

DECISIONS

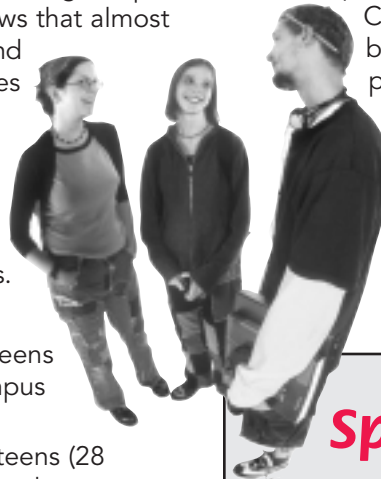


College Visits May Prove Dangerous for High School Students

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A new survey by SADD and partner Liberty Mutual found that many high school students who visit college campuses prior to attending engage in risky and dangerous behaviors on their overnight trips. The new *Teens Today* data shows that almost four in ten high school juniors and seniors visiting college campuses report engaging in drinking, other drug use, or sex during overnight visits. The survey indicates that these dangerous behaviors are much more prevalent among boys than girls.



The survey found the following behaviors among high school teens who have visited a college campus for an overnight visit.

- **Sex** – More than one in four teens (28 percent) report 'having sex,' and an additional 4.2 percent report engaging in 'other types of sexual activity.'
- **Drinking** – One in four teens (25.5 percent) reports drinking alcohol.
- **Drugs** – More than one in five teens (21.5 percent) report using drugs.
- **All risky behaviors** – One in eight teens (12.4 percent) reports engaging in all of the dangerous behaviors: drinking, drug use and sexual activity.

Additionally, the research indicates boys' behaviors on these overnight campus visits tend to be riskier than girls' behaviors. For example, boys are two to three times more likely than girls to report having sex (41.5 percent vs. 14.6 percent), drinking (36.3 percent vs. 14.8 percent) or using drugs (29.7 percent vs. 11.6 percent).

The overall survey results held particular significance: more than 75 percent of high school students plan to attend college and a majority of these students go to visit colleges prior to making their final decision. College visits were defined either by students staying with friends or participating in formal orientation programs offered by schools.

"This new information should sound an alarm both for parents and college administrators,"

Continued on page 3

Special Report

Calls for Shared Responsibility in Creating Nationwide Strategy to Combat Underage Drinking

"More young people drink alcohol than use other drugs or smoke tobacco, and underage drinking costs the nation an estimated \$53 billion annually in losses stemming from traffic fatalities, violent crime, and other behaviors that threaten the well-being of America's youth. Curbing underage drinking is an uphill battle because alcohol is legal and readily available to adults."

Read about this important new report issued by the the Institute of Medicine of the National Academies. *See complete article on page 8.*



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"IT TURNS OUT THAT THE PATTERNS AND CONSEQUENCES OF YOUTHFUL DRINKING ARE CLOSELY RELATED TO THE OVERALL EXTENT AND PATTERNS OF DRINKING IN THE SOCIETY, AND THEY ARE AFFECTED BY THE SAME FACTORS THAT AFFECT THE PATTERNS OF ADULT CONSUMPTION. FROM THIS STANDPOINT, IT IS POSSIBLE THAT THE MOST EFFECTIVE WAY TO REDUCE THE EXTENT AND ADVERSE CONSEQUENCES OF YOUTHFUL DRINKING WOULD BE TO REDUCE THE EXTENT AND CONSEQUENCES OF ADULT DRINKING. IT IS CLEAR, HOWEVER, THAT CONGRESS INTENDED FOR THE COMMITTEE TO FOCUS ON YOUTH DRINKING, RATHER THAN DEVELOPING A STRATEGY TARGETING ADULT DRINKING AS WELL AS YOUTH DRINKING. THIS IS WHAT THE COMMITTEE HAS DONE."

— RICHARD J. BONNIE,
CHAIR, COMMITTEE ON
DEVELOPING A STRATEGY TO
REDUCE AND PREVENT
UNDERAGE DRINKING
FROM THE PREFACE

Message from the **Executive Director**

The comprehensive report on underage drinking that was recently issued by a special committee of experts convened under the auspices of the National Academies (Institute of Medicine and National Research Council) of Science makes compelling reading for any person committed to and concerned about young people. Those of us who spend our waking hours with teens, or thinking about teens, in homes, schools, offices, hospitals, community centers and on athletic fields, devote a good portion of that time to worrying, and among the things highest on our list of worries is alcohol. The scientific evidence of its harmful effects is massive. Its presence in their lives is pervasive. All of us have personal stories of wonderful young people we knew whose lives were snuffed out in car crashes, or swimming accidents, or falls under the influence of alcohol. And yet, the problem is maddeningly stubborn and seems to get worse year by year.

The quote from the preface to the report references a recurring theme. As a society, our approach to alcohol use by adults and by teens, unlike our approach to drug use and tobacco use, is split. Regarding both drugs and tobacco, there exists a broad societal judgment that these substances are universally dangerous – to young and old alike. But on alcohol, we take a dual approach. Most of us do not condemn the consumption of alcohol; we establish

conditions and controls for its use, but overall we tolerate it, and many embrace it. Our message to our children is not: "Don't do it ever," but rather: "Don't do it yet." We tell teenagers, "Wait until you are older and more mature." The right to consume alcohol becomes a marker of adulthood and the reality of drinking a rite of passage.

The Committee reviewed the scientific literature, commissioned papers from leading authorities, interviewed stakeholders, and heard testimony at public forums. The resulting report outlines a comprehensive ten-point strategy to reduce and prevent underage drinking, consistent with the Committee's congressional charge. The main recommendations are listed in the article on page 9 of this newsletter.

But the report emphasizes over and over that progress on this sensitive and complex issue will require a national consensus about both the goals and the means of changing this youthful behavior, and this is where it gets complicated. "If the nation is to succeed in promoting abstinence or reduced consumption by minors in a country that has more than 120 million drinkers, the need to do so has to be understood and embraced by many people in a position to reduce drinking opportunities for minors." That includes parents, local police, school boards, alcohol distributors, regulatory agencies, and members of the entertainment industries.

College Visits, continued ...

Arriving at consensus among these groups is an immense challenge. Is it worth it? Alcohol kills more than 2,400 teens on the highways alone every year, with many more dead through violence, suicide, and unintentional injuries. Millions more are injured. The lifelong effect of early consumption of alcohol on the human brain is just beginning to be understood. Underage drinking costs \$53 billion each year. Of course it is worth it.

Can we do it? Good question. This is where adults must look inside themselves and question their own behaviors and their own ambivalences about the issue. We need to challenge ourselves and we need to challenge our neighbors. As a society, we need carefully examine the evidence, draw conclusions, and act. We will need money to follow through, and we need to find sources for that money. We need to keep the issue as a priority, likely over the course of many years, in the face of many other distractions. I don't know if we can do it. I do know that our children are not waiting for us.

Jenny Wells

said Stephen Wallace, SADD chairman and CEO. "High school students, some as young as 16, are making poor, and potentially tragic, choices in unsupervised environments filled with access to alcohol, drugs and sex."

"These results speak to parents about the importance of setting expectations for their teens, and discussing those expectations, to help teens make the right decisions," said Paul Condrin, Liberty Mutual executive vice president and manager, Personal Market. "The temptations are waiting for these kids as soon as they go off to school, so it's important that parents have a strong communication channel with their teens to help guide them in the right direction."

Past SADD/Liberty Mutual research has repeatedly found that open, honest communication between parents and teens is the most important element in healthy teen decision-making. Young people who spend time with their parents, talk with them regularly, and have a close relationship with them are less likely to drink, use drugs, or have sex.

The survey points to the importance for students and parents of outlining expectations for these trips prior to the visits. While these unsupervised visits are a great opportunity to share in a weekend of fun and to have a chance to enjoy the "college experience," going off to university is for many also a first opportunity to demonstrate lessons learned during high school and to make positive decisions within the context of newly-gained independence.

The survey results were released in a news announcement in November 2003 and precede the release of the full findings in SADD's annual *Teens Today* report, scheduled to be released in January 2004. The overall report studies teens' behaviors, attitudes and decision-making about such issues as driving, drinking, drug use, sexual activity and family/peer relationships. The 2003 *Teens Today* report is based on a total of 2,753 self-administered surveys by middle and high school students from across the country in grades 6 through 12.

New from Ford Motor Company

Safe Driving Materials Free to SADD Chapters

NOW AVAILABLE

“Revving Up” Your SADD Chapter Kit

Get your chapter really moving with this **new** membership campaign kit:

- 3 SADD Posters
- 25 Table Tents
- SADD Balloons
- Box Pledge Cards
- 50 SADD Pencils
- 1 “6 R’s of Membership”
- SADD Event Planner
- 50 SADD Magnets
- NOYS Planner & Video
(Compliments of National Organizations for Youth Safety)

\$25.00 includes shipping

To order, call SADD toll-free at 877-SADD-INC (877-723-3462) or fax request to 508-481-5759.

SADD Chapter Manual

It’s everything your SADD chapter needs to know for both high school and middle school programs.

- Bylaws
- Constitution
- Sample Meeting Agenda
- Activities
- Issues
- Legislation
- Media
- And more, more, more

\$25.00 plus shipping

Manuals are available from SADD Custom Products. To order, call toll-free at 800-886-2972.



New Ford Motor Company Safe Driving Video, Web Site and Other Educational Materials

Ford Motor Company has recently launched a new teen driving campaign, *Real World Driver: Driving Skills for Life*, and Students Against Destructive Decisions (SADD) is pleased to be a supporting partner along with the Governors Highway Safety Association (GHSA), the National Highway Traffic Safety Administration (NHTSA) and others.

The core of the program is a half-hour video in which teens talk to teens about safe driving. The program also includes brochures, posters, a teacher's guide and an interactive Web site at www.realworlddriver.com that lets teens take a quiz for a chance to win exciting prizes.

One educational kit was sent to the principal of every public high school (nearly 20,000) in the U.S. last May, and a refresher mailing was sent to the principals of all public schools in November. Educational kits are being sent to all private schools in the U.S. next year.

Kits are available free of charge to SADD chapters by e-mailing through the Web site at www.realworlddriver.com and clicking on “Feedback Forum.”

What makes the program unique is that it builds awareness about four *driving skills for life* that *Real World Driver's* advisory board of safety experts believe are key to making teens safer drivers:

- **Hazard recognition** involves recognizing and anticipating hazards, such as distractions and intersections, and dealing with them successfully. Safe techniques for approaching and turning left at intersections are examples of subjects addressed.
- **Vehicle handling** includes learning how to handle different vehicles competently under a range of driving circumstances and maneuvers. Vehicle balance, type and braking are all covered.
- **Space management** addresses maintaining safe spacing with other traffic and managing space in an emergency. This section addresses the importance of positioning your vehicle safely in traffic.
- **Speed management** emphasizes driving at speeds that are right for conditions and how to maintain control in dangerous situations such as skids. Knowing the road, letting others know your intentions and knowing how to react to other drivers' actions are addressed.

