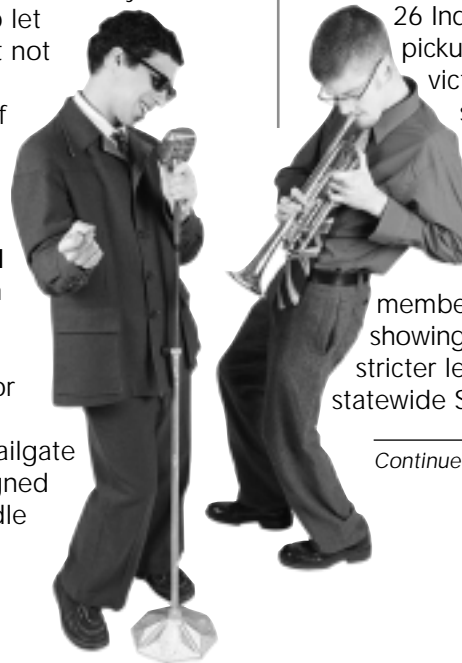
**Marion, AR** – Marion High School SADD chapters became "High School Heroes" to warn fourth and fifth graders about the dangers of smoking. The students formed small groups and developed individualized programs to present in classrooms. They sang, danced, played games, and educated the children about the highly addictive drug nicotine. The Arkansas Chapter of the American Lung Association and the Blue Cross/Blue Shield Insurance Company sponsored the High School Heroes program. The goal of the SADD chapter in presenting the program to the elementary school students was to let them know that not all teenagers smoke. Many of them have chosen to be smoke-free.

**Caledonia, MN** Caledonia High School SADD chapter held a tailgate party for middle school students. The tailgate party was designed to get the middle

school students more interested in school-centered activities as opposed to negative/destructive outside influences. Middle school students were invited to play games, eat supper, and attend a wrestling match. The SADD chapter members were on hand to hang out with the middle school students.

**Rushville, IN** – Rushville Consolidated High School members of SADD made their voices heard through a petition in favor of requiring front-seat occupants of pickup trucks to wear safety belts. The SADD chapter voted to pursue the petition because of the high numbers of trucks and SUVs in the community and the fact that many people do not wear their safety belts. The SADD chapter is very concerned about young children being in trucks or SUVs without being restrained. About one in four registered vehicles on Indiana highways are pickup trucks. Increasingly, teenagers are driving pickups. During the past two years,

26 Indiana teens died in pickup crashes. None of the victims were wearing a seat belt. The SADD chapter attended community events and stood out at local public places asking community members to sign a petition showing their support for the stricter legislation as part of a statewide SADD campaign.



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## Chapter Chatter, continued ...

**Friday Harbor, WA** – Friday Harbor High School SADD chapter members coordinated a campaign to educate their peers and other community members about the dangers of underage drinking and riding in a vehicle with someone who has been drinking. SADD chapter members stressed that young people have a right to not get in a car with a driver who has been drinking – even if that driver is an adult or a parent. The SADD chapter tied white ribbons with hearts on the tree in front of the Pacific Northwest Bank to let people know that DUI can kill. The ribbons were available in the bank and other locations in the community for people to add their own ribbons to the tree.

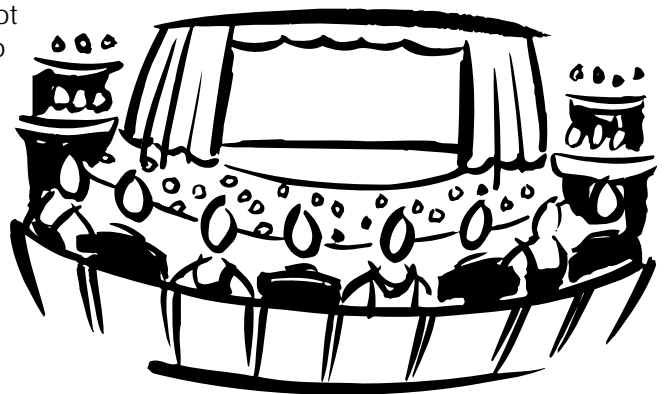
**Sunnyside, WA** – Sunnyside High School leaders earned national honors. National leaders in the fight against substance abuse in schools honored members of the Sunnyside SADD chapter, Leaders in Action, and TATU Club. The Substance Abuse and Mental Health Services Administration (SAMHSA) honored the students as heroes for their stand against substance abuse and awarded them the “Outstanding Youth Leadership Award.” Dr. Judy Kosterman of the U.S. Department of Education presented the trophy. Kosterman praised the teens for their roles in changing the climate at their school and in the community. The students were applauded for the impact they make on their peers by example and through student-driven anti-abuse activities. The

students have worked among their peers, hosting anti-smoking campaigns as well as drug prevention programs. Kosterman also praised the youths for their courageous stand against drugs and for their daily decisions to be healthy role models to others in the community. She stated that they earned the award for their decision to stand for change.

**Omro, WI** – Omro High School SADD chapter members visited elementary schools to perform skits for the younger students on the right way and wrong way to act in different situations. Reminiscent of *Highlights* magazine’s Goofus & Gallant, the boys showed two ways to act – one right way and one decidedly wrong. Their performance covered classroom etiquette, playground kindness, how to be a good friend, and understanding kids with differences. SADD chapter members first performed the skit showing incorrect behavior, from throwing candy in the bus to fighting over a swing at recess. The audience members then got an opportunity to point out what the kids did wrong. The skit

was performed again, this time with the appropriate behavior. SADD members hope to educate their fellow students, from kindergarten through twelfth grade, about alternatives to alcohol, drugs, and other bad choices. The skits are just one of the many ways the members reach out and make their presence known throughout the school year showing how to be good role models and make good choices.

