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WELCOME LETTER

VIRTUAL VOLUNTEERING

Hi SADD Nation,

I'm Isabelle Boullier, the 2020-2021 SADD National President!

As someone who loves community involvement, volunteering is very important to me! I am so excited to share this toolkit filled with virtual volunteer opportunities with you as it has fun, innovative ways to volunteer while staying at home! Inside you will find more information on suggestions for volunteering each week.

I hope that you will join me and participate in as many activities as possible. Remember to share what you are doing on social media and tag SADD Nation so we can all see your great work! If you are already volunteering or have suggestions on other activities we can do, please send your ideas to us! I'd love to see them!

PS - Don't forget to check out the appendix with information on how to apply for the President's **Volunteer Service Award!**

> Best. Isabelle







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OPERATION GRATITUDE

Write letters of appreciation!



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OPERATION GRATITUDE SAMPLE THANK YOU LETTER

Dear Hero,

Thank you for being a fantastic example of what it means to be a servant leader. You are an inspiration to many! Without you, our world truly would not be the same. You have already created a lasting impact on so many, and I know you will continue that legacy for years to come. Because of you, I know that I am in safe hands. You are a true hero.

Your Friend, SADD Student

Important Links:

- https://www.veteransunited.com/operation-gratitude/
- https://www.operationgratitude.com/express-yourthanks-virtual/write-letters-virtual/



LITTER BIT BETTER

<u>IDEAS:</u>
#TrashTag Challenge

DIY Bird Feeder & Rock Painting

Nature Walk

Scavenger Hunt







#LitterBitBetter

DIY BIRD FEEDER

Materials:

Toilet Paper Roll Spoon

Bird Seed/Nuts Plate

Peanut Butter

*Note: If you have a peanut allergy, crisco or another peanut butter alternative will work!

Directions:

- 1. Make sure all of the paper is removed from the toilet paper roll.
- 2. Grab your spoon and cover the roll in peanut butter. A little goes a long way no need for a very thick layer!
- 3. Pour your bird seed on a plate and roll the peanut butter covered tube on the bird seed. As you roll, the bird seed should stick to the peanut butter.
- 4. Once you have enough seed on the tube, take your feeder outside and slide it on to a tree branch!
- 5. Watch the birds enjoy their special treat! After a few days, be sure to go outside and collect the toilet paper roll.

Don't forget to post about your experience using #SADDNation and #LitterBitBetter! Check out @SADDNation on Facebook, Twitter, or Instagram for more volunteer opportunites!





#LitterBitBetter

LITTER CLEAN UP SCAVENGER HUNT

O Soda Can

- Fast Food Wrapper
- Water Bottle
- O Plastic Bag
- Candy Wrapper
- Tissue Paper
- Bottle Cap/Lid
- Piece of Glass

Paper

- () Toy
- Plastic Utensil
- Piece of Plastic

Straw

- O Piece of Foil
- Cigarette Butt
- Plastic/Styrofoam Cup

Bonus!

() Bonus!

Don't forget to post about your experience using #SADDNation and #LitterBitBetter! Check out @SADDNation on Facebook, Twitter, or Instagram for more volunteer opportunites!



FOOD DRIVE

Collect items, create snack packs, and donate!







FOOD DRIVE

SAMPLE FOOD BANK CONTACT SCRIPT

<u>Tips</u>

- 1. Be natural! The food bank will be happy to have more volunteers on the team.
- 2. Calling is probably best, since it is the most direct. However, you could always email or message the food bank on social media.
- 3. This script is just a suggestion. Use it as a guide or starting point, but don't be scared to use your own words!
- 4. Don't forget to say thank you at the end of the conversation!

<u>Script</u>

Hi! My name is _____ and I am working with Students Against Destructive Decisions to host a food drive. Does your food bank have any current needs? Do you have any restrictions on what you will or will not accept? My food drive will end on Friday. When is the best time to drop off my donations? I look forward to working with you. Thank you!

Don't forget to post about your experience using #SADDNation and #YearoftheVolunteer!