Real World Driver also emphasizes common sense tips on how to drive safely right from the start, such as safety belt use, zero tolerance for alcohol, and avoiding distractions. The program also strongly recommends heart-to-heart talks and achieving an agreement between teens and their parents about responsible driving.

A feedback form is included in each kit so please fill it out and send it in. Doing so will help Ford gauge how many teens have used the program and also help perfect the program for future use.

February Campaign in Partnership with NHTSA

SADD & the Law: 21 or Bust

Underage drinking remains a pervasive problem in America. In fact, teens use alcohol more frequently than all other drugs combined. SADD and the National Highway Traffic Safety Administration (NHTSA) are partnering to present a new campaign to stop the sale of alcohol to young people under the age of 21. This campaign, which is funded through NHTSA, is modeled on

“An overwhelming number of Americans (96%) is concerned about underage drinking, and a majority supports measures that would help reduce teen drinking, such as stricter controls on alcohol sales, advertising, and promotion.”

—National Center for
Statistics & Analysis

SADD's successful “Not on Your Life!” program, which was piloted in Louisiana, New York, Arizona, and Florida, and the “Zero, Nada, None” campaign (see page 6) used successfully in Vermont.

Community mobilization around alcohol problems in the United States has a long and varied history, dating back to the nineteenth century. In recent years, community mobilization has been recognized, documented, and evaluated in efforts to reduce alcohol-related problems, including underage drinking. SADD

chapters, along with local law enforcement and community members, have organized mobilization efforts and used the news media to support changes in alcohol availability, reductions in outdoor advertising of alcohol, and increased compliance checks on retailers regarding service and sales of alcohol to minors. One example of SADD's recent efforts is the successful Not on Your Life! campaign. NOYL was designed to demonstrate how SADD chapters could partner with the community to reduce the sale and purchase of alcohol to underage persons. The campaign resulted in increased community support and participation in curbing alcohol sales to minors and significantly fewer delinquency problems associated with youth and underage drinking.

NHTSA estimates that minimum drinking age laws have saved 21,887 lives since 1975. However, for this law to increase the number of lives saved, we need to ensure that the law is enforced.

An overwhelming number of Americans (96%) is concerned about underage drinking, and a majority supports measures that would help reduce teen drinking, such as stricter controls on alcohol sales, advertising, and promotion (National Center for Statistics & Analysis). As a part of the 21 or Bust campaign, we will be

asking law enforcement officials and community members to get involved as our eyes and ears to ensure that the laws are obeyed.

This campaign asks chapters to determine the scope and attributes of the underage drinking problem in their community. Tools in the kit will help chapters seek current information from local law enforcement agencies, injury prevention coalitions and departments of public health about Licensed Beverage Outlet (LBO) sales to underage persons and the associated delinquency problems, including the incidence of alcohol consumption in family and school violence and motor vehicle crashes. One overall goal of the campaign is to enlist LBOs in curtailing unlawful sales and promoting compliance with the law.

The campaign kit directs chapters to enlist local law enforcement to monitor the LBOs for compliance with the law prohibiting the sale of alcohol to underage persons. LBOs participating in the program will receive thank you letters and certificates of appreciation from chapters and recognition from local media coverage for their positive action against a serious community problem.

The 21 or Bust campaign will be launched in February 2004. For more information about the campaign, please contact Lindsay Jean Casavant, Program Coordinator, at ljcasavant@sadd.com or call toll-free at 877-SADD-INC.



**SADD AND
THE LAW**

Zero, Nada, None ... Vermont

Curbing the Underage Sale of Alcohol

Approximately 11 million American youth under the age of 21 drink alcohol. Nearly half of them drink to excess, consuming five or more drinks in a row one or more times in a two-week period.

As SADD chapters across the nation work on the complex problem of underage drinking, the topics of access and availability are readily identified as problem areas that have to be addressed. Zero, Nada, None is a program currently used in Vermont to address the issues of alcohol sales to people under the age of 21. Vermont, one of the first states to adopt a Zero Tolerance Law for those under twenty-one, developed the Zero, Nada, None (ZNN) program to educate the public about the new underage drinking laws. One goal of the program is to curb the sale of alcohol to those under 21.

Though the sale of alcohol to minors is a problem in many states, Vermont's problem is more pervasive because alcohol is sold almost everywhere; grocery stores, convenience stores, drug stores and gas stations are eligible for second-class alcohol licenses to sell wine, beer, wine coolers, and other malt beverages.

The Zero, Nada, None program incorporates many of the successful strategies used in SADD's recent campaign entitled "Not on Your Life." Both programs strive to increase community support and



participation of teens and adults in stopping alcohol sales to anyone under 21, reducing delinquency problems, DUI, vehicle crashes and other alcohol-related crimes, injuries, and death. The Vermont Teen Leadership Safety Program/ SADD collaborated with the Governor's Highway Safety Program, Department of Liquor Control, and START (Stop Teen Alcohol Risk Teams) to modify the Not On Your Life campaign materials to fit Vermont's needs. The NOYL materials were completely redesigned using the ZNN logo and colors and additional materials were created to supply to stores, schools and communities.

To implement this program, VTLSP/ SADD students worked with a local organization called New Directions. New Directions is comprised of community coalitions that receive grants from the Department of Health's alcohol and drug abuse programs to establish a community approach to underage drinking. The New Directions coordinators received training to implement the Zero, Nada, None program and manuals and materials. Each coordinator partnered with VTLSP/

SADD Youth Advisory Council members and other VTLSP/SADD chapter members from local high schools to implement the program in their communities. After the training, a press conference was held to kick off the statewide ZNN program. VTLSP/SADD students, the Commissioner of Liquor Control, and the President of the Vermont Grocers' Association signed a proclamation and posed for photos. Ten New Directions coalitions in all were trained and received materials to implement the ZNN program.

Evaluations indicated the program was a success, although more training was identified as an area for improvement.

This year, the ZNN program is expanding to include all VTLSP/ SADD schools. At a recent advisor conference, all advisors were given a manual, a list of second-class licensees, and samples of the materials. They also participated in a role-play activity that identified some scenarios their students might face in promoting ZNN.

Evaluations will be collected in June. To learn more about Vermont's Zero, Nada, None program, contact Carol Rose, VTLSP/SADD State Coordinator, at (802) 828-3851 or crose@doe.state.vt.us.

To learn more about SADD's newest national campaign, 21 or Bust, see article on page 5.

Reflections

from Ashley Conners, SOY



Dear SADD Members,

It has now been several months since I passed the gavel as the outgoing SADD National Student of the Year, and I would like to take this opportunity to reflect on my journey.

A few years ago, I would not have dreamed that I would be writing this letter to thousands of SADD members after serving as SADD National Student of the Year for an entire year. When I started with SADD nine years ago, I loved the lifestyle that we promote and I wanted to make a difference. I could not have predicted where SADD would take me. This past year has presented me with challenges and obstacles that made me grow and learn about leadership and about myself. I had been on the SADD Student Leadership Council for two years prior to my year as Student of the Year, so I thought I knew what was ahead of me. I was not prepared for how much one year of challenging experiences would help me grow as a person.

I was given the task of chairing the SADD National Student Leadership Council. This group of special people did not need a leader, for they were a group of leaders themselves. The fact that these extraordinary people became my good friends and supported me gave me the inspiration to keep working harder. Their passion and dedication to SADD and our group were amazing. Every one of them has taught me something.

As SADD Student of the Year, I was a member of the SADD National Board of Directors. Through our business meetings, I gained an expanded perspective on nonprofit groups. I never dreamed that talking about business issues would interest me. But as a Board member, I surprised myself as to how much more I wanted to learn.

Participating on the National Conference planning committee was fun and challenging for me. This job brought out my creative side and challenged me to think "outside of the box."

As the primary student representative, I felt my opinions and contributions were valued. Throughout the year, I was asked to travel to many places for meetings and conferences. These experiences were by far the most memorable ones. I was given the opportunity to network with other youth leaders at NOYS meetings (National Organizations for Youth Safety), to speak about SADD at conferences, and to meet some amazing adults in the field of youth safety.

Finally, the end of my year gave me the opportunity to really spread my wings. I was given the chance to live in the nation's capital and work for the National Highway Traffic Safety Administration (NHTSA). Living in Washington, DC, for eight weeks is an experience in itself. The history and patriotism in the city is extraordinary, and you can't help but love the culture that surrounds you. I explored the world of government, met with other government agencies, and showed DC how great

SADD is. I tried to make the most of this opportunity every day I was there. I am still processing everything that I learned from those eight weeks in a government office. I would never trade the experience for anything. I believe that I will benefit from this learning experience for years to come.

As I look back, I am grateful for the opportunities that SADD gave me. I hope all young people can make the most of the opportunities that come their way. I am writing this to challenge all of you to follow your dreams. Each of us has the potential to succeed, but first we must have the courage to dream. If I had never dreamed and had just given up on myself, I wonder where I would be today. Would I be a college student? Would I have built up a positive self-image and the power to lead? To reach your potential, you have to reach high to catch your dreams. Don't just let them go flying by like a shooting star. Aim high and you will get there.

Thank you for giving me the opportunity to be your voice as a SADD student to the nation. It was a wonderful journey, and I have every SADD student to thank for creating this great organization. Thank you!

Best wishes,

Ashley Conners

2002-2003 SADD National Student of the Year

Landmark Special Committee Releases Report:

Calls for Shared Responsibility in Creating Nationwide Strategy to Combat Underage Drinking

Last fall, the National Academies released a much-anticipated report entitled "Reducing Underage Drinking: A Collective Responsibility." Congress had charged a committee of experts to review a broad range of federal, state and nongovernmental programs and develop a cost effective strategy to reduce and prevent underage drinking. The Committee on Developing a Strategy to Reduce and Prevent Underage Drinking relied on available scientific literature, including special papers written for the committee, public input, and the expertise of its members in formulating its report.

The Committee began its report by listing the reasons underage drinking is a dangerous and national problem worthy of urgent attention. Among the points cited by the Committee were the following:

- One third of youth traffic fatalities involves alcohol.
- Underage alcohol use is associated with violence, suicide, educational failure, and other problem behaviors.
- The earlier a person starts to drink, the worse the problem becomes.
- Frequent heavy drinking by adolescents can lead to mild brain damage.

"Although the public is generally aware of the problems associated with underage drinking, the nation's social response has not been commensurate with the magnitude and seriousness of the problem."

