

DECISIONS



Positive Risk-taking Cuts Adolescent Alcohol and Drug Use

Teens in Action ...

By Stephen G. Wallace, SADD's Chairman and Chief Executive Officer

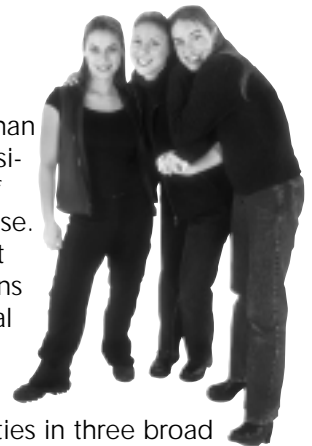
According to the latest round of *Teens Today* research from SADD and Liberty Mutual Group, both middle school and high school students say their friends influence them to challenge themselves in positive ways – and that those challenges play a significant role in reducing risky behavior. SADD students embody this profile of active, committed young adults whose positive choices guide peers toward healthy lifestyles.

Indeed, *Teens Today* 2004 has confirmed statistically what many teens have known intuitively for years: young people who challenge themselves by taking positive risks, such as joining an athletic team or volunteering for community

service, are more likely than those who don't take positive risks to steer clear of alcohol and other drug use. The study also points out the impact those decisions have on overall emotional well-being.

The research identified positive risk-taking activities in three broad areas: **life**, **school**, and **community**. Life risks include social risks (such as joining a club or group), emotional risks (asking someone on a date), and physical risks (rock climbing or snowboarding). School risks include academic

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A Project Planner for Turning Underage Drinking and Driving Tragedies Into Teachable Moments

Project U-Turn

Project U-Turn is a planner designed to be an emergency kit for your chapter to use in times of community tragedy and crisis. It is a tool to help your schools and local communities cope with the aftershocks of the event. It can also help members learn strategies to prevent another tragedy in the future.

Project U-Turn was first envisioned by students from the National Organizations for Youth Safety, a national coalition of more than thirty representatives of youth safety organizations and government agencies. Each member organization of NOYS is working to fight

alcohol, tobacco, and other drug abuse and to promote traffic and other safety issues to make the United States a safer place for youth.

NOYS students developed a planner to help guide concerned students and teachers through the aftermath of tragedies in their communities. The NOYS students knew it was possible to turn the tremendous grief and sorrow they felt after alcohol-related traffic fatalities into opportunities for healing and learning. Former SADD Students of the Year

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DECISIONS is published by the SADD National office. For more information, please contact

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



Message from the Executive Director

This issue of *Decisions* is full of interesting and, we trust, useful information for SADD chapters and others concerned with the well-being of our nation's youth.

SADD has counted Liberty Mutual Group as a strong supporter for many years. For the last five years, we have teamed up on the *Teens Today* project, an annual study of teenage decision-making that looks beyond "what teens are doing" and concentrates on trying to figure out why. In this, our fifth, year we focused on risk-taking by teens. We know that risk-taking is a natural and necessary part of adolescent development as teens separate from their parents and test out their own identities. Contrary to the automatic connection most adults make to teen risk-taking as encompassing dangerous and harmful behaviors, our study determined that teens themselves think of risk-taking as positive behavior. We found that teens who seek out positive risks in four different fields (academic, social/emotional, physical, and community-based) are also the most likely to avoid use of alcohol and other drugs and to have a strong sense of self. Chapters might use these findings to jumpstart a conversation in your school, among teens and adults, probing the different choices teens make and identifying circumstances that encourage positive risk-taking. You might also challenge adults to explore their own views of risk-taking, both by teens and by themselves as they have aged. Risk-taking is such a fundamental part of adolescent development that increased dialogue may lead to a critical breakthrough in communication between the generations.

We also point you to a valuable resource developed through SADD's partnership in NOYS, National Organizations for Youth Safety. Project U-Turn is a kit that allows SADD chapters to turn a tragedy into a teachable moment. These materials were

developed by youth leaders from organizations across the country, and our own Ashley Conners, SADD Student of the Year in 2002-2003, played a critical role in its creation and wrote a letter of introduction. The premise of the kit, that out of tragedy and despair can come positive, constructive, and life-affirming action, is actually at the root of SADD's founding and existence. The SADD National organization itself was founded in the aftermath of two fatal traffic crashes, and many of your own chapters probably started that way, too. This kit gives you ideas for how to forge through a devastating and destructive event and build something positive for the future. We hope to develop other modules addressing other destructive events in teenagers' lives in the future.

It's not too early to start thinking about prom and spring break. Plan now for community service activities attached to each of these events. Think particularly about how your school and community can join in on National Youth Service Day in April. Also, be sure to take advantage of the free materials available to SADD chapters, including the *Smashed* video and the cell phone recycling campaign. We also encourage chapters to check in with the SADD Store. After a slightly rocky start this fall, our new company is coming through with good new materials at friendly prices. Check them out on our Web site: www.sadd.org.

Being a part of SADD is often an example of one of those positive risks that *Teens Today* studied. Hold your head high and know you're on the right track!

Teens in Action, continued ...

risks (such as taking an AP course or a challenging elective), athletic risks (trying out for a sports team), and extracurricular risks (running for student council). Community risks include volunteering for service (helping the elderly), mentoring others (working with younger children), and showing leadership (starting a charity or business).

“Young people who challenge themselves by taking positive risks, such as joining an athletic team or volunteering for community service, are more likely than those who don’t take positive risks to steer clear of alcohol.”

Two “risk profiles” emerged from the data, each with significant statistical correlation to decision-making. “Risk Seekers,” for example, are 20 percent more likely than “Risk Avoiders” not to drink or use other drugs and are 32 percent more likely to say that grades are a driver of those decisions. Risk Seekers are also more likely than Risk Avoiders to describe themselves as optimistic, responsible, and confident and to weigh potential negative consequences of their behavior, such as getting hurt, being caught, or being held accountable for their actions. Interestingly, Risk Avoiders are more likely than Risk Seekers to describe themselves as bored or depressed.

These new findings are consistent with past *Teens Today* studies that have shown that peers have tremendous influence on adolescent behavior. Just as important, they highlight the important role that programs like SADD can play in helping keep young people safe and alive.

Teens can help their peers take positive risks by:

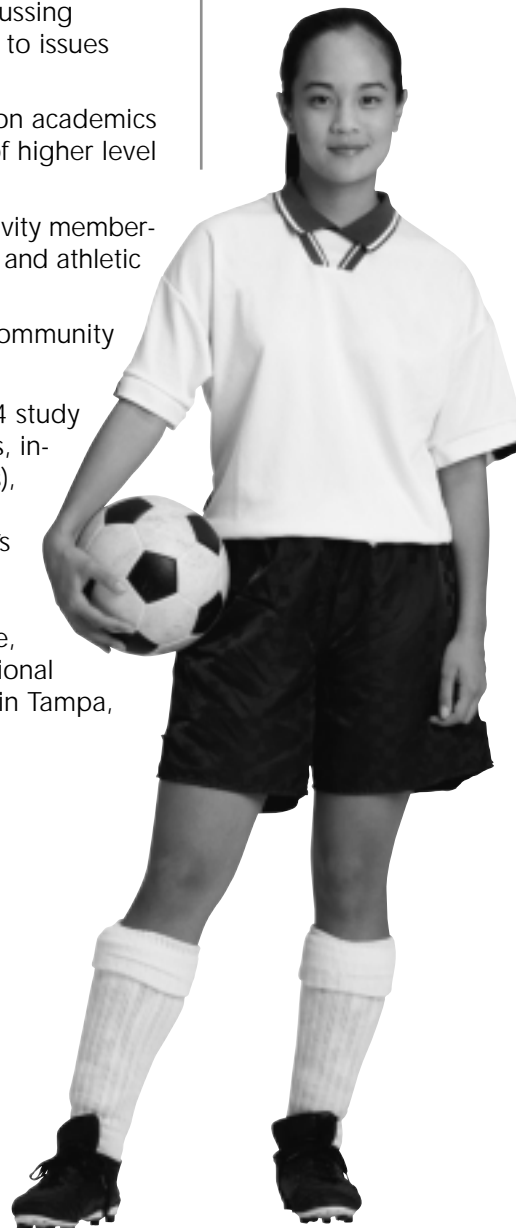
- Modeling inclusive social behavior and effective peer-to-peer social skills;
- Identifying and discussing emotional reactions to issues and events;
- Encouraging focus on academics and consideration of higher level courses;
- Supporting club/activity membership (such as SADD) and athletic participation; and
- Involving peers in community service project(s).

The *Teens Today* 2004 study included focus groups, in-depth interviews (IDI’s), and student surveys. Focus groups and IDI’s were conducted with teens in Phoenix, Arizona, and Charlotte, North Carolina. Additional IDI’s were conducted in Tampa, Florida, and Boston,

Massachusetts. From 41 schools across the country, 3,574 teens completed student surveys.

More information about *Teens Today* 2004 can be found at www.sadd.org and www.liberty-mutualinsurance.com.

Stephen Wallace, national chairman and chief executive officer of SADD, has broad experience as a school psychologist and adolescent counselor. He directs the annual Teens Today research project.



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Patrick White - x311
David Hunt - x309
Rick Cuozzo - x317

Project U-Turn, continued ...

Molly Linn and Ashley Conners were on the frontline of program development and have recently seen Project U-Turn through to completion.

Ashley Conners feels strongly about the need for this type of tool. In the planner's introduction, she challenges chapters to do whatever it takes to prevent further alcohol-related crashes and fatalities from happening in their communities.