FOOD DRIVE

SNACK PACK IDEAS

Suggested Snacks:

Bottled Water

Juice Boxes

Granola Bars

Individually-Packaged Chips

Individually-Packaged Cookies

Fruit Snacks

Fun Size Candy

*Note: Make sure your snacks are allergy friendly!

Option 1:

Package one drink with one snack and deliver to essential businesses & workers of your choice.

Option 2:

Donate the drinks and snacks to a local food bank or homeless shelter.



Ideas:
Host Talent Tuesday
Create Art for Residents
Parking Lot Parade



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SAMPLE SENIOR CENTER CONTACT SCRIPT

<u>Tips</u>

- 1. Be natural! The senior center will be happy to have more volunteers on the team.
- 2. Calling is probably best, since it is the most direct. However, you could always email or message the senior center on social media.
- 3. This script is just a suggestion. Use it as a guide or starting point, but don't be scared to use your own words!
- 4. Don't forget to say thank you at the end of the conversation!

Script

Hi! My name is _____ and I am working with Students Against Destructive Decisions to bring cheer to the senior citizens in my community. What are your current procedures for deliveries and donations? In addition to donating drawings and supplies, I would also like to plan a parade in your parking lot. It will take place on [DATE] at [TIME] o'clock. Would your residents be able to view the parade as long as we maintain social distancing? Is there anyone else I should contact with these plans? I look forward to working with you. Thank you!





SAMPLE PARADE BRAINSTORM

These are questions to ask yourself while brainstorming!

Things to Consider

- 1. Who should I ask to be in the parade?
 - a. Name 1
 - b. Name 2
 - c. Name 3
- 2. What kind of decoration materials might I need?
 - a. Posters
 - b. Markers
 - c. Streamers
- 3. What time should we start?
 - a. Consult the senior center to be sure the time fits their schedule!
- 4. How can I advertise?
 - a. Flyers
 - b. Social Media
 - c.Text/call







SENIOR CITIZEN PARADE GUIDE

Materials:

Cars, Posters, Markers in easy to see colors, Red, white, and blue decorations (window paint, face paint, hats, signs, etc.), Parade Participants/Volunteers

<u>Timeline:</u>

- Contact the activities director through email. If the facility does not have an activities director, contact the DON (Director of Nursing).
- If there is no reply, try to call. If they do not answer, leave a voicemail stating your name, the fact that you want to plan a parade, and that you understand safety precautions will have to be enforced.
- Planning!
 - Ask the nursing home what time would work for them. Some nursing facilities run on a strict schedule that is based on wake-up times, meals, bedtimes, activities, therapy, etc.
 - The activities director/DON will have access to the resident's family members, but you need to invite other people! Encourage your SADD chapter, family members, community members, fire departments, police departments, etc to participate.
 - Set up a location and time to line up, just like you would in a parade.
- Event
 - Make sure that everyone is aware of the route the cars will take.
 - Smile! Cheer! Be loud, but friendly.

Tips:

- Encourage those that take part in the drive-by to decorate their cars, wear lots of fun outfits, create posters with large lettering, etc.
- \circ Remember to follow all safety procedures!
- Pay attention while driving. There is bound to be varying speeds and sudden stops.
- Do not take pictures unless you have permission from the nursing home.
- Do not light any sparklers, fireworks, colored smoke bombs, etc. These can be dangerous and residents may react in unpredictable ways.
- Have a positive attitude.





DECORATION IDEA SHEET

These ideas could help you develop awesome car decorations for your parade!

- 1. Write messages such as "We Love You!" or "Always Be Kind!" on posters and tape them to your doors or hang them in your car windows.
- 2. Streamers and balloons are always a fun and cheap decoration! You can hang them from your sideview mirrors or from the trunk of your car.
- 3. Window paint is washable and easy to use. Get creative while decorating your windows!



Safety is always the first priority, so be sure that your decorations do not obstruct your vision while driving or create hazards for other participants.



SADD CAMP TLLM: DLANNING

Plan a virtual camp for local students!







