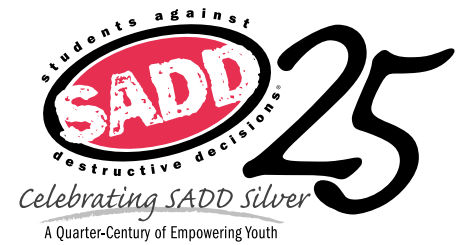


# DECISIONS



**WIN CASH for Your SADD Chapter**  
(See page 2 for details)

## INSIDE

2	MESSAGE FROM THE EXECUTIVE DIRECTOR
2	SADD CONTESTS AND AWARDS
3	NEWS BRIEFS
4	THE FACES OF SADD
6	<b>PROM SPECIAL</b> CASH FOR YOUR BASH SAFE CELEBRATION TIPS
8	YOUTH MAKING A DIFFERENCE
9	SADD PARTNERSHIPS AND RESOURCES
10	CHAPTER CHATTER
12	SADD CALENDAR

## Living With Alcoholism at Home

**D**o you think if you're not drinking that alcoholism doesn't affect you? Unfortunately, it's likely that alcoholism has touched the life of someone you know. An estimated 17 million people in the United States suffer from alcoholism.<sup>1</sup> Behind this startling figure are the families who deal with the consequences of the disease. Children are especially vulnerable: one in four children under the age of 18 is exposed to alcohol abuse or dependence.<sup>2</sup>

Young people who cope with alcoholism at home need understanding and support from trusted friends and responsible adults. We hope this article will help you to recognize if someone is in need and guide you to things you can do as a friend or teacher to support that person's positive growth and development.

Young people who live with alcoholics endure burdens you might not even imagine. They frequently live in environments marked by instability, chaos, fighting, and stress.<sup>3</sup> Most experience some form of abuse or neglect,<sup>4</sup> because alcoholism increases the likelihood that parents will exhibit poor parenting behaviors, such as irritability, harsh discipline, low involvement, and poor nurturance.<sup>5</sup> These young people suffer more injuries and illnesses than their peers do and are more likely to suffer from physical, mental, and emotional problems. They often go without clearly defined and appropriate familial roles and close parental relationships.<sup>6</sup> Life can be very hard – and very lonely.

Given the tremendous challenges they face at home, these youth are at increased risk for a

*Continued on page 5*

## Teens Benefit From Natural Mentoring

Results of a new study by SADD and Liberty Mutual Group show just how important natural mentoring can be in the lives of young people. Teens who identify at least one influential "natural" mentor in their life (a person not assigned by a formal mentoring program) report that they have a higher Sense of Self and are more likely to take risks that affect their lives positively, according to the 2006 SADD and Liberty Mutual *Teens Today* study. The study also reveals that the breadth and depth of mentoring – the number of mentors teens have or the range of topics teens can discuss with a mentor – significantly influences decisions teens make around drinking, drug use, and sex.

Natural mentors can include family members (such as parents, aunts, uncles, and grand-

parents), other adults (such as teachers, guidance counselors, coaches, neighbors, clergy) and peers – people who may have opportunities for interaction with some frequency.



### Key Findings

- Forty-six percent of teens with a natural mentor reported a high Sense of Self versus 25 percent of teens who did not identify a natural mentor in their life. *Teens Today* research identifies Sense of Self as teens' self-evaluation on their progress in three key developmental areas: identity formation, independence, and peer

*Continued on page 9*

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www.sadd.org

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Call 1-800-394-0090



## Message From the Executive Director

### Greetings and Happy Spring!

While SADD emphasizes that it is an organization about positive choices and healthy behaviors, we are exquisitely aware of the pressures that many teens are under in their daily lives. Many young people have found a home in SADD because they have lived with or been affected by alcoholism in their own families. There are many more young people who keep their home situation a secret. These students can use the help, support and love that SADD friends can provide. Alcohol abuse and addiction is a complex biopsychosocial disease that afflicts a significant percentage of our society. SADD students should understand as much as they can about the full range of effects of alcohol, including the impact on the family. With education and compassion, SADD students can serve as personal protective factors to students in need.