"Your project can be as big or as small as needed. The most important thing is that you do something. Develop your message and show your community that you will not allow this to happen again. Educate your friends to prevent them from drinking and driving. The project that you and your peers develop will leave a mark on your community forever," writes Conners.

The planner guides your chapter through sections on planning and project implementation. The first, called "Stop and Yield to the Community," will help your chapter appropriately and tactfully address the grieving feelings of the communities, families, and friends of the crash victims. The section also outlines a strategic plan of action to help you carefully execute your event during a very hectic and emotional time for your chapter.

The second section of the planner, "Merging with Others," will help your chapter utilize available resources and help you connect with your school administrators, local law enforcement, and health care agencies. The planner provides an

extensive list of resources on the national level to individualize and customize your project's message.

"Getting in the Driver's Seat" is the section that helps you put those plans into action. This section outlines what kinds of projects you might consider doing in your community and gives valuable data to illustrate the dangers of impaired driving.



The next section, "Signaling the Press," details how your chapter can interact with the media. It offers important advice about how your chapter can use media coverage as a tool to educate the public about your cause.

The planner stresses cultivating a positive relationship with media in your community and provides examples of press releases, sound bites, and questions to be prepared for during a live interview.

The conclusion of the planner, "The Rear-view Mirror," encourages your chapter to debrief and evaluate the event that you implemented in your community. The NOYS students encourage chapters to celebrate their success and also to brainstorm ways to continue to improve upon your pledge to make your community a safer place.

Project U-Turn is currently available online at the SADD and NOYS Web sites (www.sadd.org and www.noys.org). NOYS aims to expand the project by including sections in the planner that deal with tragedies other than alcohol-related crashes and fatalities.

April 15-17, 2005

National Youth Service Day

Mark your calendars! We are calling on SADD chapters across the nation to serve their communities on the 17th annual National Youth Service Day, taking place April 15-17. This is the fourth year SADD has partnered with Youth Service America (YSA) and National Youth Service Day (NYSD) to celebrate the service young people perform every day and to encourage continued service projects.

Check out www.ysa.org for information about grants to help fund your service project!



FREE NYSD PLANNING TOOLS

- Planning Tool Kit (English and Spanish)
- Posters (English and Spanish)
- Service-Learning Curriculum Guide
- Project Plan-It YSA Tip Sheets
- Tips on Engaging Elected Officials in Your Service Project
- Guide to Engaging Youth with Disabilities in Service



of your own. By taking part, you will join more than three million young people who will be serving in their communities across the country April 15-17, 2005. Think of all the people and the places in your community that could use your help, and begin to plan today! In the past, SADD chapters have gotten involved by reading to younger kids, planting trees, painting community centers, launching recycling programs, and doing much more.



Youth Service America works hand in hand with tens of thousands of schools, national nonprofits, and local community partners all over the country to mobilize millions of young Americans to identify and address the needs of their communities through service. National Youth Service Day is the largest service event in the world.

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 offer tools to help you plan and implement a service project



You can access free NYSD Planning Tools online at www.ysa.org or receive printed copies of planning materials from the SADD National office. If your SADD chapter is interested in getting involved, please contact Lindsay Jean Casavant by telephone at 1-877-723-3462 or by e-mail at ljcasavant@sadd.org.

NATIONAL YOUTH SERVICE DAY Goals

- Mobilize youth as leaders to identify and address the needs of their communities through service.
- Support youth on a lifelong path of service and civic engagement.
- Educate the public, the media, and policymakers about the year-round contributions of young people serving as community leaders.

UPDATE:

A Year of "Reducing Underage Drinking"

Last fall, the National Academies of Science (NAS) Institute of Medicine presented a landmark report to Congress examining the underage drinking problem in America.

More young people drink alcohol than use other drugs or smoke tobacco. Almost half of high school seniors report drinking in the last 30 days, compared to 27% who smoked tobacco and 22% who used marijuana. Underage drinking is not a problem just among older teens; almost one in five eighth graders reports recent use. Despite the magnitude of the problem, the federal government invests 25 times less funds for underage drinking prevention than for prevention of illegal drug use.

On a national level, the prevalence and toll of underage drinking are widely underestimated by the general public – a conservative calculation suggests it 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 American youth.

Curbing underage drinking is often seen as an uphill battle because alcohol is legal and readily available to adults. To tackle the problem, the NAS report offered a proposed strategy that views reducing underage drinking as a shared responsibility. It called on community leaders at the national, state, and local levels to join together to end this costly and dangerous behavior. Prevention strategies need the support of many institutions and individuals, including

alcohol manufacturers and retail businesses, the entertainment industry, and parents and other adults in local communities. The main recommendations in the report can be found in the front page story from our Winter 2004 newsletter on our Web site. You can order the report online at <http://books.nap.edu/books/0309089352/html/1.html>.

One year after release of this seminal report, what action has been taken? We found this synopsis of steps taken put together by The Marin Institute, which has permitted us to reprint it here.

Update: A Year of "Reducing Underage Drinking"

A year after the National Academies of Science (NAS) Institute of Medicine released the seminal report "Reducing Underage Drinking: A Collective Responsibility" (September 10, 2003), efforts are underway to implement the recommendations on both local

and national levels. Yet underage drinking is still a severe problem with no coordinated federal response.

This one-year milestone is a good time to reflect on the status of underage drinking in our country. The following are some current efforts.

- In July, a bipartisan group of U.S. senators and representatives introduced the "STOP Underage Drinking Act" in an attempt to advance many of the NAS recommendations. The bill calls for improved enforcement of drinking laws, steps to reduce alcohol's availability to teens, and more resources for local community efforts. It also begins the process of developing an adult-oriented media campaign and improves monitoring of the amount of alcohol advertising reaching youth. To learn more about the bill and take action, visit www.cspinet.org/booze/040726STOPAA.htm.
- FACE, a national nonprofit organization that supports sensible alcohol practices, is offering a public awareness and action tool that uses the NAS report as a roadmap to create local change. "A Fork in the Road" includes a CD-ROM with engaging PowerPoint presentations. It can be viewed and ordered at www.faceproject.org or by calling 1-888-822-3223.
- The Center to Prevent Alcohol-Related Problems Among Young People was created earlier this year at the Boston University School of Public Health with a \$10 million grant from the National Institute on Alcohol Abuse and



You Had a Safe and Happy Prom ...

Now Make Someone Else's Dreams Come True!

Alcoholism (NIAAA). One of the Center's research projects will explore why persons who begin drinking at younger ages are more likely to experience health problems as adults, while another will investigate the aftereffects of binge drinking on college students' academic performance.

- The National Alliance to Prevent Underage Drinking is an ad hoc coalition of public health, law enforcement, religious, treatment and prevention, and other organizations whose goal is to "support and promote implementation of a comprehensive science-based national strategy to reduce underage drinking" as set forth in the NAS report. The National Alliance will serve as a catalyst for underage drinking prevention advocacy and monitor the effectiveness of federal efforts to address the issue. National organizations interested in joining can contact Kim Hennemeyer at kimh@cspinet.org.

The Marin Institute works to reduce alcohol problems through environmental prevention – improving our physical and social environment to advance public health and safety. The Marin Institute promotes effective alcohol policy, conducts media advocacy, and supports grassroots campaigns in Marin County, California, and nationwide.

For this information and more, go to www.MarinInstitute.com or contact

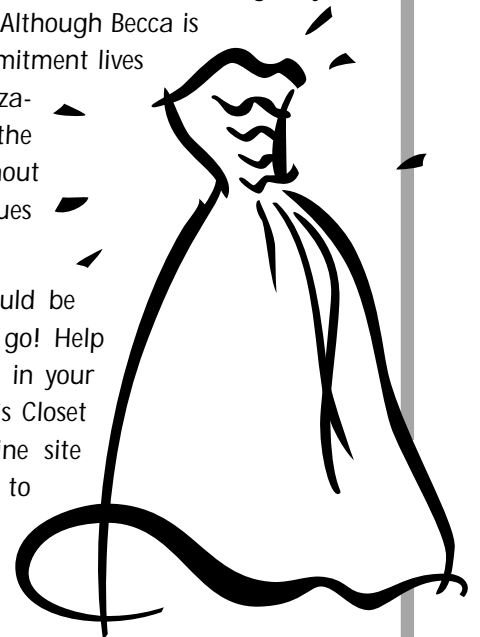
Amon Hoang-Rappaport
The Marin Institute
24 Belvedere Street
San Rafael, CA 94901.

With homecoming season behind you, and prom a distant dream, now's the time to think about putting your gently used formalwear to a great use! Organizations around the country collect prom gowns and formal accessories and distribute them to young women who need them. You can help to make someone else's dreams come true by finding a prom dress donation program in your area and encouraging your friends to donate, too!

If you can't find a program locally, please check out Becca's Closet, a nonprofit organization in Florida that may have a chapter in your area! Becca's Closet is a program that began with the vision of a remarkable student in Florida. As a freshman, Becca Kirtman started a dress bank at her high school and single-handedly collected and distributed 250 dresses to girls in South Florida!

Just months after her prom season success, Becca was tragically killed in a car crash in August 2003. Although Becca is gone, her legacy of caring and commitment lives on through Becca's Closet, the organization created in her memory. Today the organization has chapters throughout the country, and Becca's work continues to touch people's lives.

A fun, safe, and healthy prom should be enjoyed by everyone who wants to go! Help make the fun accessible to students in your area by learning more about Becca's Closet at www.beccascloset.org. The online site has all the information you need to donate a dress and to find a chapter in your area.



The Best Way to Heal a Broken Heart?

FORGIVENESS!