**Hartford, CT** – SADD member Daniel Rosado-Christopher was recently awarded a Kids to Kids National Service Award by the Child Welfare League of America. Daniel is a SADD member as well as a mentor for elementary school students, a member of Helping Other People Everywhere, and a regular volunteer with his church at the local homeless shelter. Congratulations, Daniel!!



# Chapter Registration Form

Joining SADD means joining millions of young people across the country who are dedicated to saving lives and making good, healthy decisions.

Once you send in this form, we will send you a packet of appropriate information along with your SADD Membership Certificate. It is very important for chapters to register with the SADD National office every year. Please be sure to fill out this form completely and then fax or mail it to

SADD, Inc., P.O. Box 800, Marlborough, MA 01752

Fax: 508-481-5759

Date: \_\_\_\_\_

SADD Chapter Name: \_\_\_\_\_

Check all that apply:

- |                                     |   |                                      |
|-------------------------------------|---|--------------------------------------|
| <input type="checkbox"/> School     | <input type="checkbox"/> Community Center | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Elementary | <input type="checkbox"/> Middle           | <input type="checkbox"/> High        |
| <input type="checkbox"/> Urban      | <input type="checkbox"/> Suburban         | <input type="checkbox"/> Rural       |
| <input type="checkbox"/> Private    | <input type="checkbox"/> Public           | <input type="checkbox"/> College     |

Number of Active Members: \_\_\_\_\_ School Population: \_\_\_\_\_

Grade Levels: \_\_\_\_\_ Year SADD Started: \_\_\_\_\_

Principal or Director Name: \_\_\_\_\_

School Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Shipping Address (No P.O. Box): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

School Web Site: \_\_\_\_\_ County: \_\_\_\_\_

SADD Advisor: \_\_\_\_\_

- Title:  Teacher  Counselor  Coach  Nurse  Law Enforcement Officer  
 Parent  Clergy  Community Leader  Other \_\_\_\_\_

Advisor Home Phone: \_\_\_\_\_ Office Phone: \_\_\_\_\_

Advisor Home Address (No P.O. Boxes): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Advisor E-mail: \_\_\_\_\_

**For chapters that are reregistering, please check all that apply.**

Activities completed:

- SADD Membership Drive
- Prom/Graduation Awareness
- All-Night Parties
- Service-Learning Projects
- Mock Car Crash
- Grim Reaper
- Elementary School Activities
- Middle School Activities
- Red Ribbon
- Safe Summer

Campaigns completed:

- Think About It ... New Year's
- Think About It ... Spring Break
- Think About It ... Summer
- Think About It ... September
- SADD Mobilizes
- 21 or Bust
- Is It Worth the Risk?

Issues addressed by your chapter:

- Underage Drinking
- Impaired Driving
- Aggressive Driving
- Violence Prevention
- Dating Violence
- Depression
- Eating Disorders
- Other Drug Use
- Safety Belt Education
- Smoking
- Bullying
- Suicide Prevention
- Teen Pregnancy
- HIV/AIDS, STDs



Students helping students make positive decisions about challenges in their everyday lives

**STEPHEN G. WALLACE**  
Chairman &  
Chief Executive Officer

**PENNY WELLS**  
Executive Director &  
President

**SADD, Inc.**  
**NATIONAL HEADQUARTERS**  
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P.O. Box 800  
Marlborough, MA 01752

1-508-481-3568  
1-508-481-5759 fax  
1-877-SADD-INC toll-free

[www.sadd.org](http://www.sadd.org)

**Are you on our list?**  
To receive upcoming issues of SADD's free newsletter, you must be on our mailing list. To register, contact us

✓ online: [www.sadd.org](http://www.sadd.org)  
✓ call: 1-877-SADD-INC  
✓ fax: 1-508-481-5759

with your school name and mailing address!

# SADD Calendar

The SADD Calendar is an "Action Plan" for your SADD chapter. You may include additional activities. **Good luck!**

## September

- ✓ Chain of Life Campaign
- ✓ SADD Membership Drive

## October

- ✓ High-Risk Drinking/Alcohol Poisoning Awareness
- ✓ National Red Ribbon Campaign

## November

- ✓ Stop Violence. Try Mediation.
- ✓ Wipe Out Smoking Month

## December

- ✓ Tree of Life Campaign
- ✓ Lights on for Life
- ✓ Gift of a Lifetime

## January

- ✓ Stop Aggressive Driving
- ✓ Elementary School Campaign
- ✓ National Blood Donor Month

## February

- ✓ Friends for Life Campaign
- ✓ Buckle Up Initiative

## March

- ✓ Middle School Month
- ✓ National Grim Reaper Day
- ✓ Suicide/Depression Awareness Month
- ✓ Inhalants Awareness Week

## April

- ✓ Alcohol Awareness Month
- ✓ Safe Prom Awareness
- ✓ Mock Car Crash
- ✓ National STDs & AIDS Awareness Month
- ✓ National Youth Service Day

## May & June

- ✓ Safe Prom & Graduation Campaign
- ✓ National Teen Pregnancy Prevention
- ✓ Dating Awareness Initiative

## July & August

- ✓ Safe Summer Campaign
- ✓ SADD NATIONAL CONFERENCE
- ✓ Impaired Driving Mobilization

## SADD Store Products

Be sure to get your new SADD Store Products catalog for the 2004-2005 school year.

**Call 1-800-323-3676, ext. 316.**

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**SADD**  
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