On cue, our new *Teens Today* research findings emphasize the positive role that natural mentors can play in reducing risk factors in teen lives. Natural mentors are those not part of a formal mentoring program. Teens placed

their parents at the top of the list of valuable natural mentors, but close behind were their peers. Peers ranked high in the categories of "giving good advice," "helping me make decisions," and "setting a good example." At the same time, SADD is working with the Ad Council to promote a national campaign that builds on the power of young people to watch out for their peers called "UR the Spokesperson," targeting risky driving behaviors. SADD students played a prominent role in turning around the numbers of impaired driving fatalities, and now we hope that same initiative and spunk will protect teens behind the wheel.

Finally, review this issue closely for numerous opportunities to earn cash and credit (positive attention, that is) for your chapter, especially at prom and graduation. Think your SADD advisor is the best in America? Submit your nomination. You could win a free trip to the SADD National Conference in New Orleans this summer! Hope to see you there!

*Penny Wells*

## SADD Contests & Awards

**SADD EMPOWERED Photo Contest**  
**Here's your chance to win cash for your SADD chapter!** Go to [www.sadd.org](http://www.sadd.org) to enter the 2nd annual SADD EMPOWERED Photo Contest. Full details and an entry form are available for download. Enter today!



**SADD College Scholarships**  
SADD National is proud to offer **eight** college scholarships, each in the amount of \$500, to students who are committed to SADD and its lifestyle. The deadline is April 30, 2007. For more information, visit [www.sadd.org/scholarship.htm](http://www.sadd.org/scholarship.htm).

## Win Cash for Your Chapter and a Free Trip to Conference!

### 2007 SADD National Awards

SADD National is now accepting nominations for the following national awards:

- SADD Activity of the Year
- SADD Advisor of the Year
- SADD Chapter of the Year

The winner in each category will receive a \$500 cash prize. Second- and third-place winners in each category will receive \$250 and \$100 prizes, respectively. In addition, SADD National will cover the expenses for a youth and an adult chaperone first-place winner from each category to ensure they can attend conference in New Orleans. Visit [www.sadd.org](http://www.sadd.org) for the rules and nomination forms.

## SADD National Conference

**July 8-11, 2007**

**New Orleans, Louisiana**  
**Registration Deadline: April 9, 2007**  
[www.sadd.org](http://www.sadd.org)

# News Briefs

## Video Game Violence

A new study from the Indiana University School of Medicine substantiates what many parents and educators have long suspected: Playing violent video games may lead to negative and aggressive behavior. The researchers found that teens who played violent games had increased activity in the brain's emotional-response center and reduced activity in the region of the brain that's linked to inhibition, concentration, and self-control.

Source: *HealthDay News* (28 Nov. 2006)

## Tobacco Industry-Sponsored Anti-Smoking Ads Ineffective With Teens

A new study has found that the anti-smoking ads sponsored by tobacco companies not only have no effect on teen smoking, but they may actually encourage teens to start lighting up.

"We suspected this the minute we saw the kind of ads the tobacco companies were creating," said Brian Flay, a professor in the Department of Public Health at Oregon State University. "Their objective is to get customers, not to stop customers from finding them."

Researchers from Oregon State University surveyed more than 100,000 teens from across the nation to evaluate the link between exposure to tobacco company prevention ads and youth smoking beliefs and behaviors. The study also found that ads aimed at parents often have harmful effects on teenagers, also increasing their likelihood of smoking.

Source: *Portland Business Journal* (12 Dec. 2006)

## Putting a STOP to Underage Drinking

In December, Congress passed the Sober Truth on Preventing (STOP) Underage Drinking Act, and President Bush signed the bill into law. The legislation authorizes \$18 million in funds to combat underage drinking and is based on recommendations in the National Research Council/Institute of Medicine September 2003 report to Congress, *Reducing Underage Drinking: A Collective Responsibility*. The bill included the following provisions.

- Establish a coordinated leadership role for the Federal government to combat underage drinking via an Interagency Coordinating Committee.
- Require an annual report to better monitor progress on key underage drinking indicators.
- Authorize a national, adult-oriented media campaign to prevent underage drinking.
- Make funds available to communities to combat youth alcohol use.
- Fund additional research on underage drinking.