Throughout our lives, we experience moments of joy, pride, and excitement as well as feelings of anger, loss, and disappointment. Who hasn't, from time to time, felt the sting of betrayal, the indignation of unfair treatment, or something equally painful? Anyone who knows how it feels to be hurt by a friend or loved one also knows how difficult it can be to release pent-up anger and resentment. Although it can be one of life's greatest challenges, learning to forgive may just be the best way to heal a broken heart. Years of anecdotal evidence are finally being bolstered by the latest empirical research. What do scientists have to say? Many experts believe that on top of having profound emotional benefits, letting go of our anger may also help to heal our bodies physically!

Forty researchers from around the world met in Atlanta in the fall of 2003 to share their ideas and review what they found while investigating the restorative power of forgiveness. One study showed that letting go of grudges can reduce chronic back pain. Another found that forgiveness limited relapses among women battling substance abuse problems. One intriguing project at the conference – run by the nonprofit Campaign for Forgiveness Research – used MRI scans to explore how just thinking about empathy and reconciliation sparks brain activity, suggesting that we all have a mental forgiveness center ready to be tapped. Volunteers in the campaign's

At some point in our lives, we will all be confronted by the disappointment of having someone we love let us down. Before your overwhelming anger leads you to write off those who have caused you pain, take a moment to think about what these well-known names have said about forgiveness.

"An eye for an eye makes the whole world blind."

— Mahatma Gandhi

"Hanging on to resentment is letting someone you despise live rent-free in your head."

— Ann Landers

"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is also devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies."

— Martin Luther King, Jr.

"To forgive is not just to be altruistic. It is the best form of self-interest."

— Archbishop Desmond Tutu in his book *No Future Without Forgiveness*

forgiveness training project showed improvements in energy, mood, sleep quality, and overall physical vitality.

Fred Luskin, Ph.D., director of Stanford University's Forgiveness Project and author of *Forgive for Good*, emphasizes that forgiving someone does not mean condoning the offense. It simply means letting go of the resentment you feel and moving on. "Carrying around a load of bitterness and anger at how unfairly you were treated is very toxic," says Luskin.

Studies have shown that just thinking about resolving a hurt can help. In 2001, psychologists at Hope College in Michigan hooked college students to sensors and had them relive lies, insults, or betrayals by family members, friends, or lovers. When the subjects were instructed to imagine making peace with the offenders, they experienced heart rates and blood pressures two and a half times lower than when they thought about holding a grudge. "It appears that forgiveness could be a powerful antidote to anger, which is strongly associated with chronically elevated blood pressure and increased risk for heart disease," says lead researcher Charlotte vanOyen Witvliet, Ph.D.

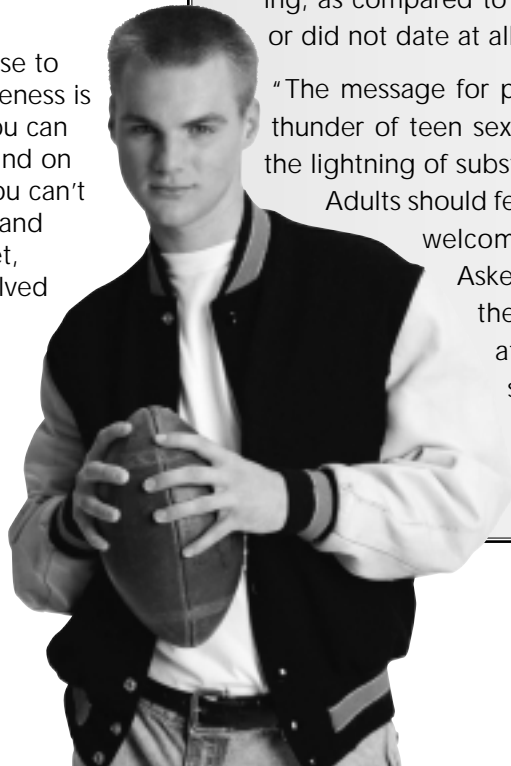
Despite its benefits, many people find themselves so angry that they simply won't consider forgiveness as an option. That, says Witvliet, is a huge mistake. "Hanging onto resentment for months or years means making a commitment to

remain angry." Just think about how much energy it takes to maintain an open grudge against someone – no wonder angry people suffer health problems at higher rates than do those who are able to let their anger go!

Learning to forgive someone who hurt you can be one of the hardest, but also the most important, things you can do for yourself. In her article "The Power of Forgiving," Lisa Collier Cool offered these steps for finding peace.

- Focus on the facts of the offense.
- Don't condone it, but try to understand what led to it.
- Explore your true feelings about it. Try not to take it personally; you aren't the only one to ever get hurt.
- Focus on the offender's humanity, not just his hurtful behavior.
- Forgive for yourself, not anyone else. You can forgive in your heart and choose not to tell the offender unless you want to.

No matter how you choose to defuse your anger, forgiveness is a powerful choice that you can make at your own pace and on your own terms. While you can't change what happened, and you probably won't forget, confronting these unresolved issues and forgiving the people behind them can lead you to a happier, healthier future.



CASA Survey Finds Older Boys Really CAN Be a Bad Influence

Teen girls who date them are more likely
to drink and do drugs

Teenage girls who associate with older boys are more likely to smoke, drink, and use drugs, according to the *National Survey of American Attitudes on Substance Abuse IX: Teen Dating Practices and Sexual Activity*. In its ninth annual back-to-school survey, the National Center on Addiction and Substance Abuse (CASA) examined, for the first time, the relationship between teen dating habits and substance abuse.

After gathering data from 1,000 teens and 500 parents, CASA reported "... a tight connection between teen sexual behavior and dating and teen risk of smoking, drinking, and using illegal drugs," says CASA chairman Joseph Califano. And girls who date boys two or more years older are much more likely to abuse drugs or alcohol. The study found that 58% of girls who had boyfriends two years older or more drank alcohol, compared to 25% of the girls who dated boys their own age or did not date at all. Fifty percent of the girls who dated older boys smoked marijuana, compared to 8% of other girls. Tobacco was also correlated to dating older boys: 65% of girls with older boyfriends reported smoking, as compared to 14% of girls who dated boys their own age or did not date at all.

"The message for parents from this year's survey is clear – the thunder of teen sexual activity and dating practices may signal the lightning of substance abuse," according to CASA's Califano.

Adults should feel encouraged by survey findings that teens welcome their parents' guidance on these issues.

Asked in the telephone survey what they wished they could "honestly discuss with parents at dinner," 42% said dating and 30% said substance abuse.

For additional information, visit
www.casacolumbia.org.

SADD Student Leadership Council

We asked three members of the SADD Student Leadership Council to share a memorable SADD experience. Here is what they wrote.

Extending SADD's Message

By Jessica Haas



Somewhere amidst the high school biology tests, lunch periods, and football games, the idea surfaces that SADD is merely a school group run by students, for students, involving only students. This misconception could not be farther from the truth.

The Central High School chapter from Aberdeen, South Dakota, extends SADD's message to a variety of places and people who would be unreachable if the organization were exclusive to middle and high school students only. Elementary schools, athletic facilities, senior centers, and even shopping malls present great opportunities for SADD groups to reach a wider audience.

Just because community can't be found in the Students Against Destructive Decisions acronym doesn't mean the SADD message can't extend to it!

Once a year, the Aberdeen chapter ties red ribbons on car antennae during halftime of a home basketball game. An announcement is read over the loudspeaker telling fans to drive safely and explaining

that the ribbons are a reminder to do so. The area in which ribbons are tied includes not only the parking lot but also many surrounding streets, extending the message to basketball spectators and to area homeowners as well.

The Aberdeen High School students know that the younger students look up to them, which encourages the chapter members to host many activities for the elementary and middle schools. SADD members also volunteer for the school's Fun Night, which includes games, prizes, and food for students in kindergarten through fifth grades. Aberdeen High School's SADD members are very visible in the middle schools: they can be found visiting classrooms to answer questions about high school as well as chaperoning dances.

During the holiday season, the chapter members go caroling at Aberdeen nursing homes, giving the chapter members a great chance to interact with local seniors and let them know what SADD is accomplishing in the high school.

Aberdeen SADD can't let mall shoppers leave the shopping center without knowing about the important work they do! SADD members run a booth at the Aberdeen mall that is covered with eye-catching posters and statistics about destructive decisions. The students hand out pamphlets about issues ranging from drug abuse to seat belt safety. They also give candy to visitors who stop to read the valuable information.

SADD may start in the schools, but the messages the students spread and the work that they do are

definitely not confined there. In fact, with enough effort and enthusiasm, the message of positive, healthy decision-making can apply anywhere, to any group imaginable. How far will your chapter's message extend?

Mixing It Up

By Jessica Billings



When is the last time you took a good look at your school lunchroom – not at the tables and chairs, but

at the people who sit there? The lunchroom is one place where students gather with their friends. Social clubs, neighbors, teams, cliques, and other groupings are visibly apparent in the ways students choose their lunch companions. Lunch is the best time to study the social map of your school to see how groups of students tend to gravitate toward one another.

As a member of Students Against Destructive Decisions, you may be wondering how the issue of student diversity applies to the work you do with SADD. The truth is, many destructive decisions are made when students feel isolated from their peers or excluded from social groups. It's no wonder kids who get made fun of for having different racial backgrounds, religious practices, or physical appearances often develop poor self-images as the teasing progresses. Being bullied is one particularly painful way that kids can be made to feel worthless, unpopular, or simply unwanted in school.