— Richard J. Bonnie, Chair, Committee on Developing a Strategy to Reduce and Prevent Underage Drinking

- Alcohol is easy to obtain and many teens get it from adults.
- When teens drink, they drink more heavily and recklessly than adults do.
- Underage drinking has been estimated to cost \$53 billion annually,

including \$19 billion from traffic crashes and \$29 billion from violent crime.

The report also noted that the Federal government devotes significantly less money to the problem of underage drinking (\$71.1 million) than to preventing illicit drug use (\$1.8 billion) or smoking (\$100 million by one agency of the federal government with more spent in the states), even though more young people drink than smoke tobacco or use other illegal drugs.

The Committee reached the fundamental conclusion that preventing underage drinking must be focused on adults and must engage the society at large. According to the Committee's report, "Youth drink within the context of a society in which alcohol use is normative behavior and images about alcohol are pervasive." (p. 2) The Committee's

Alcohol Consumption by Specific Locations, by Age, in California

AGE GROUP	LOCATION				
	Party	Bar	Restaurant	Outdoors	Car
≤15	75.8	9.7	19.4	56.5	38.7
16-17	80.8	17.2	20.2	54.5	32.8
18-20	85.7	45.3	30.1	53.0	31.0

SOURCE: Walker et al. (2001)

recommended strategy envisions a broad societal commitment to reduce underage drinking, including reducing the availability of alcohol to youth, the occasions for underage drinking, and the demand for alcohol among young people.

Among the recommendations are the following:

- The Federal government should fund and support an **adult-oriented national media campaign** to reduce underage drinking.
- All stakeholders including the alcohol industry should join together in a **national partnership** to establish and fund an independent nonprofit foundation with the mission of preventing and reducing underage drinking.
- **Alcohol advertising** with underage appeal should be curtailed; alcohol industry trade associations should strengthen their advertising codes; and Congress should monitor and report underage exposure to alcohol advertising.
- The **entertainment industries** should develop rating systems and marketing codes to assist in reducing exposure to favorable alcohol content; the television, film and music industries should take steps not to promote or glamorize alcohol consumption by teens; and Congress should monitor and report underage exposure to alcohol advertising.

Drinking Patterns Among Adults and Youths

DRINKING PATTERN	AGE				
	12-14	15-17	18-20	21-25	26+
Nondrinkers	93%	74%	51%	38%	51%
Drinkers					
Alcohol use but no heavy drinking in past 30 days	51%	32%	29%	36%	61%
Heavy drinking in past 30 days	42%	49%	45%	44%	29%
Frequent heavy drinking in past 30 days	8%	19%	26%	21%	10%

SOURCE: Data from the 2000 National Household Survey on Drug Abuse

- **Laws** should be toughened and existing laws should be enforced. Specific recommendations were made on the following subjects: minimum drinking age laws, compliance checks and employee training in retail outlets, dram shop liability statutes, Internet sales and home delivery, keg registration, zero tolerance laws, graduated driver licensing, sobriety checkpoints, false IDs, and administrative penalties for minors who violate the law.
- The likelihood of success of a **youth media campaign** should be investigated intensively. Funding of evidence-based, **youth-oriented interventions** should continue. Colleges should adopt comprehensive prevention approaches.
- Community leaders should consider effective approaches to reduce underage drinking in their

communities and public and private funders should support effective **community mobilizations**.

- **Government should take a strong role** in pursuing this problem. A federal interagency coordinating committee should be established, along with a training and research center on underage drinking. The government should monitor and report on the problem.
- **Alcohol excise taxes** should be raised at both the federal and state levels both to deter underage use and to fund some of the prevention strategies.
- **Monitoring and evaluation** of these strategic steps should be ongoing.

The full report can be read online or ordered on the NAS Web site. Go to www.nationalacademies.org/news.nsf.

National Youth Service Day

Today more than ever before, young people are pitching in to make a difference in their communities. National Youth Service Day (NYSD) celebrates the service young people perform every day. For the third year, SADD will partner with NYSD to promote the next generation of volunteers and educate the public about the year-round contributions of young people as community leaders.



Steve Culbertson, president of National Youth Service Day, believes that communities across the U.S. are inviting young people to the decision-making table as a result of the interest they can see demonstrated through NYSD.



Because of this nationwide effort, adults are beginning to see the benefits of young people's ideas, energy, idealism, and commitment.

Projects for this year's National Youth Service Day can be chosen and planned by you. SADD is a National Partner in this project, and we have tools to offer to help you plan and implement a service project of your own. By taking part, you will join over three million young people who will be serving in their communities across the country on April 16-18, 2004.

Don't be fooled by the title: National Youth Service Day. We know that many of you are promot-

ing youth service every day. But NYSD offers us the opportunity to combine all our efforts nationwide for one sustained push. If we can catch widespread media attention once a year, we have achieved a major objective. NYSD is also a time to record and celebrate the contributions you have made to your communities in the past year and is a springboard to begin new, youth-led initiatives.

The overall goals of NYSD are as follows:

- To recognize the year-round service and volunteering efforts of millions of young people nationwide
- To recruit a new generation and cadre of citizens who are both participants and supporters of youth service organizations
- To promote young people as resources rather than as problems in their communities

If your SADD chapter is interested in getting involved, call Lindsay Jean Casavant at 1-877-SADD-INC or e-mail ljcasavant@sadd.com to receive your FREE National Youth Service Day Tool Kit, curriculum, and poster.

Visit the National Youth Service Day Web site at www.YSA.org/nysd.



Photos courtesy of Youth Service America

Advisor Snapshot



Congratulations!

SADD National congratulates the following advisors for being named Advisor of the Year in their respective states. Your commitment and dedication to youth safety are an inspiration!



Andrew Kirschner
Coral Springs Charter School
Coral Springs, Florida

As a high school student, Andrew's friend Chris was deep-sea fishing off the New Jersey shore when he was hit by another boat. Chris drowned and washed up on shore four days later. He was 16. Chris's death was devastating but seemed even more tragic when it was revealed that the driver of the other boat was drunk.

Andrew joined SADD in high school when it was Students Against Driving Drunk. He eventually became the president of the chapter. Years later, his friend Alex was struck and killed by a drunk driver while running on Key Biscayne training for the New York City marathon. Alex was 25. Wishing he could again become involved in fighting drunk driving, Andrew decided to start a SADD chapter at the school

where he taught to motivate his students to educate their classmates and the community about the dangers of drunk driving and other destructive decisions.

During his first year as SADD advisor, Andrew focused on generating enthusiasm of the students for making positive decisions. It worked. Coral Springs SADD's membership increased from 8 to 30 students in its first year and is now one of the most popular clubs at the school. SADD officers and members all feel a sense of pride and accomplishment at their success in educating other students about making healthy choices.



Kristi Tate
Rochester High School
Rochester, Vermont

The Vermont Teen Leadership Safety Program (known as VTLSP/SADD) works closely with SADD throughout Vermont to promote youth safety. Its mission is to support

Vermont teens in making healthy choices, providing them with adult support, knowledge of issues such as alcohol/other drug use, traffic safety, and risk-taking behaviors, and leadership skills to promote a healthy, safe lifestyle among their peers. Kristi has been a VTLSP/SADD advisor for four years and a state advisor for the past year. As VTLSP/SADD advisor, Kristi has consistently had a representative from her school on the Governor's Youth Leadership Conference (GYLC) planning committee. One of her students, Ashley Kolesnik, was selected to serve on the SADD National Student Leadership Council. Kristi supports VTLSP/SADD's mission and has worked extremely hard to keep VTLSP/SADD active in her school despite lack of administrative or financial support. Kristi served on the Vermont Youth Summit II Planning Committee and was an adult facilitator for the summit. Three students from her chapter served as summit delegates. Kristi helps transport her students to many VTLSP/SADD state activities, including her students' participation in the START party training in April. She also worked to help DLC and the Washington County Sheriffs produce a PSA regarding Zero, Nada, None featuring some of her students. Kristi is a kindhearted, caring, positive adult role model and mentor for new VTLSP/SADD advisors.

Continued on page 12

Advisor Snapshot, continued ...



Susan Forthun
Williston, North Dakota

With this award, Lee Erickson, North Dakota SADD Coordinator, proudly recognizes Susan Forthun for her outstanding commitment to the students at Williston High School and their tremendous respect for her work. Ms. Forthun worked at Williston High School from 1980 to 2001 as a tutor, went back to school for her counseling degree and now works at Williston High as their coordinator of alternative education. She started a SADD chapter in October 1999, because she saw the need for a support group for the SADD "minded" students.

"It was the best decision I've made in my educational career," comments Susan. "I absolutely love it! The weekly, noon meetings are the highlight of my week, and I've been the proud advisor to two State SADD Students of the Year, Angela Tucker and Kyle Sell." Susan also notes that the person she admires most in the organization is Lee Erickson, her mentor, whom she considers very dedicated to young people and just a super fun guy!



Lt. Sheila Landry
St. Martin Parish Sheriff's Dept. Office
Breaux Bridge, Louisiana

The mission of Louisiana SADD is to create a statewide network that will provide Louisiana's youth with the best prevention and intervention tools possible to deal with the issues of underage drinking, impaired driving, drug abuse and other destructive decisions. Helping to advance its mission is the Louisiana SADD Advisor of the Year, Lt. Sheila Landry of the St. Martin Parish Sheriff's Department and of the Breaux Bridge High School SADD chapter in Breaux Bridge, Louisiana. Lt. Landry has been a sponsor for eight years and also serves as the coordinator for all the school resource officers for the school district. Her security team provides security for the Louisiana Taking Action Youth Conference. This testament explains one of the many reasons Lt. Landry's students nominated her: "She is dedicated to her job and never hesitates to set aside personal time to help a student with a problem. In the eight years that Lt. Landry has been an advisor, the student body has become more involved in the community and the school."

Bonnie Zelaskus
Edgemere Elementary School
Edgemere, MD

When I heard that Bonnie Zelaskus was nominated for the national SADD advisor title, I wasn't surprised. Working with Bonnie during the last year as co-SADD advisors at Edgemere Elementary School has been quite an experience.

Bonnie first approached me with the idea of starting a SADD group in our school at the end of the 2001-2002 school year. As our school nurse, she was interested in raising awareness of making good decisions. Our current principal at that time, Maria Hoffman, was in full support of Bonnie's initiative to start the club. I was flattered that she asked me to join in her mission to spread the news about making healthy choices.

Bonnie is always "thinking ahead." She uses the children's input as much as possible to drive our next meetings. Also, Bonnie puts the kids first. Our SADD club is not about the publicity, the attention, or the end-of-the-year banquet. Our SADD club is about helping kids live a long and healthy life. Bonnie helps to foster that positive attitude every meeting!

I am honored to work along side of Ms. Zelaskus. I feel she greatly deserves this recognition!