Source: [www.govtrack.us/congress/billtext.xpd?bill=h109-864&show-changes=0](http://www.govtrack.us/congress/billtext.xpd?bill=h109-864&show-changes=0)

## Prescription Drug Abuse Rising

When it comes to illegal drug use, marijuana has long been the most widely used illicit drug. The increasing availability of potent prescription painkillers like Vicodin, OxyContin, and Percocet, however, has created a new and increasingly popular form of illicit drug abuse when the painkillers are taken without a prescription. Non-medical use of prescription painkillers is highest among 18- to 25-year-olds, followed by 12- to 17-year-olds. Most teens get these drugs from friends or family members and, very likely, those came from the family medicine cabinet.

Source: [www.samhsa.gov/news/newsreleases/061027\\_PainRelievers.htm](http://www.samhsa.gov/news/newsreleases/061027_PainRelievers.htm)

# The FACES of SADD

## Q&A With Corporal Justin McBride

**W**e always like to hear about what SADD alums are doing now. Many of them go on to do great things. Justin McBride, a former member of the SADD National Student Leadership Council (SLC), is one exemplary individual. The 21-year-old from Phoenix, Arizona, is now a Marine serving his second tour of duty in Iraq. In this interview with SADD, he talks about leadership and the lessons he's learned from serving our country.

**What prompted you to become so active with SADD?**

I was involved with SADD since I was able to stuff an envelope and mail it off. I was involved up until the day I left for boot camp and still find myself attending conferences when I am home on leave. I first learned of SADD through my mother, Donna McBride, who was heavily involved. I saw the positive effects SADD had on a community.

**You served on the 2002-2003 SLC. What was your greatest SADD accomplishment?**

As a member of the SLC, to me my greatest accomplishment was not only getting teens involved, but more talking with them and getting them to think before they act. In the Marine Corps we refer to it all the time as "ORM," or Operational Risk Management. Basically, it's looking at the potential outcomes of a choice before acting.

**Why did you decide to join the military?**

One day after talking to a friend of mine who had joined the U.S. Marine Corps, I decided I wanted to try it out and see if I could do it. My whole life I've been drawn to leadership roles. I

wanted to step back and be a follower again, because in order to be an effective leader you need to know how to follow. I knew the military would force me to do that.

**You climbed the ranks, and now you're a leader in your unit. What leadership skills did you learn from SADD that are helping you now as you serve in the military?**

I learned in SADD you're not always going to have money and resources you would like to get your mission accomplished. SADD was also a great stepping stone that has helped in my Marine Corps path. Now that I've been in a little over two and a half years, I've worked up to a leadership role, giving me the opportunity to give younger Marines guidance to get the job done.



**How important is it for people here at home to show their support for the military?**

Show your support by living your day-to-day lives, making smart choices, and not taking for granted the "rules" and programs, like SADD, that are there to keep young adults safe.

**What has this experience in Iraq taught you?**

My time in Iraq has shown me how nice we have it in America. It's taught me to not take the freedom we have for granted.



## Living With Alcoholism, continued ...

variety of negative outcomes. They are four times more likely than their peers to develop an alcohol or substance abuse problem.<sup>7</sup> And scientific research has shown that genetics could be a factor, too.

According to the National Association for Children of Addicted Parents, these adolescents also face a greater chance of suffering from these daily struggles.

- Conduct problems
- Restlessness and inattention
- Anxiety
- Depression
- Poor academic performance

Although these young people often work hard to keep their family "secrets" and often are overachievers, hiding something of such magnitude is difficult and exhausting. Someone, such as a friend or teacher, may sense that something is wrong. Physicians from the American Academy of Child and Adolescent Psychiatry have compiled a list of signs that may indicate a child is suffering from alcoholism in the home.

1. Failure in school, truancy
2. Lack of friends, withdrawal from classmates
3. Delinquent behavior, such as stealing or violence
4. Frequent physical complaints, such as headaches or stomachaches
5. Abuse of drugs or alcohol
6. Aggression toward others
7. Negative risk-taking behaviors
8. Depression or suicidal thoughts or behavior

SADD's culture of friends caring for friends can play a vital role in helping friends or students who may need your support. Recognizing the signs is an important step. The encouraging news is that many do not develop substance abuse disorders of their own, and they can display resiliency

when supported by caring adults and friends.

Simple acts of kindness can make a big difference. If you know someone who needs help dealing with the pressures of alcoholism at home, the following resources offer more information.

(Adapted from the National Association for Children of Alcoholics tool kits)

### National Association for Children of Alcoholics

[www.nacoa.net](http://www.nacoa.net)

NACOA offers information and support to children, educators, and parents. You can download helpful tool kits or request additional materials online. Many materials are available free or at a nominal cost.