In response to a school shooting that happened last fall in Minnesota, the Academy of Holy Angels' SADD chapter designated November "Make a New Friend Month." For "Mix It Up Day," we gave every student a color-coded ticket for the lunchroom and asked them to sit at a table that was color coordinated with their ticket. At each table, there was a SADD member and a pile of "get to know you" questions. Initially, students were uncomfortable sitting with students they didn't know, but as the lunch period went on, people

With enough effort and enthusiasm, the message of positive, healthy decision-making can apply anywhere, to any group imaginable. How far will your chapter's message extend?

— Jessica Haas

began to laugh and have fun with the activity. Think about how you could incorporate this, or another similarly oriented activity, in your own school. Maybe it won't turn strangers into best friends, but it will give them the opportunity to meet and appreciate each other. And isn't that a great first step to making your school a more welcoming and accepting place to be?!

Connect With a Youth Center

By Whitney Frahm



I started looking forward to college the day I began junior high. I envisioned college as a place and time that would be filled with new friendships, independence, and incredible academic and personal growth. Now I'm a freshman in college, and I'm proud to report that this experience has been the one I dreamed of. I love college! Yes, the homework can be harrowing and the stress level can sometimes be quite high, but the connections I've made have been incredible.

Connections ... I absolutely love connecting with other people. A connection can be made between strangers who, knowing absolutely nothing about one another, suddenly find themselves drawn together by shared ideas or common interests. On those rare and special occasions, these magical connections occur when there is a resounding "Yes!" in the hearts and minds of two people. All of the crazy twists and unexplainable turns in our lives seem to come together when we make these connections with others. As members of SADD, I'm sure you know just what I'm talking about. After all, we make these connections often when we meet likeminded students from other SADD chapters or when we "get through" to our peers about SADD's mission.

During my senior year in high school, our local SADD chapter decided to

start a youth center in the community. Watching the project evolve from an idea to a reality was amazing. The center was a huge undertaking, and actually getting the project off the ground was much more complicated than I had anticipated. Securing a building, obtaining funds, and planning activities were hard work but definitely worth the final result. After hundreds of hours of work from our chapter's members and nearly \$6,000 in donations from the community, the youth center opened with an incredible turnout of students. Local youth of all ages and backgrounds were drawn to the center. Kids who had never spoken to each other before were laughing and playing pool together. Even those who had a reputation for engaging in destructive behavior gathered at the center to use one of our Xboxes or watch a movie. Connections were constantly being made between people, and that was so uplifting to see. Our youth center continues to thrive, offering alcohol- and drug-free activities every weekend.

I believe initiating a youth center was our chapter's greatest achievement. The youth of our community embraced the center as a safe alternative for fun on the weekends, and I know that our chapter left a legacy for years to come. I urge SADD members across the country to consider starting a youth center if your community doesn't already have one. Wouldn't you like to make even more connections with others? A youth center is a wonderful place to make those connections. It is possible to make a difference and empower peers!

SADD/NHTSA Campaign Success Stories

Think About It ... Homecoming & Red Ribbon Season

This past fall we launched the Think About It ... *Homecoming & Red Ribbon Season* campaign, the latest in a series presented through a partnership between SADD and the National Highway Traffic Safety Administration. The campaign kit was sent to more than 400 SADD chapters across the nation and proved to be an exciting way for the chapters to create visibility and raise awareness about the harm that can be caused by drug and alcohol use and impaired driving.

SADD chapter members from McAuley High School in Cincinnati, Ohio, and their advisor, Peggy Hock, pulled together some exciting events in conjunction with this campaign. SADD chapter members interviewed other students from a variety of area high schools and asked questions about their attitudes regarding underage drinking, impaired driving, drug use, and tobacco. The students' responses along with pictures were compiled and displayed on a giant bulletin board at the school. The chapter also worked with a local organization called Speakers Unlimited and had a speaker at the school talk with students about positive decision-making. The students displayed table tents and pledge cards on tables in the cafeteria to spread their campaign message ... but they did not stop there. The SADD chapter members also sent a mailing to parents that included a letter, highlights from the student interviews they conducted, and a "safe party guide" they compiled.



McAuley High School SADD members consider their campaign a huge success, and they estimate that they reached approximately 840 students and hundreds more in the community with their campaign efforts.

SADD and the Law: 21 or Bust

In the spring of 2004 we launched a campaign with 500 SADD chapters across the country. The *SADD and the Law: 21 or Bust* campaign asked SADD chapters to work with their local law enforcement officials, alcoholic beverage control officers, licensed beverage outlets (LBOs), and other community leaders to prevent the sale of alcohol to those under 21.

Marquette Catholic School SADD in Alton, Illinois, contacted the SADD National office to share their campaign experience. The 21-member SADD chapter approached 15 area LBOs and asked them to publicly support enforcement of the law by signing on to the *SADD and the Law: 21 or Bust* campaign. The stores agreed to display posters and static clings in the store to remind

patrons that providing alcohol to anyone under the age of 21 is against the law. Marquette SADD also sought support from the sheriff of Madison County, Illinois. The sheriff hosted a reception for the LBOs that joined with SADD on the campaign, which gained positive media attention for the LBOs and the SADD chapter. The local TV station ran coverage of the reception and the local newspaper ran a feature article about the SADD chapter's campaign.

Think About It ... Prom & Graduation Season

This spring SADD National will launch the next campaign in this series entitled *Think About It ... Prom & Graduation Season*. Be sure your SADD chapter is registered in order to receive a flier in February 2005 announcing the availability of this exciting new campaign. Once the flier has been sent out to all registered SADD chapters, we will begin to accept applications to receive the campaign. If your chapter participated in a SADD campaign in the past, make sure you have finished that campaign and sent in a completed evaluation form in order to be eligible to receive this upcoming campaign.

If you have questions about the campaigns, please contact Lindsay Jean Casavant by e-mail ljcasavant@sadd.org or by calling 1-877-SADD-INC.



Aggressive and Risky Teen Driving

Advisors: please copy and distribute to your students!

After years of being dependent on mom, dad, or older siblings for rides, most any teen can tell you that there is nothing quite like the freedom of sitting in the driver's seat for the first time as a licensed driver. No matter how many hours you spent in driver's education, and regardless of how many pages you memorized in the manual, there is always something unique about your debut outing with a shiny new license. For the very first time, you are the one in charge – there is no one to remind you to slow down or use your mirrors. After the seemingly endless months of study and practice, driving becomes suddenly thrilling and terrifying all at once.

For parents, SADD advisors, and other concerned groups, the subject of teen driving tends to be less thrilling and more terrifying. Teens have a higher fatality rate in car crashes than do any other age demographic. Two of three teenagers who die in car crashes are passengers in vehicles driven by other teens. In fact, motor vehicle crashes are the leading cause of death for youth ages 15-20 in the United States. This age group makes up only 7% of licensed drivers but suffers 14% of all traffic-related fatalities and 20% of all reported crashes.

Teen drivers are far more likely than older drivers to be the cause of their own crashes. When we look at the statistics to explore why teen drivers are putting themselves at such great risk, we find a number of factors that seem to indicate a pattern of

unsafe driving practices. Immaturity and inexperience are contributing factors to the high rate of auto crashes and deaths among teenagers. Teens make basic operator misjudgments more often than older, experienced drivers do.

Teen drivers are far more likely than older drivers to be the cause of their own crashes.

Teenage drivers are at a stage of psychological development characterized by impulsiveness, emotionalism, and high energy. Too often, these qualities combine to create an environment that is dangerously conducive to reckless driving.

Reckless driving can be comprised of any number of dangerous, high-risk driving behaviors. The following risky driving decisions contribute to reckless driving.

Speed

Excessive speed is frequently a factor in teen driver vehicle crashes in which someone is either killed or injured. Even at low speeds, it is important to remember that posted speed limits are only effective under ideal driving circumstances. Bad weather, poor road conditions, or low night-

time visibility are all factors that require the driver to exercise additional caution when choosing speeds. A new driver's lack of experience compounds the pressures of driving in less than ideal road conditions. Consider that of all teens fatally injured in automobiles, more than one third were killed in speed-related crashes.

Allow yourself a little extra time to get wherever you are going, so you don't feel pressured to speed. Use common sense, even when you're running late or in a hurry to get somewhere. Arriving ten minutes late is decidedly better than speeding and taking the risk that you will never make it at all.

Not Wearing a Safety Belt

The evidence is clear: safety belts save lives. Teens are among the worst offenders when it comes to skipping safety belts. The simple truth is this: choosing not to wear a



Continued on next page

safety belt is a sure way to compound your injuries if you're involved in a car crash. According to the Governors Highway Safety Association, safety belts increase your chances of avoiding death or serious injury in a crash by up to 50%.

Here are some other safety belt facts to consider.

- Airbags inflate at up to 200 mph and can seriously injure unbelted drivers and passengers.
- Think you can "brace yourself" in a crash? At just 35 mph, a 130-pound adult generates a force of 3,600 pounds. Nobody's arms are that strong!
- Just going to the store? Wear your safety belt: 80% of traffic fatalities occur within 25 miles of home and at speeds less than 40 mph.
- Safety belts prevent you from being knocked unconscious in a crash, improving your chances to escape and help other passengers.

Distracted Driving

Teens often drive while distracted, which makes them particularly susceptible to being involved in automobile crashes. Cell phones and stereo systems are only some of the many possible elements that can divert a teen driver's attention from the road. Just how significant is distracted driving? Consider that teens who drive with passengers are three times more likely to crash than are their teen counterparts who drive without the distraction of passengers in the car.

Aggressive Driving

This style of driving can vary from actions such as tailgating to lane blocking. Explosive takeoffs from traffic lights and rounding corners at high speeds are two types of reckless driving behavior that are particularly characteristic of teen drivers. Aggressive driving significantly increases the risk of a vehicle crash.