Karolyn Mason
SADD Co-Advisor

Spreading the **SADD Spirit**

Jacqueline Hackett

2003-2004 SLC, Executive Committee

I've gained so much from SADD over these past years. Being part of SADD has educated me, given me a new level of self-confidence, enhanced my leadership abilities and introduced me to some of the best people around. With all those advantages, I'm working with other SADD members in my community to take Pennsylvania SADD to new heights.

Whether you're up north or down in the southwest, every chapter faces the same problems and needs to overcome the common obstacles connected with an organization like SADD. One of those key difficulties is getting the SADD message out there and taking a stand in the community.

What's the best way to overcome this obstacle? Utilize what you have at hand. One of the most important things about SADD is that the energy and passion are contagious – if you express your excitement about and commitment to SADD, then others are sure to follow.

But expressing this enthusiasm can be difficult. Many think we're just kids, trying to tell the world how we feel.

And, sometimes, no one wants to hear what we have to say. Or so we think. If you put the message out there, someone is bound to hear it. That might sound a little clichéd, but it all comes back to the passion for SADD, believing in your mission and living the lifestyle.

Creating a short article or editorial about your chapter's activities is fast, easy, and effective. Most local newspapers love to publish news about teenagers doing good, in contrast to the usual "kids gone bad."

Through a short article, your chapter can gain exposure and possibly even new members. We've all been there: Mom reads about something super and wonderful and urges you to become a member. Reach those moms out there – and dads and other community members. That domino theory just might work for your chapter.

Showing your SADD spirit is easier than you might imagine. Just think about all the positive results your chapter, your state, and SADD National can gain from your efforts. **Good luck!**



Web Sites

<http://www.mtv.com/onair/ffjr/protect/>

Fight for Your Rights: Protect Yourself is MTV's campaign to inform and empower youth on the issues surrounding sexual health. Brought to you in partnership with the Kaiser Family Foundation, the campaign will provide the latest information on HIV and AIDS, other sexually transmitted diseases (STDs), and unintended pregnancy. The yearlong initiative includes special programming, public service messages, online and grassroots components, and an extensive resource and referral service.

www.candiesfoundation.org

The mission of The Candie's Foundation is to educate America's youth about the devastating consequences of teen pregnancy. The Foundation aims to raise awareness of this serious problem and its consequences to bring it into the national consciousness and to reduce teen pregnancy. By using the dialogue that celebrities have with teens, Candie's hopes to effectively communicate this message to an impressionable group.

www.ysa.org

YOUTH SERVICE AMERICA (YSA) is a resource center that partners with thousands of organizations committed to increasing the quality and quantity of volunteer opportunities for America's young people ages 5-25 to serve locally, nationally, and globally. Founded in 1986, YSA's mission is to strengthen the effectiveness, sustainability, and scale of the youth service and service-learning fields. YSA envisions a powerful

network of organizations committed to making service the common expectation and common experience of all young Americans. A strong youth service network will create healthy communities and foster citizenship, knowledge, and the personal development of young people.

www.y2yint.com

Youth to Youth was founded in 1982 in Columbus, Ohio, as a community-based drug prevention and youth leadership program focusing primarily on middle school and high school students. The goal of its many projects is harnessing the powerful influence of peer pressure — making it a positive force that encourages young people to live free of tobacco, alcohol, and other drugs.

www.freevibe.com

The White House Office of National Drug Control Policy (ONDCP) created the Freevibe Web site as part of a national effort to prevent or reduce the use of drugs among young people. On its Web site, Freevibe features hundreds of thousands of teens across the country who have shared their Anti-Drugs — the hobby, person, or passion that stands between them and drugs. Freevibe is looking for people just like you to feature on its site. An Anti-Drug is as unique as each person's goals and interests, so don't be shy ... log on to tell about yours. Anti-Drug is just one of the exceptional aspects of this prevention Web site.

www.teenpregnancy.org

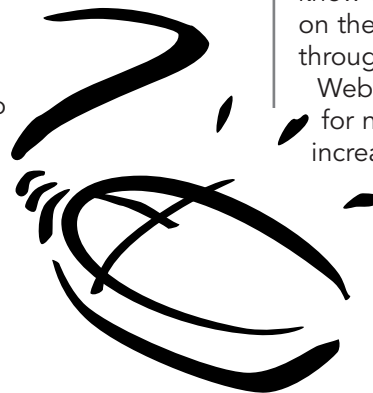
The National Campaign to Prevent Teen Pregnancy, founded in February 1996, strives to improve the well-being of children, youth, and families by reducing teen pregnancy. The Campaign's goal is to reduce the teen pregnancy rate by one-third between 1996 and 2005. Each year the campaign promotes its National Day to Prevent Teen Pregnancy. On this day teens are asked to go online and take a fun, engaging "quiz" that presents them with several real-life scenarios involving sex and asks them to choose a course of action. The next National Day to Prevent Teen Pregnancy will take place on May 5, 2004.

www.noys.com

NOYS, which stands for National Organizations for Youth Safety, is a coalition of more than 50 nonprofit organizations, companies, and government agencies that serve more than 11 million youth members, working together to provide help and resources to YOU to improve health and safety issues in your community.

www.keepschoolssafe.org

This Web site strives to bring you the best information available relating to school security and safety. Log on to find resources and safety information for students, parents, school teachers, and school resource officers. If you know of something you'd like to see on their site, you can contact them through a link provided on their Web site. They are always looking for new ideas to help all schools increase their safety and security.



Cell Phones

Advisors: please copy and distribute to your students!

The use of cellular phones has spread rapidly in the last ten years. Cell phone use has become a part of everyday life for many American citizens including many young people. Cell phones have helped make our lives easier, but at the same time they have created unwanted intrusions in our lives and present a distraction when paired with driving. Teens are the fastest growing segment of the U.S. population subscribing to cell phones; in addition to the convenience, they say cell phones offer safety and security.

The National Transportation Safety Board's Comments About Cell Phones

Last year the NTSB investigated a highway crash in Maryland that took the lives of five persons, including a 20-year-old driver who was using a wireless phone at the moment she lost control of her vehicle.

The NTSB found that the probable cause of the crash was the driver's failure to maintain control of her vehicle in the windy conditions due to a combination of inexperience, unfamiliarity with the vehicle (an SUV she had just purchased that evening), speed, and distraction caused by use of a hand-held wireless telephone.

The Safety Board has long been concerned with the issues of distracted driving and novice drivers. As a result of this investigation, the Board recommended that all states, except New Jersey, which already has a similar proscription, prohibit holders of learner's permits and



intermediate licenses from using interactive wireless communication devices while driving.

"Learning how to drive and getting comfortable in traffic requires all the concentration a novice driver can muster," NTSB Chairman Ellen Engleman said. "Adding a distracting element like a cell phone is placing too many demands on a young driver's skills."

The Board also urged the National Highway Traffic Safety Administration to develop a media campaign stressing the dangers of distracted driving and suggested that it work

with the American Driver and Traffic Safety Education Association to develop driver training curricula that emphasize the risks of distracted driving. The Board cited a study showing that drivers engaged in phone conversations were less aware of traffic movements around them.

The NTSB noted that the extent of wireless phone use in car crashes is unknown because most jurisdictions don't have driver distraction codes on their accident report forms. The Board recommended that those 34 states change their forms to add driver distraction codes and include wireless phone use in those codes.

Education should be a key component of any effort to reduce the risk of traffic collisions resulting from cellular telephone use, and some believe it could prove to be more effective than sanctions. Legislators, the wireless industry, highway safety experts, and driver education instructors can all play a role in educating drivers about distractions. The wireless industry encourages states and localities to join with the wireless industry in forming important alliances to help educate motorists about how to use their wireless phones responsibly.

Teens Say Cell Phones Make Them Feel Secure

"Wireless phones have grown increasingly popular among teens in recent years," says Mr. Pramesh Jobanputra, Director of Economic Analysis, Cellular Telecommunications & Internet Association (CTIA). "Safety and security are obviously

Continued on next page

big factors, as both teens and parents want to be in touch. But teens also love wireless phones because they can be used as portable radios, mobile arcades and fashion accessories. These are the early adopters of text messaging, streaming music video and hi-tech games, which are becoming more accessible on a variety of wireless devices."

During its recent national conference in Denver, Colorado, the Technology Student Association (TSA) surveyed 627 middle and high school students about their cell phone use. TSA, a nonprofit organization, is the only national student organization devoted exclusively to the needs of young people interested in technology education.

The cell phone survey helped to identify cell phone usage trends among this teenage group. Based on the 14- to 18-year-olds surveyed, 55 percent owned their own cell phones. More girls than boys owned a cell phone and girls and boys tended to view and use their phones in similar manners except in two important ways. Girls were much more likely than boys to say their cell phone provided a sense of safety, and boys were more likely than girls to be responsible for paying their own cell phone bills.

The teens' comments about the impact of owning a cell phone underscore the feelings of security and increased maturity that accompany this technological convenience. Many teens are among those callers who use cellular telephones to call for assistance with vehicle breakdowns and personal emergencies and to report accidents or criminal activities.

Different Views

TO BAN

The National School Safety and Security Services of Cleveland, Ohio, states that they have opposed policies allowing or encouraging students to have cell phones and pagers in school.

NOT TO BAN

Parents have increasingly lobbied boards to change policies primarily based on the argument that phones will make students and schools safer in light of national tragedies.

Cell Phones in Schools

National School Safety and Security Services (NSSSS) of Cleveland, Ohio, is a leading national consulting firm specializing in school security and crisis preparedness training, security assessments, and related school safety consulting for K-12 schools, law enforcement, and other youth safety providers. National School Safety and Security Services has received a number of inquiries after the school shootings of recent years asking if schools should allow and/or encourage students to carry cell phones and pagers in school as tools for their safety during a potential crisis. Similar inquiries were received after the September 2001 terrorist attacks on America.

The National School Safety and Security Services states that they have opposed policies allowing or encouraging students to have cell phones and pagers in school. The consulting firm believes that changing policies under the guise of cell phones' being a crisis tool for student safety can be considered by some as reaction to recent events and is not the answer to school crisis preparedness that some may believe it to be.

Some schools banned pagers and cell phones starting a decade ago

because of their connection to drug and gang activity in addition to the disruption to classes. The focus on the disruption of the educational process has come into conflict with cell phones' becoming a convenience item over recent years. However, parents have increasingly lobbied boards to change policies primarily based on the argument that phones will make students and schools safer in light of national tragedies.

Cell Phones Can Detract from Emergencies

National School Safety and Security Services reports that cell phones can detract from school safety and emergency procedures:

- 1. Cell phones have been used for calling in bomb threats** to schools and, in many communities, cell calls cannot be traced by public safety officials, which lessens the phones' effectiveness in aiding crisis situations.
- 2. Student use of cell phones could potentially detonate** a real bomb if one is actually on campus.
- 3. Cell phone use by students can hamper** rumor control and, in doing so, disrupt and delay effective public safety personnel response.