### Al-Anon/Alateen

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Al-Anon and Alateen are support groups for young relatives and friends of alcoholics to discuss their difficulties, encourage one another, and learn how to cope with their problems. Consult the Web site for a list of meeting locations near you.

### Strengthening Families

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

This intervention, selected by NIDA as a model substance abuse prevention program, offers parent training, child skill-building and relationship-building exercises.

Here are some things you can do.

### If You're a Friend:

**Being a good listener is the most important way to help.** Teens and youngsters who live with alcoholism often bear more burdens and responsibilities than others their age. Having friends to confide in and share their feelings with can make them feel less alone.

### Encourage your friend to ask for help.

Tell your friend that asking for help is a sign of strength, not weakness, and

caring adults are available to ease the burden. Assist in finding an adult who can help.

**Help by having fun!** Sometimes children of alcoholic parents spend so much time worrying about things at home that they forget how to "just be a kid." Find activities you enjoy doing together and encourage your friend to get involved. Help your friend meet and make other friends, too.

### If You're a Teacher or an Advisor:

**Teachers do not necessarily need to identify children of alcoholics to help them.** By being receptive to all of your students, you will be able to help those who suffer from familial alcoholism.

**Teachers can prepare themselves to respond the right way if a student in need approaches them.** If you become familiar with the signs and the resources available in your community, you can utilize these resources when the situations arise. Be ready to listen and respond appropriately.

**Teachers can help students to help themselves.** Building students' self-confidence at school can help increase their resiliency at home. Fostering a teen's sense of accomplishment and self-worth can go a long way.

### Notes:

1. Rice, C., Dandreaux, D., Handley, E., and Chassin, L. "Children of Alcoholics: Risk and Resilience." *The Prevention Researcher*. Vol. 13 (No. 4). 2006, November.
2. National Association for Children of Alcoholics. [www.nacoa.org/aboutnacoa.htm](http://www.nacoa.org/aboutnacoa.htm) (24 Jan. 2007).
3. Schroeder, V., Kelley, M., and Fals-Stewart, W. "Effects of Parental Substance Abuse on Youths in Their Homes." *The Prevention Researcher*. Vol. 13 (No. 4). 2006, November.
4. American Academy of Child & Adolescent Psychiatry. *Children of Alcoholics*. No. 17. 2002, November. <http://www.aacap.org/page/ww?section=Facts+for+Families&name=Children+Of+Alcoholics> (3 Jan. 2007).
5. Schroeder, V., Kelley, M. and Fals-Stewart, W.
6. American Academy of Child & Adolescent Psychiatry.
7. Ibid.

# Time for Safe Celebrations

**M**any students think prom and graduation celebrations must include alcohol, that these parties are rites of passage. Some parents even condone these celebrations, rationalizing that young people are going to drink anyway, and believe that providing them with a safe venue, taking their keys, and letting them party is a safe alternative. Prom and graduation celebrations can lead to significant peer pressure for teens.

SADD chapters can encourage their peers to sign the Prom Pledge and the Commencement Commitment. They can also hand out the SADD Contract for Life, the foundation of the SADD program. The Contract is a way for families to open the lines of communication and to say to one another, "I care about you and want to help you overcome any obstacle that might make you challenge death."

The Contract does not condone underage drinking. It does acknowledge that teens may find themselves in dangerous situations but suggests that they do not deserve to suffer harm as a result. Copies can be downloaded from the SADD National Web site, [www.sadd.org](http://www.sadd.org).

## Cash for Your Bash

Prom night is so magical you may never want it to end. Well, if your school has an "All Nighter," a sponsored substance-free party after prom, the fun can continue safely until the wee hours of the morning.

To make your "after-party" rival those in Hollywood, you'll need to do a little fund-raising.

This year SADD is partnering with Boston Market to help you raise cash for your bash. Boston Market's "Time for Your School" fund-raising program helps schools buy everything from new band uniforms to new sports equipment; it's also a great way to raise money for safe after-prom or after-graduation celebrations.

The concept is simple. Schools partner with a local Boston Market restaurant and on a specific night up to 40 percent of the store's sales between 4 p.m. and 10 p.m. is donated to the school or the specific group hosting the event.