What About "Road Rage?"

Inexperienced teen drivers are particularly susceptible to heightened emotional responses while they are behind the wheel. Many people have come to know this reaction as "road rage," a term that is believed to have been coined by the American media. It generally refers to the most violent events following driving altercations, such as using a vehicle as a weapon or physically assaulting another driver. The more common and problematic driving profile among licensed teens is the aggressive driver. The New York State police define an aggressive driver as follows: One who operates a motor vehicle in a selfish, bold, or pushy manner, without regard for the rights or safety of the other users of the streets and highways.

Aggressive drivers are a risk not only to themselves, but also to every driver and passenger around them. The National Highway Traffic Safety Administration (NHTSA) reports that about 66% of annual traffic fatalities are caused by aggressive driving behaviors. You will probably recognize the following traffic violations as characteristic of this type of driver: excessive speed, frequent or unsafe lane changes, failure to signal, tailgating, failure to yield the right of way, and disregarding traffic controls.

Choosing to drive aggressively often has more to do with a lack of self-restraint than it does with driving skills or education. **If you find yourself in a situation in which you cannot control your emotions outside of the car, you certainly have no business getting behind the wheel.** Learning to exercise self-control is the key to managing stress and aggression while driving. As a new driver, you will inevitably encounter situations that will test your patience and restraint. To prepare for these challenging situations, you should think about your stress response and coping skills before you even start the car.

The number-one rule to remember when dealing with other drivers is to try to avoid personalizing someone else's bad driving. Understand that any driver can make a mistake; you should not assume that all unsafe driving actions are personal or intentional. Before you react to the driver who just cut you off, think about the possible consequences of your choices! You can gain a valuable sense of self-control by realizing that some people will react differently than you might to certain situations. Keep that in mind when another driver makes your blood start to boil. Learning to be a safe driver means being polite and courteous – even when other drivers are not.

Follow these tips and you are certain to avoid being labeled an aggressive driver or provoking someone else who is!

- **Gestures:** Obscene or offensive gestures irritate other drivers and will certainly heighten the tension of any traffic altercation. Be aware that any gestures you make may

SPECIAL PULLOUT SECTION

be misinterpreted by other drivers. You will be smart to keep your hands on the steering wheel where they belong.

- **Cell phones:** Driving a car while chatting on a cell phone is dangerous for drivers of all ages. If you are talking on the phone, you can't be completely focused on the road. People who use cell phones behind the wheel and then make driving mistakes are seen by many as being careless and unsafe. Even more significant is the fact that using a hand-held phone while driving is illegal in certain states. Other states have laws that impose stricter penalties on drivers who cause crashes while using cell phones. If you absolutely must make or take a phone call while en route, find a safe place to pull over and use the phone while your car is parked.
- **Displays:** Having an offensive bumper sticker or vanity plate is a surefire way to provoke ire among those with whom you share the road. Think carefully about the types of messages you wish to express to other drivers before adorning your car with stickers.
- **Eye contact:** If a motorist tries to pick a fight with you, do not make eye contact! Carefully negotiate your car out of the situation without acknowledging the other driver. If the aggressive driver tries to follow you, do not go home! Go to a police station, where there are people who can protect you from an enraged operator.
- **Aggressive tailgating:** Driving right on top of the car ahead of you is not only unsafe, it is also extremely annoying and can provoke trouble. Always travel with a

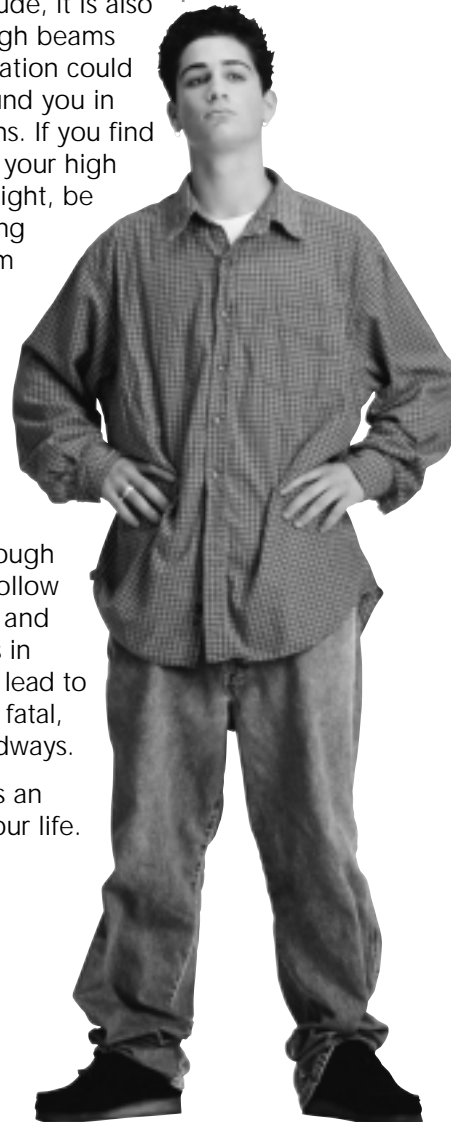
safe distance (a car's length) between your car and the car ahead of you. If someone in front of you slams on the brakes, you will have the time and distance to avoid a crash.

- **Aggressive horn use:** Leaning on the horn to express anger is aggravating to everyone around you. Abusing the use of your horn is more likely to infuriate other drivers than anything else. Your horn should be used in situations in which your safety is in jeopardy (i.e. alerting a driver who doesn't see you) and not as an extension of your angry words.
- **Aggressive headlight use:** Flashing headlights to denote irritation is not only rude, it is also unsafe. Using your high beams to express your frustration could blind the drivers around you in night driving situations. If you find that you need to use your high beam headlights at night, be courteous to oncoming cars by dimming them while you pass.
- **Ignoring traffic controls:** Safe roadways require organization and control, and this can only be achieved when drivers obey road signs and traffic controls. Blowing through red lights, failing to follow posted speed limits, and overtaking other cars in no-passing zones will lead to dangerous, and often fatal, outcomes on the roadways.

A new driver's license is an exciting milestone in your life.

We hope this article will encourage you to approach this achievement as a responsibility that requires great care.

If you want to check on your own driving behaviors, take the AAA Foundation for Traffic Safety "Driver Stress Profile" to measure your hostility levels on the road. The Aggressive Driving Quiz measures your attitude in four driving categories – Anger, Impatience, Competing, and Punishing – and gives tips for reducing your frustration. We have provided an overview of the quiz on the following page. To submit your answers to the quiz, log onto www.aaafoundation.org/quizzes and follow the links.



The AAA Foundation Aggressive Driving Quiz

Are YOU an Aggressive Driver?

Take the Driver Stress Profile to Measure Your Hostility on the Road. To receive feedback about your answers log onto www.aaafoundation.org/quizzes.

I. ANGER

	NEVER	SOMETIMES	OFTEN	ALWAYS
1. Get angry at drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Get angry at fast drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Get angry at slow drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Get angry when cut off.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Get angry at malfunctioning stoplights.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Get angry at traffic jams.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Spouse or friends tell you to calm down.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Get angry at tailgaters.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Get angry at your passengers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Get angry when multilane highway narrows.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

II. IMPATIENCE

	NEVER	SOMETIMES	OFTEN	ALWAYS
1. Impatient waiting for passengers to get in.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. So impatient, won't let car engine warm up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Impatient at stoplights.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Impatient waiting in lines (car wash, bank).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Impatient waiting for parking space.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. As passenger, impatient with driver.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Impatient when car ahead slows down.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Impatient if behind schedule on a trip.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Impatient driving in far right, slow lane.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Impatient with pedestrians crossing street.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

III. COMPETING

	NEVER	SOMETIMES	OFTEN	ALWAYS
1. Compete on the road.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Compete with yourself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Compete with other drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Challenge other drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Race other drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Compete with cars in tollbooth lines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Compete with other cars in traffic jams.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Compete with drivers who challenge you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Compete to amuse self when bored.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Drag race adjacent car at stop lights.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

IV. PUNISHING

	NEVER	SOMETIMES	OFTEN	ALWAYS
1. Do you "punish" bad drivers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Complain to passengers about other drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Curse at other drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Make obscene gestures.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Block cars trying to pass.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Block cars trying to change lanes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Ride another car's tail.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Brake suddenly to punish tailgater.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Use high beams to punish bad driver.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Seek personal encounter with bad driver.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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SMASHED:

Toxic Tales of Teens and Alcohol

SADD National will be sending all registered SADD chapters a free copy of a new documentary entitled **Smashed: Toxic Tales of Teens and Alcohol**. This new documentary in the HBO Family series addresses tough issues facing teens and adolescents. *Smashed* explores the tragic effects of underage drinking and impaired driving. SADD has partnered with the National Highway Traffic Safety Administration (NHTSA), Recording Artists, Actors & Athletes Against Drunk Driving (RAADD), National Organizations for Youth Safety (NOYS), and HBO to make this documentary and a discussion guide available to all registered SADD chapters at no cost!

About the Documentary

Focusing on the effects of underage drinking and impaired driving collisions when the victims do not die, *Smashed* shows young crash victims from their arrival at the shock trauma facility and follows their progress over time. It features interviews with medical personnel, the teens themselves, their friends, and their families. Through often graphic hospital film footage, *Smashed: Toxic Tales of Teens and Alcohol* tells a cautionary real-life tale that shows young people that they are not invincible.



What You Can Do

Organize a viewing of the *Smashed* video. Although the video can be played either in class or in a school-wide assembly, we strongly recommend building in opportunities for guided, small-group discussions using the discussion guide or the lesson plans to get the most out of the experience.