SADD CAMP PLANNING

SAMPLE REGISTRATION FORM

This is a sample google form you can recreate to register camp attendees!

Of course, you can always make adjustments to the form to fit your camp.

Don't forget to include a details section so people know what they are signing up for!

SADD Summer Camp - June 8 to 12, 2020						
Use this form to register for SADD's Summer Camp. The first week is scheduled for June 8 to June 12 from 10:00 am to 11:00 am.						
* Required						
Parent Name *						
Your answer						
Parent Cell Phone Number *						
Your answer						
Parent Email *						
Your answer						
Student Name *						
Your answer						
Student Age and Grade in School						
Your answer						
Submit						

<u>Important Links:</u>

https://www.google.com/forms/about/





SADD CAMP PLANNING

MARKETING TIP SHEET

- 1. Consider creating a Facebook event page to provide updates and promote registration. Invite your friends and community members to join the page!
- 2. Make some cool graphics about your camp and post them to social media.
- 3. Keep your audience up to date. If you have new plans or developments regarding the camp, let them know!
- 4. Hang flyers on community bulletin boards or in local businesses. Be sure you have permission!!
- 5. Tell people! Word of mouth goes a long way, so engage your personal network of family and friends, especially if they have students who may like to participate!

Don't forget to post about your experience using #SADDNation and #YearoftheVolunteer!





SADD CAMP PLANNING

SAMPLE CAMP AGENDA

Use this planning agenda to promote your camp and organize the activities.

The resources here will help you create your camp for students.

Step 1: Build Your Team

Get a couple friends to help. You will need a couple extra eyes and hands to keep the students engaged.

Step 2: Determine the Size and Platform of Your Camp

Determine how many students you will select and which platform you will use. Maybe you limit your camp to 10 students and use Zoom or Google meet. You are also going to need to set the time for your camp. It should be the same time every day for consistency sake. You may also decide to market the camp to children in certain grades like 1-3 or 3-5. This will make the sessions easier to manage and more enjoyable for your campers!

Step 3: Get the Word Out

First, create a Google form that parent/students can use to register for your camp. Check out the sample form in this toolkit! Then decide how you will market the camp. You could make flyers in leave them with your neighbors, reach out to your old elementary school, reach out to a youth group at church, post on your social channels or the neighborhood list serve. The ideas are limitless. The key is to do this sooner rather than later.

Step 4: Review Supply and Activities List

Review the supply list for each camp. Make sure you send a confirmation email to each camper and their parents with the supplies they will need for the week. Make sure to review and practice the activities for the week including any icebreakers you select. You can find these materials in Week 7 of this toolkit.



SADD CAMP TLLM: HOSTING

Monday:

Get Started

Tuesday:

Screentime Time

Wednesday:

Wellness Wednesday

Thursday:

Mindfulness Bingo

Friday:

Dear Me...



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MONDAY: Get Started

Supplies: Pen and Paper

- Start with an icebreaker question.
- Discuss the role of technology in your lives.
- Discussion questions:
 - 1. What kind of technology do you have at home? (iPad, smart phone, laptop, TV, etc.) Direct students to make a list of all the technology they have.
 - 2. Which item is your favorite? Why? What do you like about it?
 - 3. Is there anything you don't like about the technology in your house?
 - 4. Which technology could you live without? Which technology couldn't you live without?
- Use these discussion questions as a springboard to talk about distraction, specifically how our devices (especially smartphones and iPads) distract us from what is important in life.
- Have the students go back to their list. Direct them to place a heart next to all the technology that almost always makes them feel good, happy, and connected to the people they love. Direct them to place a star next to the ones that sometimes make them feel unhappy, alone, and distracted.
- Have the students share their answers.

Don't forget to post about your experience using #SADDNation, #YearoftheVolunteer, and #TLLM!