So whether you're just getting started or want to fund a little something extra for a party you've been planning since freshman year, consider hosting a fund-raiser with Boston Market. Visit [www.sadd.org](http://www.sadd.org) to find more information on how to plan this event or check out [www.myspace.com/bostonmarket\\_fundraising](http://www.myspace.com/bostonmarket_fundraising).

By providing a safe alternative celebration, you can help your classmates make good choices and extend the memory-making until sunrise.



### SADD Prom Pledge

This pledge represents my care and concern for myself and my friends.

- ✓ I pledge that I will not drink or use other drugs on prom night and I will not ride with someone who has been drinking or using other drugs.
- ✓ I will encourage my friends to have an alcohol- and drug-free prom.
- ✓ I will wear my safety belt in the car and will not speed or ride with someone who speeds.
- ✓ I pledge to make this the safest prom ever.

This pledge is my vow to "CELEBRATE LIFE" wisely.

SIGNED \_\_\_\_\_

DATE \_\_\_\_\_

### Commencement Commitment Party hearty ... but party sober!

Dear \_\_\_\_\_,  
With graduation weeks away, I am making a special commitment. Because I am your friend, I want you to make the same commitment.

I pledge that I will not endanger our friendship by drinking or doing drugs during graduation time. I will not ride with an impaired driver and I will not let you take that risk. Our friendship will not end at graduation. Let's keep the memories we share alive.

FROM \_\_\_\_\_

DATE \_\_\_\_\_

# Make Your Prom a Safe, Memorable Night

By Joshua Helmondollar



Prom is one of the most memorable times during your high school career. We all find ourselves running around frantically preparing for the dance of the year. Everything must be perfect. You hope a year's worth of fund-raising money and months' worth of planning will make the night an extraordinary success. From the dress to the decorations, everything is in its place.

For a moment you remember what happened last year in the next town. The girl who had been voted prom queen never made it to the dance. She had been picked up by her boyfriend, who had been drinking earlier in the evening. On the way to prom, he lost control of the car and drove into oncoming traffic. Neither of them survived.

This tragedy could occur in your school or town, but you and your peers can prevent it from happening. As you all know, SADD is about spreading the message. Peers have a big influence on each other. Students in your SADD chapter can work together to educate your peers. By going online at [www.sadd.org](http://www.sadd.org), you can obtain a campaign kit for prom

and graduation. With this kit you will have the tools to organize a school assembly and get parents and school administrators involved in your effort to raise awareness about the dangers of underage drinking and impaired driving. Keep in mind that you don't have to stick to one certain activity or message. You can come up with other activities to spread the message. For example, since most parties take place after activities such as prom and graduation, you may decide it would be better to offer a safe alcohol-free "after-party." With the proper planning, you can make your safe after party the highlight of the year!

You, as members of SADD, have the power and the knowledge to prevent a tragedy. I urge all of you to pitch in and get the information out. We must all work together to warn friends, family, and parents about the possible disasters that can be caused by underage drinking – not just on prom night but on any day of the year.

*Joshua Helmondollar of Montcalm, West Virginia, has been involved with SADD for five years and is a member of the SADD National Student Leadership Council.*

## Meeting With School Administrators

Prom season is a time for all members of the school community to make a commitment to providing a safe dance for students. Administration members are a vital part of the puzzle. Your SADD chapter should solicit the assistance of your school administration in supporting your chapter in this goal. Set up a meeting with your administrators and ask them for help. They can back you in a variety of ways; here are some specific ideas you can give and requests you can make to administrators.

- Support a strict "No Use" policy at prom.
- Communicate this policy, and emphasize that it will be enforced, with students orally and in writing.
- Write a letter to parents to inform them of the policy. Ask parents to assist in discussing the policy with their children.
- Enforce the policy fairly with each student if incidents arise on prom night.
- Work with local law enforcement to patrol the night of the prom.
- Advertise increased law enforcement presence.
- Solicit the help of teachers and event chaperones in enforcing the policy.
- Set aside time at an upcoming assembly for your chapter to speak about having a safe and sober prom night. Invite local police, elected officials, or other guests to speak to the students.

Finally, ask your administration to fully and openly support your chapter's planned prom activities that help spread a message of having a safe prom night!