- View the *Smashed* documentary and review the materials first with your SADD chapter.
- Discuss with the members how best to use the *Smashed* video in your school and your community.

- Gather a panel of adult professionals in your community to be on hand the day of your screening to respond to questions and help facilitate discussion about the documentary. Think about contacting a local law enforcement officer, judge, emergency room doctor or nurse, or a representative from a local insurance provider.

Because parents play such a prominent role in this video, your chapter may decide to sponsor parent-student groups with lively follow-up debates at the school or local library.

- Organize a parents' night at your school to show the documentary.
- Show the documentary at a teachers' meeting.
- Work with local law enforcement officers to plan a viewing of the documentary followed by a panel discussion. Include professionals in your community as well as students.

When will your *Smashed* documentary package arrive?

SADD will send a package containing the DVD, discussion guide, lesson plans, and a copy of the *Smashed* PSA to every registered SADD chapter as soon as it becomes available.

For more information about the *Smashed* documentary, please visit www.sadd.org.

Teaching Abstinence

Should Sex-Ed Classes Teach Just Abstinence or About Birth Control and STD Prevention Also?

When it comes to designing a school curriculum for sexuality education, nothing is black and white. Across the country, parents, teens, politicians, and educators are divided by the ongoing debate about what teens should be taught about sex in public schools. Recent studies show that teens are having sex at a younger age and are experiencing higher rates of STDs. To address this alarming trend, the Bush administration has proposed doubling the amount of federal funding for sex education programs that teach only abstinence. Among the curriculum requirements: teens are to be told that sexual activity outside of marriage is likely to have harmful psychological and physical effects and contraceptives are not to be discussed at all, except to highlight their failure rates.

The issue is polarized with abstinence-only proponents on one side and those who favor comprehensive sex education curriculums on the other. What's your opinion? Do you think that advocating exclusively abstinence-only programs will work? Should teens be given detailed information about contraceptives in sex education classes? The following article gives two teens with opposing positions an opportunity to weigh in on the subject.

The "Teaching Abstinence Debate" below first appeared in the March 2004 issue of Teen People magazine, and it is reprinted with permission from Teen People.

These days, sex-ed classes are more likely than ever to focus on abstinence. That's because the

government tripled funding for programs with a simple message. Just say no to sex before marriage. Advocates say abstinence is the best way to prevent pregnancy and sexually transmitted diseases (STDs). Critics say schools must teach teens how to stay safe if they do have sex. Should schools go with abstinence, or should they also talk about safety? Teens with different views sound off.

"Abstinence [is] the only fully effective way of preventing STDs and pregnancy." – Brad

"If a school only teaches kids to be abstinent, it endangers those who, no matter what, will have sex." – Anna

PRO ABSTINENCE ONLY **Brad Keating, 17, Las Vegas**

Abstinence-only sex education is a necessity. It tells kids the single most important thing they need to know about sex: that they should postpone having it until they are older. Abstinence-only education teaches teens about the consequences of having sex, from sexually transmitted diseases to pregnancy to emotional impacts. But most important, it encourages abstinence, the only fully effective way of preventing STDs and pregnancy. I work with the National Campaign to Prevent Teen Pregnancy and,

according to the national statistics, nearly 1 million teen girls get pregnant each year. Thirty-five percent of teen girls get pregnant at least once before they turn 20. Teachers who teach about contraceptives argue that teens may have sex and, if they do, they need to know how to do it safely. But these statistics show that even though lots of schools still teach about safe sex, kids just aren't practicing it. Therefore, the best way to protect teens is to teach abstinence – the only 100% effective way to avoid those outcomes.

CON

Anna Loustaunau, 19, Orange, California

Abstinence-only sex ed is a bad idea! Teens need to learn about safe-sex methods and how they can protect against unwanted pregnancies and STDs. Educating us about sex doesn't mean schools are encouraging kids to have sex; it just clues us in to safety measures so that we can be fully informed if we decide to have sex. Even if abstinence is the only way to be totally safe from pregnancy and STDs, that doesn't erase the need to know about other effective approaches. If a school only teaches kids to be abstinent, it endangers those who, no matter what, will have sex. It's great to encourage kids to wait, but if sex ed doesn't do all it can to inform kids about protecting themselves, it is a failure.

Teen People readers were asked which position on abstinence only won them over. The results?

30% PRO 70% CON

Teens and Stress: Are You Overbooked?

"How much stress is normal? It's hard for me to go even a day without stressing about everything from writing a paper to making the soccer team."

"I couldn't handle all my honors classes last year, but I know colleges love AP credits and my parents want me to go to a good school. How can I explain that I can't do it all anymore?"

"I'm like a juggler who's afraid to drop one of the million balls I've got up in the air. I can't relax without feeling like everything will come crashing down on me."

Do you recognize these feelings of being stressed and overbooked? What conscientious teen hasn't felt overwhelmed by expectations at some point or another? It's important to know that there are different types of stress and not all stress is bad. Having some degree of stress in your life can be motivating; it may push you to achieve things you never before thought you were capable of accomplishing. When you find yourself saddled with too much stress, however, you may be tempted to give up on everything, even those activities and challenges you enjoy.

According to Benjamin Hunnicutt, professor of leisure studies at the University of Iowa, "Overbooked kids are a real danger in a society where work is taking on more and more importance in adults' lives." Children watch

their parents go about their daily schedules, and they can't help but notice when work starts to sap the time that used to go to family and community activities. "We're living in a time when adults' lives have become more scheduled and more hectic, and children seem to be encouraged to join the pace at an earlier age than ever before," says Hunnicutt. No wonder many teens are feeling burned out by the time they reach high school!

It's certainly important to find activities you enjoy and to commit to them. Whether it's a part-time job after school, community service through your church, or playing varsity sports, learning to be a responsible member of a group is part of growing up and can be a lot of fun. When you find that your schedule has crossed the line from rewarding to completely overwhelming, however, you may find you are doing yourself more harm than good.

Often the difference between successful and unsuccessful people is their ability to manage time. There is no magic formula to knowing just how many activities are appropriate; that depends on how you deal with the pressures and commitment each one requires. If you're a person who values free time above other endeavors, you need to remember this when you're choosing your commitments. Perhaps adding another night of drama practice won't bring you as much enjoyment as having a free night to chill out on your own. On the other hand, if you're a person who thrives in structured scheduling, you might be able to handle joining the choir when you're already treasurer of SADD and captain of the swimming team. The secret to being happy, healthy, and successful during these important years is finding your own way to balance the things you need to do with the things you enjoy doing.

Parents need to take responsibility, too. Millions of children and teens



NEW Fund-raiser!

RECYCLE Old Cell Phones

SADD and the American Cellular Donation Organization are pleased to announce a new fund-raising opportunity for local SADD chapters!



There are more than 500 million unused cell phones in this country. Disposing of them is a challenge, for cell phones contain hazardous materials that pollute air and soil and can leak into drinking water. By enrolling in SADD's new donation program, you can help put these old phones to a good, safe use while earning money for your chapter!

Shipping is free, donations are tax-deductible, and there is absolutely no cost to your chapter! Each participating school will receive a startup kit containing everything a chapter will need to take part in the program.

A.C.D.O. is an organization that recycles and refurbishes phones back to working condition. These phones are then resold internationally. Local chapters receive checks from A.C.D.O. for each shipment of donated cell phones approximately 30-60 days after the phones are received. For more information about enrolling your chapter in this terrific fund-raising opportunity, please **visit www.sadd.org and follow the links to the A.C.D.O. program.**

Teens and Stress, continued ...

across the country feel overwhelmed and pressured. Psychologist Alvin Rosenfield, M.D., author of *The Over-Scheduled Child: Avoiding the Hyper-Parenting Trap*, believes that enrolling kids in too many activities is a trend that has spread nationwide. "Over-scheduling our children is not only a widespread phenomenon, it's also how we parent today," he says. "Parents think that they're not being good parents if their kids aren't in all kinds of activities. Children are under pressure to achieve, to be competitive. I know sixth-graders who are already working on their resumes so they'll have an edge when they apply to college." In fact, colleges do not want students who "dabble" in many activities. *They want students who are committed to school and to those activities that they do best.*

Other experts echo Rosenfield's observations. "Kids in America are so overscheduled that they have no [free] time. They have no time to call on their own resources and be creative. Creativity is making something out of nothing, and it takes time for that to happen," says Diane Ehrensaft, Ph.D., of the Wright Institute. "In our efforts to raise Renaissance children who are competitive in all areas, we squelch creativity." This type of pressure can leave kids feeling overwhelmed and stressed out.

A pioneer in the field of stress research, Hans Slye, M.D., describes two different types of stress that teens feel: eustress and distress. Eustress is the pleasant stress we feel when we confront the normal challenges of life. A teen who loves basketball may thrive on the pressures of practices and games. Distress, on the other hand, occurs when we feel overwhelmed. The same kid who loves basketball may start to see it as a burden when it becomes one of four or five other activities.

The key to solving this problem seems to lie in one word: balance. Finding the happy medium between scheduled activities and free time will keep most teens on an even keel. If you find yourself overbooked, take a serious look at where your time is going. Prioritize things that you must do (i.e. going to school) and then find some time for the one or two things you most want to do. If hockey is fun but it takes time away from your real passion, playing drums in a band, it might be time to hang up your skates. Enjoying a few activities and doing them well will always bring you more satisfaction than stretching yourself too thin by trying to do everything.