SPECIAL PULLOUT SECTION

4. Cell phone use by students can impede public safety response

by accelerating parental response to the scene of an emergency during times when officials may be attempting to evacuate students to another site.

5. Cell phone systems typically overload during a real major crisis

(as they did during the Columbine shootings, the September 11th attacks, etc.), and usage by a large number of students at once could add to the overload and knock out cell phone systems more quickly than may normally occur. Since cell phones may be a backup communications tool for school administrators and crisis teams, widespread student use in a crisis could thus eliminate crisis team emergency communications tools in a very short period of critical time.

Many agree that cell phone use is more for convenience purposes today than it may have been 10 or more years ago. But while some school boards and/or administrators prefer to bow to pressure and change policies — primarily to avoid parental demands and school/community politics — experts generally advise them not to do so. From an educational perspective, cell phones primarily present another daily disruption to the educational environment.

While a number of schools have looked at this issue, and some have reversed their past positions of prohibiting cell phone in schools, NSSSS finds that the majority of schools have not and that reversing policy is not the big trend that some may believe it to be.

According to the National Association of School Resource Officers (NASRO) 2002 national survey of school-based police officers:

Sixty-eight percent of surveyed school-based police officers from across the nation believe that student use of cell phones in school would detract from school safety in a crisis and another ten percent believe cell phones would have neither a positive nor negative influence.

Of school resource officers surveyed, 81 percent indicated that their schools continue to prohibit students from using cell phones in school, supporting observations that the majority of schools have not reversed their prohibition of student use of cell phones in schools.

Look for the New “No Cell Phone Zone” Sticker

In August 2003, the U.S. Patent and Trademark Office approved a new trademarked logo designed to denote

areas where use of cellular telephones is restricted.

“It is a simple but clear indicator to the public to refrain from using cell phones in places where their use would be inappropriate or potentially dangerous,” said Sandy Middleton Marshall, designer of the trademarked logo.

“Displaying the logo helps businesses and institutions gently remind patrons not to use their cellular phones in designated areas. They know immediately to turn off their phones while in that particular venue.”

Marshall has already received interest from hospitals, conference centers, libraries, museums, theaters, funeral homes, auto dealers, and restaurants that could benefit from the sticker’s use.

Continued on next page

Cell Phone Etiquette

When using a cell phone, keep these points in mind:

1. There’s no need to yell.

Cell phones are designed for conversation at normal volume levels. You don’t have to speak loudly to be heard. Talk as you would on any other phone.

2. Respect the personal space of those around you.

Even those who don’t want to hear your conversation become a captive audience when trapped in the confines of a hallway, store, restaurant, bus, or other close quarters. Keep your voice low, or turn the phone off.

3. Private conversations should be kept private.

Very personal phone calls that may make those around you feel uneasy or uncomfortable should not be made in public places. Be considerate of those around you and return the call at a more appropriate time.

4. Don’t keep others waiting.

People who are standing in a line behind you don’t want to wait for you to finish your conversation and carry on with your business. Turn off the phone and take care of business, especially if a call might interrupt what you need to be doing and would be inconvenient for those around you.

5. Remember to turn your ringer off.

Always turn your cell phone ringer off in a lecture hall, classroom, movie theatre, or other performance space. The sound of the ring will disrupt the experience of the viewers and may disturb or even endanger the performers or speakers.

Embarrassing Cell Phone Moments

Don't brush your teeth while you are on the cell phone with someone. They can tell ... I am always guilty of that one!

Before you send off a text message, make sure you are sending it to the right person! This is especially important when you are sending a little love note via text message.

Don't ever think that the person you are on the phone with won't know that you were actually using the bathroom while you were on the phone. The flush of the toilet always gives it away!

If you have caller ID and see that the caller is someone you don't want to talk with, make sure you hit the button that indicates you do NOT want to accept the call. Otherwise, you might accidentally pick up the call by pressing the wrong button as you are saying to a friend, "Oh, that's just my friend Ron, and he is annoying so I don't want to talk with him." Ron might just hear what you have to say about his calls.

How has having a cell phone changed your life?

Here's what some young people have to say:

"I can now participate in after school activities and call my parents for a ride home."

—Pennsylvania boy, 15

"I have grown more mature with paying my cell phone bill on time."

—Virginia boy, 18

"It has provided a sense of security to me."

—Florida boy, 17

"I don't have to worry about my car breaking down and getting stranded."

—Missouri boy, 18

"I can use it when someone is on the Internet at my house."

—Utah girl, 18

"It allows me to feel safe when traveling alone."

—Oklahoma girl, 16

Cool Cell Phone Features

We recently asked some SADD students what they think are the latest cool cell phone features. Hands down, most students thought that text messaging was by far the best.

"Text messaging is very convenient and cool. It is so nice to not have to call people to say you're running late. You can just send a message and avoid annoying them by calling their cell phone."

"Text messaging is much more discreet than having to dial and talk to send someone a message."

"It is nice to be able to update your friends about the score of your school team's game. If your friends couldn't make the game, at least you can update them on the score without ringing their cell phone every quarter."

Cell Phone Tips for Teens

- 1. Be a "Cellular Samaritan."** Use your cell phone to report crime, emergencies, accidents or dangerous driving situations. Usually, dialing "911" is free. (Dialing 911 usually reaches state police, so be sure about your location when you call.)
- 2. Let your wireless network voice mail pick up your calls** when it is unsafe to answer the phone, such as when driving.
- 3. Call roadside assistance when necessary.** If you see a disabled vehicle posing no serious hazard, a broken traffic signal, a minor accident where no one appears injured, or a vehicle you know to be stolen, call roadside assistance or other special nonemergency wireless numbers.
- 4. If you absolutely have to use your phone while driving,** dial the telephone when the vehicle is not moving; use a hands-free microphone to talk.
- 5. Get to know your phone and its features,** such as speed dial and redial, which enable the user to make a call by touching only one or two buttons.

Proper cell phone etiquette provides security, efficiency, and convenience for you without inconveniencing those around you. Be a responsible cell phone user by being considerate of others.

Sources:

The National Transportation Safety Board, National Association of School Resource Officers (NASRO), U.S. Patent and Trademark Office, National School Safety and Security Services of Cleveland, Ohio, Cellular Telecommunications & Internet Association (CTIA), Technology Student Association (TSA)

Dear Ann Landers: You often print lists of rules to help people get along. I am a teenager and have come up with my own list. I hope you think it's worth printing.

— Dallas Reader

Dear Dallas: I certainly do. Here it is.

Rules for Teens

1. Do not hurt your siblings or your peers, even if you think they deserve it. You will regret it later.
2. You are going through a lot of changes, both physically and emotionally. Don't be afraid to ask someone for help.
3. As a teen, you will be given more choices in life. Try to do what is right. You know what that is.
4. Your parents have advice to offer. Keep in mind that they have experience you don't. Do not reject everything they say just because they are your parents.
5. Don't let anyone make you feel insignificant. Love yourself.
6. Think before you speak. Words are easy to say but hard to forget.
7. Violence is never acceptable. Nothing good can come of it.
8. If you show others kindness, the same will be done for you.
9. Drugs and alcohol will not make pain go away. They will only make things worse later on.
10. You have a lot of years ahead of you. What happens to you now counts. Don't mess up your future.





Winter SADD Calendar Activities

The following is a brief synopsis of SADD activities for the months of January, February, and March. More complete information, ideas, and activities on each campaign can be found on the SADD Web site at www.saddonline.com. Click on the heading, "For SADD Chapters," then on to "Campaigns and Activities" for the complete list.

January

Stop Aggressive Driving

ACROSS THE NATION – On an isolated stretch of a Florida highway police surprised 200 drag racers and spectators in an early morning bust. Washington state sent out a task force of troopers in unmarked cars to target aggressive drivers. New Jersey set up a toll-free hotline for its motorists to report aggressive, reckless drivers.

With traffic deaths at their highest level in 12 years, states nationwide are cracking down on all types of aggressive drivers, from illegal street racers to tailgating commuters. In 2002, traffic crashes took the lives of 6,724 young people ages 15-20. Of that number, 36 percent (2,442) were alcohol-related. Traffic crashes are the number one killer of young people today, and many of these fatalities are from aggressive, reckless driving.

What is aggressive, reckless driving? Aggressive driving is described as excessive speeding, tailgating, weaving in and out of traffic, blaring your horn, and using improper hand gestures.

Reckless driving is described as running red lights, drag racing, chasing cars and other dangerous or unsafe actions.

Your SADD chapter can help stop your peers from being involved in these unsafe driving activities through posters, fliers, PA announcements, bulletin board exhibits, and even the mock car crash or the crashed car in front of your school.

Elementary School Month

Elementary school is not too early to start planting the seeds of good decision-making. Statistics have shown that the earlier we educate young people about the dangers of alcohol and other drugs, inhalants, tobacco and other issues that young people face, the better chance they will have to make good decisions. And who better to take on this task than SADD chapters?

As mentors, SADD members can provide information, skills, encouragement and support during this formative time to help elementary-age kids learn through a variety of methods to make good decisions.

Council Rock High School-North (PA) hosted a daylong health fair at Hillcrest Elementary School to give the older elementary school kids some tips on how to lead a healthy life. Kids saw how much tar from

a cigarette settles into a smoker's lung in one month's time. They found out how much sugar is in a fast food chain's large soda. They learned from their high school mentors how to get out of a situation where they're being bullied or harassed. They also had lots of fun with formative games.

Mentoring works both ways. It cements a bond of friendship and trust with the elementary school students, providing them with the tools to make good decisions, and it provides a sense of goodwill and pride in the SADD member who learns that he/she can have a positive effect on the life of a youngster.

National Blood Donor Month

SADD chapters work mostly to ensure that their peers are safe and do not shed blood. But giving blood is another matter that needs serious work. Blood is needed for emergencies and for people who have cancer, blood disorders, anemia, and other illnesses. Some people need regular blood transfusions to live. Nearly 5 million people receive blood transfusions every year.

We all expect blood to be there for us or our families, but barely a fraction of those who can give blood actually donate. Contact your local Red Cross to set up a blood drive in your school.



Top 10 reasons to give blood

- 10 You will get free juice and cookies.
- 9 You will weigh less – one pint less than when you walked in.
- 8 It's easy and convenient – it only takes about an hour.
- 7 It's something you can spare – most people have blood to spare.
- 6 Nobody can ask you to do any heavy lifting as long as you have the bandage on. Wear it as long as you'd like. It's your badge of honor.
- 5 You will feel good about yourself.
- 4 You will be helping to ensure that blood is there when you or someone close to you needs it.
- 3 Blood is something money can't buy. It's a gift one person can give to another.
- 2 You will be someone's hero – you may give up to three people another chance at life.
- 1 It's the right thing to do.