**Download a free copy of SADD's Think About It ... Prom & Graduation Season campaign kit and other useful tools at [www.sadd.org](http://www.sadd.org).**



# Youth Making a Difference

## National Youth Service Day

Each year, SADD chapters across the country perform service in their schools, neighborhoods, and communities as part of National & Global Youth Service Day (NYSD). We encourage you to join in this year's event, April 20-22. This event may not coincide with your Spring Break, but you can still get involved because it occurs on a weekend.

NYSD, the largest service event in the world, is a public awareness and education campaign that highlights the amazing contributions that young people make to their communities 365 days a year. The event mobilizes youth to identify and address the needs of their communities through service-learning and community service.



Photo Courtesy of Youth Service America 2007

In the past, SADD chapters have gotten involved by establishing hurricane relief centers, reading to elementary students, planting trees, and painting community centers. Just think of all the people and places that could use your help, and start planning today! You can access free planning tools online at [www.yusa.org/nysd](http://www.yusa.org/nysd). Be sure to let us know about the success you have. Send pictures and reports to [info@sadd.org](mailto:info@sadd.org) and we'll post them on our Web site or in an upcoming newsletter.

Community service is an important part of chapter development. By volunteering your time and energy, you can make a real difference in your community. Helping others makes you feel good, and many projects may even teach you valuable new skills. Volunteering also gives you the opportunity to connect with the public, the media, and policymakers to raise awareness about SADD. Spring Break is a perfect opportunity to dedicate hours of your time to a community-service project. Here are a few ideas.

## Create Care Packages

Your chapter can collect a variety of goods for different charities, hospitals, or organizations. By putting these items in a care package, you will surely brighten someone's day.

- Collect personal hygiene products, hats, gloves, coats and other clothing for families in shelters.
- Care packages always boost the morale of military personnel deployed overseas. Include packaged snacks, personal hygiene products, magazines, and things to remind them of home.
- Create care kits for senior citizens or veterans in VA hospitals, including crossword puzzles, word searches, magazines, pens, paper, stationery, etc.

## Support a Charity

Your SADD chapter may want to hold a major fund-raiser to help the needy or support a worthy cause. A local organization may be in need, or you can choose a national organization. For example, your SADD chapter can partner with Alex's Lemonade Stand Foundation.



This unique nonprofit organization has evolved from a young cancer patient's front-yard lemonade stand to a nationwide fund-raising movement for childhood cancer.

Consider hosting your own event and forwarding your proceeds to the charity. Events may range from front-yard lemonade stands, lemonade-themed birthday parties, community-service projects, and Halloween fund-raisers to town festivals, professional sporting events or participating in two major national fund-raisers – Lemonade Days and the Great Lemon Event. Visit [www.alexslimonade.org](http://www.alexslimonade.org) to learn more.

**For more information and ideas, check these Web sites. Good luck!**

**Action Without Borders**  
[www.idealists.org](http://www.idealists.org)

**City Year**  
[www.cityyear.org](http://www.cityyear.org)

**Do Something**  
[www.dosomething.org](http://www.dosomething.org)

**SERVEnet**  
[www.servenet.org](http://www.servenet.org)

**Take Pride in America**  
[www.takepride.gov](http://www.takepride.gov)

**Youth Service America**  
[www.yusa.org](http://www.yusa.org)

# Partnerships & Resources

## UR the Spokesperson



SADD is partnering with the Advertising Council on a new campaign aimed at putting the brakes on fatal car crashes involving teens and young adults. With the message "Speak Up," the UR the Spokesperson campaign encourages teens to be the spokesperson against reckless driving by empowering them to speak up when they are in the car with friends and don't feel safe. The campaign also seeks to increase awareness about the dangers of reckless driving and to educate teens about how to be safe drivers by focusing on safe speeds, avoiding distractions, wearing seat belts, and the differences associated with driving sport SUVs.

SADD Executive Director Penny Wells and Student of the Year Daniel Vocelle were involved in the campaign launch and are serving as key

spokespeople for SADD. The *UR the Spokesperson* campaign includes a series of public service advertisements (PSAs), a new Web site, and a soon-to-be-launched contest. For more information about the campaign and to see the ads, visit [www.URtheSpokesperson.com](http://www.URtheSpokesperson.com).

## National Day to Prevent Teen Pregnancy

The National Day to Prevent Teen Pregnancy will be May 2, 2007. Many teens say they are concerned about pregnancy but still think "It can't happen to me." But it does – to 820,000 girls every year.

