



## The Nation's Premier Youth Health & Safety Organization

### CHAIN OF LIFE

The Chain of Life is a great activity to start off the school year. Start by providing everyone with a piece of paper during lunch or homeroom. Invite each student and staff member to sign his or her name on the paper. Your SADD members then loop every piece together, making an interlocking chain with the links.

Customize the activity to your school. Divide the chain into colors by each class and hold a competition to see who can achieve 100% participation. If you don't challenge the individual classes, challenge the entire school for 100% participation. Keep a record and inform everyone by daily announcement indicating how close you are to 100%.

Class slogans can also be incorporated in the chain, or each person can glue a picture of himself or herself onto the inside of the chain. Hang the chain in a prominent place in the school with a sign that says, "Don't break the Chain of Life."

At the culmination of this activity, you may choose to leave the chain up for a longer period or bring it out for special at-risk seasons, such as Christmas, New Year's Eve, prom and graduation, to remind everyone not to break the chain during the upcoming season. New signs and slogans may be added to reference the season. In this way, the chain serves to reinforce the idea of caring, responsibility and making good decisions.

Many schools have found this activity to be so effective that they have expanded the "Chain of Life" to the middle school and also to the community. Invite the mayor, selectmen, city councilors, school committee members, parents, and community members to come to a central location, town hall, local park, or mall to sign a link and connect it to the chain. You can also do this activity as part of your safe summer campaign to reinforce the need to have the entire community involved in the effort to end underage drinking.