Just do it. Be the difference between life and death.



February

Friends for Life Campaign

SADD was founded on the simple philosophy that young people, empowered to help each other, are the most effective force in prevention. According to current research, prevention programs must be designed to enhance resiliency and protective factors and move toward reversing or reducing known risk

factors. Among the ways SADD promotes youth resiliency are by providing interactive methods such as peer discussion groups, reaching out to all diverse populations, building social competency skills, and promoting skills to resist drug offers. The Friends for Life campaign helps to reinforce the importance of friendship and to promote positive peer pressure to avoid alcohol, tobacco and other drugs.

February, the month of Valentine's Day, is a great month to do the Friends for Life campaign, which is focused on friendship and caring. The power of the Friends for Life campaign is friends caring for friends.

The core activity of the campaign is the distribution of SADD friendship bracelets imprinted with the words Friends for Life accompanied by a small note. The bracelet is a constant reminder of the bonds friends share. SADD chapters can build their February activities around the Friends for Life campaign with posters, contests, announcements, or a friendship dance.

Below is a simple message that you may print to attach to the Friends for Life bracelet.

This is a very special gift I am giving to you.

You are my friend and I care about you.

Whenever you are tempted to do something destructive, just look at this special gift.

You'll know that I am thinking of you and you will know the right thing to do.

Wear this as a symbol of our friendship and remember to make the right choice.

We are Friends for Life.

Resources:

You can order your friendship bracelets from SADD Custom Products at 1-800-886-2972.

For a special Power of Friendship information package including special friend-a-gram slicks, a "Best Friends" skit script, and more activities, fax your request to the SADD National Office at 1-508-481-5759.

Dating Violence Awareness

What is teen dating violence? In a teen dating relationship when one person uses physical or emotional or sexual abuse to gain power and keep control over the other person, that's teen dating violence.

According to recent statistics, it is extremely likely that many young people or people they know have experienced violence in a dating relationship. Dating violence or abuse affects one in four teens.

Abuse in a dating relationship can be confusing and frightening at any age. But for teenagers, this abuse can be even more difficult. Adolescence is a time for learning about relationships. Teens often fail to recognize abuse, especially emotional abuse, because they are inexperienced at dating and may have misperceptions about romantic love. If a boyfriend or girlfriend humiliates, insults, or swears at you, that behavior is psychological and emotional abuse. Possessiveness, controlling behavior, and verbal put-downs are also common forms of verbal abuse. Other examples include attempting to control a boyfriend or girlfriend's activities, trying to destroy his or her self-confidence and self-esteem, and isolating the person from other friends and family. Threats of violence are also abusive and should always be taken seriously.

Continued on next page

SADD Calendar Activities, continued ...

Both teenage boys and teenage girls report being victims of physical violence in relationships. However, in abusive relationships between boyfriends and girlfriends, 95 percent of the time a boyfriend is abusing his girlfriend.

Creating awareness is one of the best ways to combat teen dating violence. Young people need to know what a healthy relationship is, how to recognize abusive behavior in a dating partner, the negative effects that alcohol and other drugs use can have on relationships, how to be assertive with a dating partner, and where to go if they feel they are being abused or they are just afraid.

SADD chapters can provide their peers with information and raise awareness in their school about dating violence. Additional information is available from the National Youth Violence Prevention Resource Center at www.safeyouth.org, the National Crime Prevention Council at www.ncpc.org, and www.stopviolence.com.

March

Middle School Month

Adolescence represents a turning point in the life span. Teens wrestle with identity development, moral issues, and independence. Middle school students are targeted less than any other age group currently by prevention programs, yet studies show that students in sixth through eighth grades are forming their social habits and are very susceptible to peer pressure. As boys and girls progress through their adolescent development during the middle school years, getting the SADD

message out to them is critical. Doing so will help them to develop a strong sense of self and sound refusal skills and provide the knowledge necessary to make the best decisions possible. The earlier they are introduced to SADD, the more effective the SADD message will be.

SADD chapter members can also be mentors to the younger students so that each student has someone to turn to with questions. The mentor will serve as a positive peer influence for the younger person.

Members of the Merrimack High School SADD chapter in Merrimack, NH, visited Mastricola School recently to perform a skit addressing the various pressures on middle school students to try smoking, drinking and drugs. The skit was written and performed by the Merrimack High School SADD chapter.

At St. Joseph's Junior High School in Iowa, SADD chapter members visited students' classrooms to talk to them and answering questions. Life in high school, peer pressure and the effects of drug and alcohol use were among the topics discussed.

Middle school students succumb to negative pressures in large part because they are not exposed to positive groups such as SADD. The more students know about activities that keep them away from substance abuse and other destructive actions, the more likely they are to become active in alternative activities. In addition to the benefits to the middle school students, a mentoring program provides an introduction to the SADD chapter and its members at the high school.

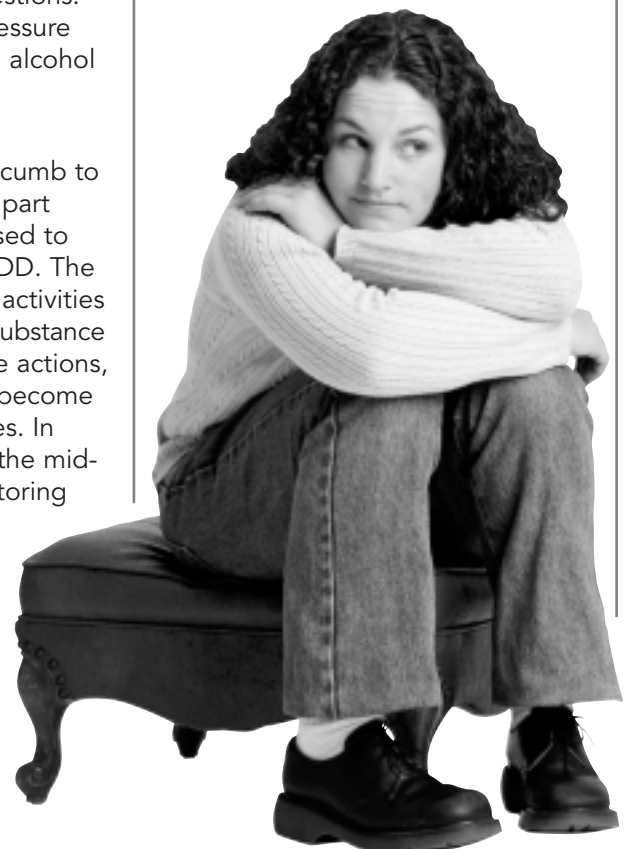
Suicide/Depression Awareness Month

Suicide is a serious threat to our youth. Teen suicide is the third leading cause of death among teens – almost 2000 young people kill themselves each year. Many more attempt suicide. According to the National Youth Violence Prevention Resource Center, a recent survey of high school students found the following:

- Almost 1 in 5 had seriously considered attempting suicide;
- More than 1 in 6 had made plans to attempt suicide; and
- More than 1 in 12 had made a suicide attempt in the past year.

Girls are more likely to attempt suicide but are less likely to succeed. Boys make up 83 percent of all successful teen suicides.

While teen drinking and driving has been decreasing since 1981, teenage suicide has increased steadily since the



1960s. What drives young people to such depths that they want to hurt themselves? What are the warning signs of suicide? And what can you do to help prevent teen suicide?

Suicide is a tragic mistake made by a person temporarily blinded by sadness or pain. More than 90% of teen suicide victims have a mental disorder, such as depression, and/or a history of alcohol or drug abuse.

Troubled families are a common factor in many suicides. Divorce, loss of a parent, and physical, emotional, and sexual abuse can all lead to depression and, sometimes, a feeling of hopelessness.

Failing grades, the sudden loss of a boyfriend or girlfriend, or the suicide of a friend or loved one can all trigger temporary despair and depression. These emotions can be truly devastating.

There is a significant amount of stigma associated with depression and suicide. SADD chapters can play a huge role in educating students about the resources available for those who may be considering suicide or who think a friend or peer may be considering suicide. Education about suicide is critical in preventing future tragedies.

Additional Resources:

National Mental Health Awareness Campaign – www.nostigma.org

National Youth Violence Prevention Resource Center – www.safeyouth.org

Yellow Ribbon Suicide Prevention Program – www.yellowribbon.org

National Inhalants & Poisons Awareness Week

Inhalants are among the first substances abused by children and the fourth most abused substance among high school students after alcohol, cigarettes and marijuana. Although no one knows the exact number of adolescents and young people who die from inhalant abuse each year, Sudden Sniffing Death Syndrome can occur the first, tenth, or hundredth time someone uses an inhalant. National Inhalants and Poisons Awareness Week is designed to increase understanding about the use and risks of inhalants.

Everyday products such as nail polish and nail polish remover, glue, paint, whiteout, deodorants, lighter fluid, permanent markers, and anything in an aerosol container can be sniffed to get a rapid and dangerous high.

These seemingly harmless products are easily accessible at local stores and are not classified as drugs, but they are deadly chemicals and poisons.

- Inhalants can cause death or serious damage to your body in minutes with no warning. One minute you are sitting there sniffing and the next minute you're dead.
- If you're one of the lucky ones and all you experience is a great high – the damage caused to your heart, lungs, liver and kidney will last the rest of your life.
- Using inhalants can cause the kidneys to shut down. When this happens, the body can no longer rid itself of waste. Death may result.

- Inhalants are depressants. They kill brain cells, slow down the body's reactions, and cloud thinking. They can also cause severe headaches and brain damage.
- Sniffing is often a first step to using other drugs, such as crack and heroin.

Warning Signs of Inhalant Use

- *Mood swings during the day*
- *Excessive sleep during the day*
- *Sores on nose or mouth*
- *Poor muscle coordination*
- *Poor appetite*
- *Odor on breath*
- *Poor school performance*

The best approach for SADD chapters to attack the use of inhalants by young people is prevention through education. Many of the same techniques chapters use to raise awareness of other issues can be used for the prevention of inhalant use.

Additional Resources:

National Youth Media Campaign – www.mediacampaign.org

Office of National Drug Control Policy – www.whitehousedrugpolicy.gov

National Inhalant Prevention Coalition – www.inhalants.org

National Crime Prevention Council – www.ncpc.org

“Alternative” Cigarettes Are Not Safer Than Regular Cigarettes

Have you heard that clove cigarettes deliver less nicotine than regular cigarettes do because they have less tobacco? Or that bidis are safer because they're smaller and taste sweet? Or that “additive-free” cigarettes are less harmful because they're all natural and you can buy them in a health food store? None of these statements is true, according to recent research from the National Institute on Drug Abuse. These “alternative” cigarettes deliver at least as much nicotine as conventional cigarettes do, and smokers who choose these cigarettes are just as likely to become addicted as are other smokers. Young people who smoke these cigarettes are exposing themselves to the same increased risk of cancers, respiratory disease and heart disease that smokers of regular cigarettes are.