On May 2, teens nationwide are asked to go to [www.teenpregnancy.org](http://www.teenpregnancy.org) and take a short, scenario-based "quiz" that asks what they would do in a number of sexual situations. The purpose of the National Day is to focus teens' attention on the importance of avoiding too-early pregnancy and parenthood.

## Gay, Lesbian and Straight Education Network

GLSEN, or the Gay, Lesbian and Straight Education Network, is the leading national education organization focused on ensuring safe schools for all students. GLSEN envisions a world in which every child learns to respect and accept all people, regardless of sexual orientation or gender identity/expression.

On April 18, 2007, GLSEN, kicks off the 11th national Day of Silence. Teens participate in activities to recognize and protest the discrimination and harassment – in effect, the silencing – experienced by lesbian, gay, bisexual, and transgender students and their allies. Last year, an estimated 500,000 students at 4,000 schools nationwide participated to peacefully bring attention to the pervasive problem of anti-lesbian, gay, bisexual, and transgender bullying and harassment in schools. For more information, visit [www.glsen.org](http://www.glsen.org).

## Teens Benefit From Natural Mentoring, continued ...

relationships. High Sense-of-Self teens feel more positive about their identity, growing independence, and relationships with peers than teens with a low Sense of Self do. They are also more likely to avoid alcohol and drug use.

- Teens with mentors are significantly more likely than those without mentors to also report frequently feeling happy (94 percent versus 86 percent) and less likely to report regularly feeling depressed (24 percent versus 31 percent) or bored (66 percent versus 75 percent).
- Teens with mentors reported that they are significantly more likely

than teens without mentors to challenge themselves by taking positive risks (38 percent versus 28 percent), such as joining an athletic team or volunteering to perform community service.

- Teens who report high levels of mentoring – those who can talk with a variety of people about a wide range of topics – are significantly more likely than those who report low levels of mentoring to be "Avoiders" of alcohol, other drugs, and early sexual behavior (69 percent versus 64 percent). And, among those teens who have reported using alcohol or marijuana, those with high levels of mentoring said initiation of

such behavior was significantly later than teens with no or low levels of mentoring.

While surging fears about crime directed at youth may impede parents' support for natural mentoring relationships in their teenager's life, young people need, and very much want, exposure to caring, supportive adults. Teens say the most influential people are trustworthy, caring, understanding, respectful, helpful, dependable, fun, compassionate, and responsible. Being a good listener and offering good advice were also key skills of successful mentors.

For more information about *Teens Today* studies, visit [www.sadd.org](http://www.sadd.org).



## Chapter Chatter

**Harvey, ND:** Students of the Harvey SADD Youth Tobacco Coalition proudly took part in the Great American Smokeout. Using chalk, the students decorated school sidewalks with anti-tobacco messages for all to see. Classroom activities, including a math exercise that challenged students to figure out the financial costs of smoking, and school announcements also helped to spread the message about the negative effects of smoking.

**Fort Morgan, CO:** "Mix It Up" was the theme at Fort Morgan Middle School on the day the SADD chapter organized a special lunch activity to promote tolerance among students. The kids drew numbers to be randomly assigned to different tables, where they participated in icebreaker activities with their newfound lunch mates. The annual event encourages students to get to know their classmates better and to embrace the diversity of the student body.

**North Haven, CT:** In appreciation of local law enforcement, SADD students from North Haven High School gave a "roll call" speech in which they expressed their gratitude to officers of their local police force. The teens treated police officers with rolls of LifeSavers and an attached message that read, "Thank you for saving the lives of many people. With these LifeSavers, we hope you will save many more."

**Fort Wayne, IN:** Homestead SADD students took their anti-drug message to the big screen. Homestead's beginning film and video class made a public service announcement warning teens about the dangers of

underage drinking. The SADD chapter raised money to have a local movie theater air the PSA during previews for PG and PG-13 rated movies. A local television station ran a story about this unique project.



SADD chapters in South Bend, Indiana, participate in an event called "Get Off the Couch." Photo courtesy of Michele Ives/South Bend Tribune.

**South Bend, IN:** The SADD advisor at Marian High School, Deb Ketcham, initiated a fun and creative activity to promote health and wellness. With help from three other SADD chapters and the Healthy Communities Initiative, the Marian students held "Get Off the Couch," a night of bowling that students from local high schools, middle schools, and colleges could all enjoy. Ketcham says the goal is to get youth more active and offer them a safe, supervised activity.