Misconceptions About Marijuana



After alcohol and tobacco, marijuana is the drug of choice for American teens. Despite the mounting evidence of its dangers, marijuana remains a pervasive presence in high schools across the country. Highly publicized stories of public figures overdosing on drugs such as heroin and cocaine have created a widespread misperception that marijuana is a safer alternative to more “hardcore” drugs. In fact, less than one third of twelfth graders surveyed believe smoking marijuana occasionally is harmful.¹ Given that we live in a time when pop culture glorifies smoking marijuana in movies, music, and videos, it’s no wonder teens feel confused by mixed messaging.

The truth is that prolonged use of marijuana leads to some of the same changes in the brain as cocaine, heroin, and alcohol do.² A 2001 New York study concluded that marijuana has a broad range of psychological and biological consequences – including adverse effects on the nervous system and behavior, the cardiovascular and respiratory systems, and the reproductive system.³

What makes marijuana so dangerous? The recent rise in levels of the main mind-altering ingredient THC (delta-9-tetrahydrocannabinol) makes “pot” more potent than ever before. When a person smokes marijuana, THC passes from the lungs into the bloodstream, which delivers the chemical to the brain and other vital organs. THC is the dangerous and sometimes deadly ingredient that causes reactions to marijuana such as anxiety, depression, agitation, delusions, amnesia, confusion, and hallucinations to be more likely.⁴

As the THC content in marijuana continues to rise, smoking pot has become more dangerous and addictive than ever before. The marijuana that’s available to today’s youth is far more potent than the pot smoked by teens a generation ago. In fact, testing done on marijuana samples seized in recent drug raids showed that THC contents were twice as high as the levels found in marijuana produced during the mid-1980s.⁵ The increased potency of the drug is sending teens to emergency rooms and treatment facilities at unprecedented rates. Marijuana-related medical emergencies among kids ages 12-17 jumped 48% between 1999 and 2002.

Continued on next page

When people mention *impaired driving*, most of us would cite alcohol as the main drug of impairment. The truth is that marijuana causes hugely adverse effects on driving skills as well. The Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services reports that marijuana impairs coordination, makes it difficult to judge distances, and slows one’s reaction time to signals and sounds on the road.⁶ These short-term effects can last up to 24 hours after smoking marijuana. The need to make these dangers known cannot be overstated. In a recent survey, 56% of teen drivers claimed that driving within two hours of marijuana use did not affect their ability to drive safely. About two-thirds of those drivers thought they were no more likely to be pulled over by police within two hours of using than they were at any other time.⁷ There is quite a bit of evidence to contradict this misperception about marijuana. NHTSA reports that marijuana is the second most frequently found drug (after alcohol) in drivers who have been involved in crashes.⁸ People who smoke marijuana show the same lack of coordination in drunken driving tests as do people who have had too much to drink.⁹ Unfortunately, teens just don’t seem to be getting the message that driving after using can be deadly. If you or a friend has been getting high, nothing will bring you down faster than causing a car crash because you were too impaired to operate a car.

¹ Johnston, L.D. O’Malley, and P.M. Bachman, J.G. 2002. *Monitoring the Future National Results on Adolescent Drug Use: Overview of key findings*, 2001. National Institute on Drug Use.

² *Marijuana: Facts Parents Need to Know*, Revised, NIDA, November 1998.

³ NewsScan, January 2001. National Institute on Drug Abuse (citing a study published in the January 2001 *New York State Psychologist*).

⁴ NewsScan, January 2001. National Institute on Drug Abuse (citing a study published in the January 2001 *New York State Psychologist*).

⁵ University of Mississippi’s Marijuana Potency Project. 2003.

⁶ Substance Abuse and Mental Health Services Administration. 2001.

⁷ Substance Abuse and Mental Health Services Administration, Office of Applied Studies, & National Highway Traffic Safety Administration. 1998.

⁸ National Highway Traffic Safety Administration. (1993); National Highway Traffic Safety Administration. 1994.

⁹ Liguori, A., Gato, C.P., and Robinson, J.H. 1998.

Smoking marijuana causes many of the same respiratory complications as does smoking tobacco, including cough, frequent chest colds, tissue damage, and cancer.¹⁰ Smoking marijuana delivers cancer-causing tar and carbon monoxide to the lungs at rates that are nearly five times higher than those from smoking cigarettes.¹¹ And no matter what people may tell you, *marijuana is addictive!* Common withdrawal symptoms such as drug cravings, decreased appetite, difficulty sleeping, aggression, irritability, and restlessness are the result of a teenaged body becoming dependent on this drug.

Research on the risks and dangers of smoking pot is ongoing: at this point, we still don't fully understand the range of health implications. The more the drug is studied, the more obvious it becomes that smoking pot is not a harmless rite of passage, but rather a dangerous game of chance.

For all of the information you ever wanted about marijuana, visit www.mediacampaign.org, www.freevibe.com, or www.TheAntiDrug.com.

¹⁰Infofax: Marijuana

¹¹The National Center on Addiction and Substance Abuse at Columbia University. "Non-Medical Marijuana II: Rite of Passage or Russian Roulette?" New York, 2004.

Teens Are Listening!

Information about the dangers of using marijuana is out there, and teens across the country seem to be listening! The U.S. Department of Health and Human Services recently announced that there has been a 5% decline in the number of American youth ages 12-17 who have tried using marijuana. Current use of marijuana dropped by a staggering 30% among 12- and 13-year-olds! The findings were published in the 2003 National Survey on Drug Use and Health and suggest that the important work SADD chapters and others are doing across the nation is right on the mark.

Use of other drugs was also down, as the numbers of teens using Ecstasy dropped by 41%, while use of LSD dropped by 54%. "It's encouraging news that more American youths are getting the message that drugs are dangerous, including marijuana," said Secretary Tommy G. Thompson.

John Walters, Director of the Office of National Drug Control Policy, was similarly enthusiastic about the report's findings. "The prevention efforts of millions of parents, educators, and community leaders are working. Young people are getting the message that marijuana, which is substantially more potent today than it was 20 years ago, is a dangerous drug, and they are increasingly staying away from it. The new data reaffirms the critical role that parents and antidrug advertising play in keeping our children safer, healthier, and drug-free." One of the most significant positive changes detected by the survey was an increase in the perception of risk. Kids are finally connecting the statistics and facts to a real sense of danger to their health and well-being.

What should SADD chapters take away from these reports? SADD members should feel energized by knowing that their efforts are paying off! SADD chapters play a critical role in the network of drug-prevention activism, and their work is vital but it is not yet done. Marijuana is still the most commonly-used illicit drug, with 14.6 million current users, which amounts to approximately 6.2% of the population who are still putting themselves at great risk.

What can you do to find ways to reach those peers who still "don't get it?" How can your chapter reinforce its message to reach out to those who still can't hear you? Think about these questions at your next meeting. Those chapters that come up with new and creative ideas should share them with SADD National so we can pass your great suggestions along to other chapters in the next newsletter. E-mail us at SADDNews@sadd.org today.

Winter SADD Activities

The following is a brief synopsis of SADD activities for the winter months ahead. If you are interested in more information, ideas, and specific activities for each campaign, please visit our Web site, www.sadd.org.

January

Stop Aggressive Driving

With traffic deaths at their highest levels in many 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% (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 driving? Excessive speeding, tailgating, weaving in and out of traffic, blaring your horn, and using improper hand gestures are all forms of aggressive driving. Reckless driving includes running red lights, drag racing, chasing cars, and taking other dangerous or unsafe actions.

Your SADD chapter can help stop your peers from committing these unsafe driving behaviors through posters, fliers, morning announcements, and bulletin board exhibits. Check your local teen driving resources for other possible activities you might feature during this campaign. (Be sure to check out the pullout article in this issue of *Decisions!*)



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 would be 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.

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. Mentoring also provides a sense of goodwill and pride in the SADD member who learns that he/she can have a positive effect in the life of a youngster.

National Blood Donor Month

SADD members work hard to make sure that their peers are safe and do not shed blood. Giving blood, however, is an important and necessary volunteer effort that needs some SADD attention! 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 and our families in our time of need, but barely a fraction of those who are eligible to donate blood actually do. Contact your local American Red Cross chapter to set up a blood drive in your school. Although donors usually have to be eighteen or older to give blood, you can pitch in by attracting teachers, parents, and school neighbors to attend your drive.

February

Friends for Life

SADD was founded on the simple philosophy that young people, empowered to help each other, are the most effective force in prevention. The Friends for Life campaign helps to reinforce the importance of friendship and 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 centered around friendship and

Continued on next page

SADD Activities, continued ...

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 short 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.

Below is a simple message that you may attach to the Friends for Life bracelet. You can also make up your own!

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, look at this special gift. You'll know that I am thinking of you, and you will know the right thing to do.

Buckle Up Initiative

For more information about the Buckle Up Initiative, visit www.buckleupamerica.org.

March

Middle School Month

Adolescence represents a turning point in the life span. Though middle school students are targeted less than any other age group by prevention programs, studies show that they are already forming their social habits and are very susceptible to peer pressure. Getting the SADD message out to them is critical as kids progress through their adolescent development during the middle school years. This helps them to

develop a strong sense of self and sound refusal skills and provides them with the knowledge necessary to make the best decisions possible. The earlier they are introduced to SADD, the more effective the SADD messages 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. The more students know about activities that keep them away from substance abuse and other destructive behaviors, the more likely they are to become involved in other 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 level.

National Inhalants and 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 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, glue, paint, nail polish remover, deodorants, lighter fluids, permanent markers, and anything in an aerosol container can be sniffed to get a rapid and dangerous high.

The following are some signs of inhalant use.

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

The best approach for SADD chapters to prevent 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 adapted for inhalant prevention programs. For more information about this topic, visit www.inhalants.org.