In the first study comparing clove cigarettes to regular filtered cigarettes, the researchers took apart and analyzed the contents of clove cigarettes and 4 popular brands of regular cigarettes. Then they tested the clove and regular cigarettes on a smoking machine and also had adult subjects smoke both kinds of cigarettes. Clove cigarettes from the package contained less nicotine and tobacco, but when the clove cigarettes were smoked, they actually delivered more nicotine than regular cigarettes did. Clove cigarettes are wrapped in thicker paper and have less porous filters, making them last longer, and smokers take more puffs than they do on regular cigarettes (15 puffs for the clove cigarette versus average 9.4 puffs for the regular brands).

In a related study, the researchers compared the clinical effects of smoking bidis, additive-free cigarettes and conventional cigarettes. Each adult subject smoked an unfiltered, additive-free cigarette (American Spirit), a strawberry-flavored bidi (Irie Bidi), an unflavored bidi (Sher Bidi); and one of their usual, filtered cigarettes. After each cigarette was smoked, the

“Alternative” cigarettes deliver at least as much nicotine as conventional cigarettes do, and smokers who choose these cigarettes are just as likely to become addicted as are other smokers.

researchers measured the subjects' plasma nicotine levels, exhaled carbon monoxide (CO) levels, blood pressure and heart rates. They found that plasma nicotine levels increased the most for subjects who had smoked the additive-free brand. Those with the next highest nicotine levels, in order, were the strawberry bidi, the unflavored bidi and, finally, the conventional cigarette. Heart rates increased significantly in all cases but increased the most after a smoker finished the additive-free cigarette and the least after the regular cigarette. The subjects took more puffs of the additive-free cigarettes and bidis than of their own brand of cigarette (14 vs. 10 puffs).

Although bidis are smaller and contain less tobacco than regular cigarettes do, they contain a higher concentration of nicotine. They are also wrapped in a nonporous tendu leaf that doesn't allow air to mix in and dilute the nicotine while smoking. The researchers concluded that clove cigarettes, bidis, and additive-free cigarettes are not safe products and deliver at least as much nicotine as regular cigarettes do. They are just as addictive and harmful as cigarettes.

Don't be fooled by sweet tastes, smaller sizes and “healthy” marketing: alternative cigarettes are just another form of cancer stick.

Information excerpted from the following resources:

Susan Farrar, “Alternative Cigarettes May Deliver More Nicotine Than Conventional Cigarettes,” NIDA Notes, v.18, no.2, pp. 8-10, NIH Publication No. 03-3478 (August 2003).

Laurie Fisher, “Tobacco Notes,” Cancer Causes and Control 11:577-578, (2000).

“Bidis,” Campaign for Tobacco-Free Kids, www.tobaccofreekids.org/research/factsheets/index.php?CategoryID=15, (2 March 2000).

“Alternative Cigarettes Not Safer Than Regular Cigarettes,” Neuroscience for Kids, <http://faculty.washington.edu/chudler/bidi/html> (January 17, 2002).

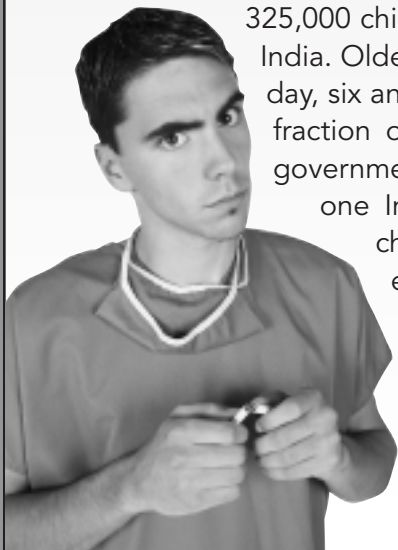
What are these “Alternative” Cigarettes?

Clove cigarettes, made in Indonesia and exported worldwide, are composed of 60-80 percent tobacco and 20-40 percent ground clove buds. They are usually machine rolled, are available with or without filters, and are sold in brightly colored packages. Clove cigarettes are sometimes referred to as "trainer cigarettes" and may serve as "gateway" products that introduce young people to smoking.

Bidis are small, brown, hand-rolled cigarettes that are made primarily in India and other South Asian countries. They are wrapped in brown leaves and tied with a short length of thread, causing them to resemble marijuana joints. Primarily lower-income males smoke bidis widely in India as a cheap alternative to regular cigarettes. When they are shipped overseas, sweet flavorings are added, supporting the idea that bidis are targeted toward young consumers and used as an entry-level tobacco product. Bidis are classified as cigarettes and should have affixed to the packaging the same excise tax stamps and the Surgeon General's warning. Many varieties are smuggled into the country and may not include either the stamps or the warning.

Bidis are often produced in unsanitary conditions and may contain unhygienic materials in addition to the toxic components. In spite of a prohibition on child labor in the tobacco industry in India, the National Center for Tobacco-Free Kids estimates that 325,000 children are currently working in the bidi industry in India. Older children (over 10) roll 1,500 to 2,000 bidis each day, six and a half days a week, for which they earn a small fraction of the government-set minimum wage. The US government has banned importation of bidis from at least one Indian producer due to evidence of indentured child labor. Bidi rollers have high rates of lung disease, tuberculosis, asthma, and chronic back pain.

Additive-free cigarettes are made with whole-leaf tobacco and contain no chemical additives, preservatives, or reconstituted tobacco.



Decisions, Decisions, Decisions

Are you a good decision-maker? If you don't think you are, there is no need to worry. Decision-making is a skill that anyone can learn.

Although some decisions just happen, wise decisions are made using a thoughtful assessment process. A good decision is based on the values and perceptions of the decision-maker; it includes carefully considered alternatives and options and periodic reassessments of the decision and its effects. Wise decisions may or may not follow societal norms and expectations. However, they are right for the decision-maker based on what she or he knows at that point in time about the options and him/herself.

Ten Steps to Wise Decision-Making

This process can be applied to any situation in which you need to make an important decision. Following these 10 basic steps will lead you to make wiser decisions.

- **Define the decision you have to make – be very specific.** Is this really your decision or someone else's? Do you really need to make a decision? (If you do not have at least two options, there is no decision to be made.) When does

the decision need to be made? Why is this decision important to you? Who will be affected by this decision?

- **Write down all the alternatives you can imagine.** Brainstorm as many different alternatives as possible. Let your imagination run free, and write down any and every option, even if it seems silly, impossible, or not an option for you. This is not the time to be judgmental; this is the time to brainstorm openly.

- **Find out more information to discover other possible alternatives.** If you only come up with a few alternatives, you may want to get more information, which will lead to more alternatives. Resources to consult for the information you need include friends, family, clergy, teachers, mentors, state and federal agencies, professional organizations, online services, newspapers, magazines, books, etc.

- **Check out your alternatives.** Once you have a list of alternatives, use the same sources of information to find out more about the specifics of each option. The more information you gather, the more ideas you will have. Be sure to write these down and check them out, too.
- **Sort through all of your alternatives.** After listing all the alternatives, evaluate them to see which one works for you. First, write down the personal values that are connected to each alternative. Second, look for the alternative that is based on the greatest number of your values. Third, cross out all the alternatives that do not fit into your personal value framework.
- **Visualize the outcomes.** For each remaining alternative on your list, picture what the outcome of that alternative will look like; write out your impressions.
- **Do a reality check.** Which of your remaining alternatives are most likely to happen? Cross off those alternatives that are unlikely or unrealistic.
- **Which alternative "fits" you?** Review your remaining alternatives and decide which are most comfortable for you. These are your wise decisions. If you are very happy about a decision but are not as comfortable with its possible outcome, this is a clue that this may not be a wise decision for you. On the other



SADD Custom Phone Card Fund-raiser Campaign

hand, you may dislike an alternative but be very excited about the possible outcome. This decision may not be wise for you, either. If you feel you can live with both the alternative and the possible outcome, this is your wisest decision.

- **Get started!** Once you have made your decision, get moving on it. Worrying or second-guessing yourself will only prolong the process and cause you grief. You have done your very best for the present. You always have the option to change your mind or make adjustments in the future if you desire.
- **How is it going?** Review your decision at specified points along the road. Are the outcomes what you expected? Are you happy with those outcomes? Do you want to let the decision stand or would you like to make adjustments? If the decision did not come out the way you planned, complete the complete decision-making process again. Answer the following questions. Did I not have enough information? What values actually came into play? Were they my values or someone else's? Remember, you can always change your mind!

Source: Online Women's Business Center, Dallas, TX, August, 1997

Build your treasury to spread the power of SADD. This SADD Custom Phone Card Campaign is the easiest and most profitable fund-raiser available.

- Receive 100% of the profit from each sale
- No beginning budget necessary
- Easy program implementation



It's Quick & Easy!

All you have to do is purchase your phone cards from AmeriSave at the special SADD rate, sell them at whatever price you choose and have fun spreading the SADD message and making money for your chapter!

Start Now!

Visit us at www.customphonecardservices.com.

Help promote the safety of your peers while raising money for your SADD chapter. Each time students use their SADD custom phone card, they'll hear a message reminding them: "Be safe, be sober, be SADD."

Special Value Rates for SADD Campaign

(choose from one of the "minute" options below)

	100 CARDS	250 CARDS	500 CARDS
15 minutes	\$2.00	\$1.80	\$1.70
20 minutes	\$2.50	\$2.40	\$2.20
30 minutes	\$3.00	\$2.80	\$2.70

- Prices shown on a per card basis
- Includes domestic and international calls

Payment Policy

The three payment options available:

- Online credit card submission - We accept Visa and Mastercard. All payment information is sent through a secure server that encrypts the information for your protection.
- Phone or fax in your custom phone card order.
- You may also pay by money order or cashier's check. Simply print the completed order form on our Web site, attach a cashier's check or money order made out to AmeriSave, and mail to the address below.
- Pay by check online.

AmeriSave

"The Custom Phone Card Company"
1366 Green Mist Drive
St. Louis, MO 63026
636-343-4504 or 1-866-343-4504
Fax: 636-343-4515

Chapter Chatter



There are SADD chapters all across the country, all at different levels of operation. There are schools starting SADD chapters every day. In this newsletter, we highlight some new chapters and their goals and some well-established SADD chapters and their accomplishments.