**Brodheadsville, PA:** The SADD chapter at Pleasant Valley High School launched a campaign called "Never Again" to honor classmates who have died in alcohol-related crashes in recent years and to cam-

aign to never again lose a student to a destructive decision. They hung banners around the school promoting safe driving. They also wanted to get their message across to the entire community, so the slogan also was placed on a billboard on a major road.

**Macclenny, FL:** Baker County Middle School SADD is taking part in the Federal Trade Commission's "We Don't Serve Teens" campaign in an effort to stop teens' easy access to alcohol. The students have been distributing information along with colorful placards for local stores to display to deter underage drinkers from trying to purchase alcohol and remind retailers that it's unsafe, illegal, and irresponsible to condone teen drinking.

**Mashpee, MA:** Mashpee High SADD recently raised awareness about the dangers of impaired driving. The group sponsored a visit by Massachusetts State Troopers and the 40-foot-long Breath Alcohol Testing (BAT) Mobile. The BATmobile serves as a mini-station at police checkpoints, allowing police officers to give sobriety checks, interrogate suspects, check licenses, and even hold dangerous drivers in a small cell. The students toured the police vehicle and learned about the serious consequences of impaired driving.

**Romeo, MI:** SADD students from Romeo and Richmond High Schools took to the streets in an effort to educate local retailers about laws against underage tobacco use. Joined by local police officers, the students visited stores that sell tobacco products to distribute information packets and to discuss

retailers' responsibilities in preventing illegal sales to minors. The event coincided with "Wipe Out Smoking Month."

**Fort Myers, FL:** P.L. Dunbar Middle School's SADD chapter recently took part in "Link Up Against Drugs." Students made links out of construction paper, and each student signed a link and a banner pledging to be drug-free. More than 900 students made the pledge, and the links formed a giant chain that ran the length of the entire school.



Students at P.L. Dunbar Middle School "Link Up Against Drugs."

## IN THE SPOTLIGHT

### Borrington?

The SADD chapter at Barrington High School in Barrington, Rhode Island, and the Barrington Substance Abuse Task Force recently pulled off a very cool publicity stunt, all in an effort to cut down on teen alcohol and drug use. Playing off the name of the town, they came up with a catchy name for their new campaign: Borrington? Then one night, they blanketed the town with signs that read: Borrington? The SADD students showed up to school the next day wearing bright orange Borrington? T-shirts.



Barrington High School SADD promotes a new campaign by wearing these t-shirts.

"We're challenging the idea that there's nothing to do in this town, that it's boring," SADD advisor Joanne Rowley recently told SADD National. "There are lots of fun things to do around here. You just have to find them."

And now students can find them by visiting [www.borrington.org](http://www.borrington.org).

The Web site helps students by offering and promoting substance-free activities. Students can even share ideas in a forum and upload pictures and videos. The Web site has been getting a lot of buzz. Everyone agrees this creative campaign is far from boring!

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## SADD Calendar

The SADD Calendar is an "Action Plan" for your SADD chapter. Visit [www.sadd.org](http://www.sadd.org) to find more activities. **Good luck!**

### March

- ✓ Middle School Month
- ✓ National Inhalants and Poisons Awareness Week (March 18-24)
- ✓ National Youth Violence Prevention Week (March 26-30)

### April

- ✓ Alcohol Awareness Month
- ✓ Safe Prom and Graduation
- ✓ National Youth Service Day (April 20-22)
- ✓ National STD Awareness Month

### May & June

- ✓ National Youth Traffic Safety Month (May)
- ✓ Safe Prom and Graduation
- ✓ Buckle Up America
- ✓ National Day to Prevent Teen Pregnancy (May 2)
- ✓ National Suicide Awareness Week (May)
- ✓ National Mental Health Month (May)

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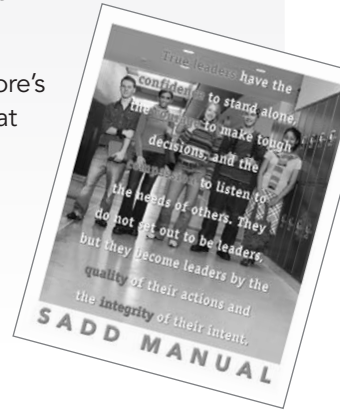
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