Grim Reaper Day

Grim Reaper Day is an activity used to symbolize the number of lives lost due to impaired driving.

The following is one activity suggestion for Grim Reaper Day. In the morning, announce that every 33 minutes throughout the day, a bell will ring to commemorate all those Americans who will be killed by impaired drivers that day. Then ring a gong over the speaker system at the appropriate interval. At the end of the day, read the following announcement: "If you were disturbed or troubled at the ringing of the bell every 33 minutes today, imagine how distraught and upset the friends and families of those who die each day at the hands of impaired drivers must feel."

For other Grim Reaper Day activity ideas, check out www.sadd.org.

Web Sites

Each year, SADD National establishes or continues partnerships with other organizations to make important prevention, health, and safety information available to SADD chapters nationwide. Listed below are some of the organizations SADD has partnered with this year. Many of the organizations have targeted campaigns that your SADD chapter might be interested in joining. We encourage you to check out their Web sites for more information.

www.violencepreventionweek.org

National Youth Violence Prevention Week will take place April 4-8, 2005. The goal of the National Youth Violence Prevention campaign is to raise awareness and to educate students, teachers, school administrators, counselors, school resource officers, school staff, parents, and the public about effective ways to prevent or reduce youth violence. During this week-long national education initiative, various activities will demonstrate the positive role young people can have in making their schools and communities safer.

www.ysa.org

National Youth Service Day will take place April 15-17, 2005. Youth Service America (YSA) is a resource center that partners with thousands of organizations committed to increasing the quality and quantity of volunteer opportunities to serve locally, nationally, and globally for America's young people ages 5-25. 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 personal development of young people.

www.noys.org

NOYS, the 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 improve health and safety issues in your community. Simply put, the mission of NOYS is to promote youth empowerment and leadership and build partnerships that save lives, prevent injuries, and promote safe and healthy lifestyles among all youth.

www.sleepfoundation.org

National Sleep Awareness Week will take place March 28-April 3, 2004. The National Sleep Foundation (NSF) is an independent nonprofit organization dedicated to improving public health and safety by achieving understanding of sleep and sleep disorders and by supporting education, sleep-related research, and advocacy. Their Web site offers important information about sleep, as well as interactive quizzes and other resources relating the importance of sleep for all ages.

www.teenpregnancy.org

National Day to Prevent Teen Pregnancy will take place on May 4, 2005. Despite recent rate declines, about 35% of girls in the U.S. get pregnant at least once by age 20. Many teens say they are concerned about pregnancy but still think, "It can't happen to me." But it does happen – to 850,000 girls every year. And the number-one reason teen guys and girls give for not using protection is that they weren't planning to have sex and that it "just happened." An online quiz is designed to help teens develop their own plans for avoiding pregnancy. On the National Day to Prevent Teen Pregnancy, 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.

www.alcoholfreechildren.org

Leadership to Keep Children Alcohol Free, a unique coalition of governors' spouses, federal agencies, and public and private organizations, is an initiative to prevent the use of alcohol by children ages 9-15. It is the only national effort that focuses on alcohol use in this age group. The initiative was founded by the National Institute on Alcohol Abuse and Alcoholism and The Robert Wood Johnson Foundation and has been joined by additional federal sponsors. Their Web site includes valuable information, research, findings, and links.





Chapter Chatter

Livonia, MI - Redford Union High School SADD has been awarded a minigrant by Prevention Network. They will receive \$1,000 to help conduct their "Teen-Based Tobacco-Free Education Program for Fourth and Fifth Graders" project. Their efforts have been recognized for creating a healthy community free of substance abuse problems.

Williston Park, NY - Students from Mineola High School SADD used the summer months as an opportunity to remind their peers about the tragic consequences of impaired driving. In an effort to raise awareness about the importance of safe driving for students who will soon be behind the wheel, the SADD members spent the summer months visiting local driver education programs to talk with students about the dangers of impaired driving. The SADD chapter members concluded their presentations by handing out window decals with an impaired driving prevention message printed on them.

Pittsfield, PA - Many communities have gotten involved with critter programs as fund-raisers. Meet "Jiggs the bear." This five-foot tall statue of a bear was adopted, painted, and transformed into a work of art by the local high school SADD chapter. In Pennsylvania, two members of the Healthy Communities/Healthy Youth Partnership came up with an exciting idea. They wanted to use the bear statues to assist them in asset building. The SADD chapter adopted and painted one of the bears.



Jiggs portrays the assets of youth programs, restraint, planning, and decision-making. Their bear was displayed with more than 30 other bears at a local fair.

Jena, LA - In the fall of 2004, Louisiana Youth Prevention Services/Louisiana SADD and the Partnership for a Drug-Free America announced a new alliance. Citizens in Louisiana will be exposed to a new crop of drug prevention PSAs on TV, in newspapers, on the radio, and in magazines, all thanks to the new alliance, which will allow these agencies to bring messages to teens and parents that will foster open communication about alcohol and other drugs. Bryant Laiche of West Feliciana High School SADD spoke at a recent press conference and had this to say about the new alliance: "We live in a society that is influenced by what we see on TV and hear on the radio. These spots will only enhance the prevention message that SADD chapters in Louisiana strongly support."

Taunton, Dighton, and Rehoboth, MA - Students from Taunton, Dighton, and Rehoboth, Massachusetts, helped set up 78 beach chairs, donated by The Home Depot, at Carson Beach in South Boston. The chairs represented last year's Massachusetts roadway fatalities that occurred from Memorial Day to Labor Day. The chairs were part of the Massachusetts "Click It or Ticket" press conference, an event these SADD chapters coordinated in partnership with the Massachusetts Executive Office of Public Safety, the

Governor's Highway Safety Bureau, and the Massachusetts State Police. A State Police "rollover" simulator was present to demonstrate how safety belts help prevent vehicle occupants from being ejected. NHTSA Administrator Dr. Jeffrey Runge was a featured speaker at the press conference. Other guests included representatives from the Boston Police Department, the SAFE Coalition, MADD, and Emergency Nurses Care (EN CARE).

Livonia, MI - Members of Redford Union SADD recently visited fourth and fifth grade classrooms to talk about the dangers of tobacco use and to identify some of the advertising and peer pressure tactics that lure kids to smoke. The talks were presented with statistics and skits to illustrate the dangers of smoking. The SADD chapter members worked on this project, known as "Tar Wars," with the Redford Union School nurses. The work was made possible through a grant funded by the Prevention Network, which funds substance abuse prevention programs.

New Rockford, ND - SADD students in the New Rockford, North Dakota, area took part in "Join Hands Day." The SADD students and other volunteers put in a day of community service. Working together, they were able to beautify the gazebo in a downtown park by giving it much-needed coats of new paint. The SADD students and their advisor worked along with several other local agencies all day on this community project. New Rockford SADD is in only its third year of existence in New Rockford!

2005 SADD National Conference

Mark your calendar today and make plans to attend the
2005 SADD National Conference!
June 26-29, 2005 • Washington, DC

Plans are underway for the 2005 SADD National Conference in Washington, DC from June 26-29, 2005. Registration materials are being sent; watch for details on www.sadd.org.

Call For Program Presenters

Do you have a great program or campaign going on in your community that you want to share at the SADD National Conference? Well, this is your chance to make that happen. We are looking for workshop proposals on the following topics: Leadership, Diversity, Fund-raising, Working with Law Enforcement, Working with Elected Officials, Chapter Development, and many more.



Submit your proposal by e-mail to DC Sills at lasadd@aol.com. Write SADD National Workshop Proposal as the Subject of your e-mail. Include the following information in your e-mail.

1. Contact name, address, phone number & e-mail address
2. Workshop title
3. Workshop description
4. Audience (adult only, youth only, or both)
5. Brief presenter bio
6. Any audio visual needs you may have



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with your school name and mailing address!

SADD Calendar

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

September

- ✓ Chain of Life Campaign
- ✓ SADD Membership Drive

October

- ✓ High-Risk Drinking/Alcohol Overdose Awareness
- ✓ National Red Ribbon Campaign
(last full week)

November

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

December

- ✓ Tree of Life Campaign
- ✓ Lights on for Life (third Friday)
- ✓ Gift of a Lifetime
- ✓ HIV/AIDS Awareness Month

January

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

February

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

March

- ✓ Grim Reaper Day
- ✓ National Inhalants and Poisons Awareness Week
(www.inhalants.org)
- ✓ Middle School Month

April

- ✓ Safe Prom Awareness
- ✓ Mock Car Crash
- ✓ National Youth Service Day
(third weekend - www.ysa.org)
- ✓ Alcohol Awareness Month
- ✓ National STDs Awareness Month

May & June

- ✓ National Teen Pregnancy Prevention
(early May - www.teenpregnancy.org)
- ✓ Safe Prom & Graduation Campaign
- ✓ National Suicide Awareness Week
(May - www.mentalhealth.org)
- ✓ SADD National Conference
(June 26-29, 2005)

July & August

- ✓ Safe Summer Campaign

SADD Store Products

Call 1-800-323-3676, ext. 311.

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Chapter Registration Form

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

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

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

Fax: 508-481-5759

Date: _____

SADD Chapter Name: _____

Check all that apply:

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

Number of Active Members: _____ School Population: _____

Grade Levels: _____ Year SADD Started: _____

Principal or Director Name: _____

School Address: _____

Mailing Address: _____

Shipping Address (No P.O. Box): _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

School Web Site: _____ County: _____

SADD Advisor: _____

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

Advisor Home Phone: _____ Office Phone: _____

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

City: _____ State: _____ Zip: _____

Advisor E-mail: _____

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

Activities completed:

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

Campaigns completed:

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

Issues addressed by your chapter:

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