Weston, Florida – Thirteen-year-old Kevin Bonilla started a SADD chapter at the Tequesta Trace Middle School in a rather different way. Kevin was planning for his upcoming bar mitzvah, the ceremonial occasion that marks the time when a young person is recognized as an adult in the Jewish community and is responsible for performing mitzvot or “good deeds.” As part of the process, his temple encourages its students to complete a mitzvah project that will make a difference for years to come. Kevin took this challenge seriously and spent weeks exploring different ideas. His vision became clear after he finished running in Weston’s July 4th 5K race. He decided he would run his own 5K and make it an annual event. He found a sponsor for the event and needed to choose a charity that would benefit from the race. He considered donating the money to MADD until he discovered SADD. In making his decision Kevin said, “SADD is all about kids empowering kids. I want more people to be aware of the destructive decisions kids make. I have seen so many kids in school make bad choices, and it is devastating to think that kids my age would do some of these things.”

After setting up his 5K race, he discovered that his school, Tequesta Trace Middle School, did not have a SADD chapter. Kevin got

permission to start one. He spoke at assemblies for each grade level and found many interested students. Thanks to Kevin Bonilla, Tequesta Trace Middle School has a new SADD chapter and Weston, Florida, has a new 5K race.

San Angelo, Texas – Central High School junior Madison Emert helped organize a chapter of SADD at her high school. For Madison, the project is a personal crusade. According to Madison, her Dad began drinking when he was fourteen. He always thought he would be able to stop, that he was doing it for fun. But, she said, the drinking eventually progressed into alcoholism.

When Madison was in the seventh grade, her dad committed suicide. She said alcohol abuse was a factor. He was depressed. He drank, and that made it that much worse. He felt that the only thing he could rely on was alcohol. Now Madison is seeing her friends starting to take that same path, starting to drink, thinking they’ll do it for fun. But if they don’t watch what they do, that fun could turn into alcoholism. It could open the door to other things.

Madison’s vision is that SADD members will act as mentors and role models to younger students; they will also show their peers that there’s an alternative to risky behavior, to let students know that there are others out there who are not doing drugs or alcohol. Madison knows that it won’t happen overnight, but it’s a beginning. Her hope is that SADD will change some people’s lives, and those people will change others’ lives.

Washington, New Jersey – **The power of one!** As the school bell rang at Warren Hills Regional High School one morning, emergency lights flashed. From their classes, students peered into the halls, where local and state police combed through a bloody crime scene. As the teens walked from one class to another, they traded tales of rape and murder, trying to make sense of the violent chain of events they had witnessed.

At a party the weekend before, junior Carrie S. was allegedly drugged and raped by fellow classmate John H. Over the last week, though distraught and still hazy, Carrie had pieced together what happened but didn’t say a word. She was too afraid to tell her parents because she wasn’t supposed to be at that party. She also feared they would call the police.

Carrie also didn’t tell her friends, thinking they wouldn’t believe her or, even worse, they’d think she deserved the rape because she acts and dresses a certain way. At school on Thursday, Carrie couldn’t hold her secret inside any longer. She confided in her best friend, Teray T. He was enraged and confronted her rapist in the hall during third period.

Bloodshed followed. John H. took out an army knife and stabbed Teray several times. Blood was spattered on the floors dripped down the walls, evidence of violence. Teray was dead.

John H. was arrested. The school mourned.



This violent crime was uncommon for a school like Warren Hills, where students are from quiet suburbs and murder and rape are things they watch on TV. Luckily for students, this was just a tale, a play staged as part of the fifth annual SADD Day. At a schoolwide presentation following the play, SADD members, law enforcement officials, and rape counselors urged students to remember that Warren Hills is not immune to violence.

For the past five years, students in the high school's peer leadership program have held SADD days as a way to tackle tough topics affecting teens such as suicide, drinking, drug abuse and pregnancy.

Kokomo, Indiana – The Eastern High School SADD chapter held a luminary celebration after the boys' varsity basketball game. Students were able to sign up and pledge during their lunch hours to stay away from destructive decisions, including underage drinking, impaired driving, reckless driving, tobacco use, violence and drug abuse. A luminary could be placed in memory of someone who was killed by a destructive decision, and there was no charge for luminaries. SADD members wanted people to realize that a split-second destructive decision can change a person's life and the lives of those around them forever. The luminaries stand for the light that lives inside all of us.

Webster, New York – Most Webster Thomas Titan varsity football fans intent on watching the team pound their way to victory one Saturday afternoon had no choice but to perch their poor posteriors on the cold, hard, damp metal stadium bleachers.

Not so for the Clark family. They got to cheer the Titan team while curled up on their own big, comfy couch,



placed conveniently on the sideline for picture perfect viewing. This is not the first time that the couch has made its way onto the field and the Clarks aren't the first to enjoy what have become known as "the best seats in the house."

This interesting end zone addition, which has become somewhat of a tradition at Titan football home games, is actually a fund-raiser for the SADD chapter. The opportunity to become a sofa-sitting spectator is awarded by a raffle. Students and faculty at Webster Thomas can buy a ticket for a dollar for a chance to invite three friends to sit on the couch.

And if a warm, dry and soft place to sit isn't enough, the deal also includes free food donated by the Webster Athletic Booster Organization. Winners can place their concession orders in advance, and the principal will personally deliver their snacks.

The SADD chapter hopes to continue the fund-raiser into basketball season. Profits will go to support Red Ribbon Week and other activities that promote safe, healthy choices for teens.

Alliance, Ohio – SADD members from Alliance, Marlinton, Minerva, Sebring and West Branch High Schools participated in a student exchange day. Each school sent two students to each of the other schools, where they were paired with

host students. Visiting students spent the day attending classes – including study halls and lunch times – with their hosts, learning more about each other and the other school. All participating students met at Pizza Hut after school to talk about their experiences. The student exchange started in 2000 and has become an annual event.

Harmony Hill students hope to reach students by reaching out through the community, and they plan to make this an annual event.

Glenn Mills, Pennsylvania – SADD members from Garnet Valley High School recently hosted their first ever "Battle of the Bands." Their event benefited the American Lung Association and the Garnet Valley SADD chapter. All in all, there were nine bands performing. They played a wide variety of musical styles from the Swinging '60s to the present. Teacher Michael Vecchione served as emcee and sent an "avoid smoking tobacco" message to the audience. The band The Stuff performed two original songs entitled "Monday Mornings" and "Bored." Both originals reflected the angst and awkwardness of teenage life, with rumbling guitar chords, pounding bass lines and slicing guitar solos. The Soup, a classic rock band, won first place and received a \$350 gift certificate from a local music store as well as some free recording time at a local recording studio. The event was a success, and the audience boasts that The Soup was hot!



✓ Save the Date

Mark your calendar today and make plans to attend the 2004 SADD National Conference!

The 2004 SADD National Conference will be held at the Marriott Pavilion Hotel located in the heart of St. Louis, Missouri, within walking distance of the International Bowling Museum and Hall of Fame, the St. Louis Arch, and Busch Stadium, home of the St. Louis Cardinals.

2004 SADD National Conference
Marriott Pavilion Hotel
St. Louis, Missouri
July 16-19, 2004



Registration materials will arrive by mid-January 2004, but this "Save the Date" announcement provides pertinent information that will help you make plans to attend the conference.

Registration fees: SADD is offering subsidized registrations to students and adult conference participants in two packages — Ground and Air. There are 200 Ground Packages available at a rate of \$400 each. There are 200 Air Packages available at a rate of \$600 each, limited to 25 per state. If you would like information on the full zone conference registration rates, please contact the SADD National Office, toll-free, at 877-SADD-INC. Register early and take advantage of the subsidized rates while they last!

Registration fees include the following: Both packages include hotel room, meals (from Friday dinner through Monday lunch), and all conference materials and activities. You must provide your own transportation with the Ground Package; Air Packages include airfare and airport transfers.

Due Dates: All registration forms, along with a \$75.00 per person deposit, are due by April 12, 2004. All balances are due on May 10, 2004.

Planning Checklist

- Get school approval for travel.
- Determine who will be attending the conference.
- Determine how much money you will need.
- Raise the money NOW — organize car washes, arrange bake sales, and ask for monetary donations from local businesses and civic groups.
- Complete the registration form as soon as it arrives and mail it along with payment.

Call For Program Presenters

Do you have a program or expertise on an issue you want to share with other SADD students and advisors? Prepare now to present a workshop at the 2004 SADD National Conference. The Call for Programs will be sent with the registration materials in January. Want to know more NOW? Contact DC Sills toll-free at 1-800-407-6343 or lasadd@aol.com.

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 information along with your SADD Membership Certificate, newsletters, SADD Custom Products catalog, and activities and fund-raiser ideas. 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

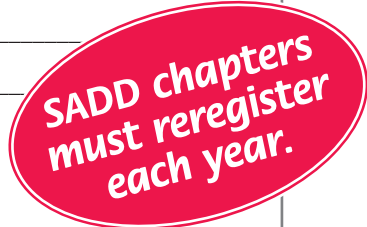
SADD, Inc., P.O. Box 800, Marlborough, MA 01752 Fax: 508-481-5759

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: _____

Delivery Address (No P.O. Boxes): _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

School Web Site: _____ County: _____

SADD Advisor: _____

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

Advisor Home Phone: _____ Office Phone: _____

Advisor Home Address (No P.O. Boxes): _____

City: _____ State: _____ Zip: _____

Advisor E-mail: _____

For chapters that are re-registering, 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 Month
- Middle School Month
- 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

PENELOPE WELLS
Executive Director &
President

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Marlborough, MA 01752

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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.saddonline.com
 - ✓ 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!**

January

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

February

- ✓ Friends for Life Campaign
- ✓ Buckle Up Initiative
- ✓ Dating Awareness Initiative

March

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

April

- ✓ SADD Awareness Month
- ✓ Safe Prom Awareness
- ✓ National STD Awareness Month
- ✓ National Youth Service Day

May & June

- ✓ Safe Prom & Graduation Campaign
 - Prom Pledge
 - Commencement Commitment
- ✓ National Teen Pregnancy Prevention Month

July & August

- ✓ Safe Summer Campaign
- ✓ SADD NATIONAL CONFERENCE

September

- ✓ Chain of Life Drive
- ✓ SADD Membership Month

October

- ✓ Binge Drinking/Alcohol Poisoning Awareness
- ✓ National Red Ribbon Celebration

November

- ✓ Stop Violence. Try Mediation.
- ✓ Wipe Out Smoking Month
- ✓ Great American Smokeout

December

- ✓ Tree of Life Campaign
- ✓ National 3D Prevention Month
- ✓ Lights on for Life
- ✓ Gift of a Lifetime
- ✓ AIDS Awareness

SADD Custom Products

Be sure to get your new SADD Custom Products catalog for the 2003-2004 school year.

Call 1-800-886-2972.

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