TUESDAY: Screentime Time

Supplies: Pen and Paper, List from last time, Smartphone, iPad, or Personal Device

- · Start with an icebreaker question.
- Begin by referring to the lists form last time. Is the device they brought with them a star or a heart?
- Ask the students if they have ever used Screentime. (If there is a student with an android phone, direct them to download Digital Wellbeing from the App Store).
 Explain what Screentime is for those students who don't know.
- Before they take out their phones, have them guess how many hours per day they spend on their phone.
 Tell them to write that number down. Then have them all look at their phones and write down their actual number, their most used app, and any other facts that they find interesting or surprising.
- Call on each student to share one by one.
- Add up the total number of daily hours the entire group spends on their phone. Together, come up with a list of ideas for activities that you could do using all of those hours. Challenge the students to try at least one of these activities, phone free, this week with their families. Let them know to leave their phones in another room for tomorrow's hour.

Don't forget to post about your experience using #SADDNation, #YearoftheVolunteer, and #TLLM!





WEDNESDAY: Wellness Wednesday

Supplies: Pen and Paper

- Start with an icebreaker question.
- Ask the students what it means to be well. Call on each student in turn.
- Have a discussion based on what they say. Be sure to bring up physical wellness and mental wellness. You can discuss this for younger students by talking about feeling well in your mind--being happy and excited, feeling smart and liking yourself; almost like you are your own friend!
- Ask the students how their phones affect both physical and mental wellness. For students without phones, you can ask how they notice phones affecting their parents, siblings, or friends. Some good points to bring up if the students do not:
 - Physical: vision problems, headaches, bad posture or neck pain, finger pain, wrist pain, trouble sleeping.
 - Mental: anxious, isolated, feeling sad or depressed,
 FOMO, cyberbullying, feeling left out, comparing yourself to other people
- Have the students make a list of things that make them feel well--both physically and mentally! This can have to do with technology or not. Have them share those lists and set a goal to do one of those things every day!

every day!
Don't forget to post about your experience using #SADDNation, #YearoftheVolunteer, and #TLLM!





THURSDAY: Mindfulness Bingo

Supplies: Pen and Paper, Bingo Chips (can be coins, paper clips, etc.)

- Start with an icebreaker question.
- Play mindfulness bingo. Show the bingo board on the screen and have the students draw a grid on their paper to match; they don't need to write anything, just have the correct number of squares. Tell them they are going to play bingo with everything they have done since being at home in quarantine. Read off square by square, and tell the students to say "Got it!" each time they have done that activity. Ask one student to share details each time. Play until you get to the end or everyone has bingo.
- Ask the students if they know what mindful is. Have them guess by breaking it down: mind and full. Define it for them: being mindful means being conscious or aware of something. Being present.
- Ask them, what are they aware of right now? (Some answers might be: you on the screen, the other students on the screen, something else on their computer, etc)
- Then ask, if we weren't on this call, what would you be aware of?
 Ask them to close their eyes and listen, feel, smell everything they
 can about the room or place they are in. Have them share.
 (Some answers might be: the chair I'm sitting in, a noise in their
 house, the temperature, something cooking downstairs, etc).
- Then ask, when you are on your phone or ipad, are you less aware of your surroundings or more aware?
- Discuss the concept of being present and living more. We want to really live and experience everything that is happening around us!
 - Close by having them pick one thing they have not done from mindfulness bingo and making a plan to do it!

Don't forget to post about your experience using #SADDNation, #YearoftheVolunteer, and #TLLM!





FRIDAY: Dear Me...

Supplies: Pen and Paper

- Start with an icebreaker question.
- Tell the students to write a letter to their future selves in one year. Before they start writing, prompt them to think: how old will they be? What grade will they be finishing? What do they hope they are like in one year? What do they hope the world is like in one year?
- Tell them to think back on everything we discussed this week, and imagine that the technology in their lives is only adding to their wellness, not taking away from it.
- Tell them to write in their letter about their relationships to their phones or ipads, and how they hope it will be better in one year.
- Give them a large portion of the hour to write, and then ask them to share.
- Ask the students to take a picture of their letters and share them with TextLess Live More on instagram (@textless_livemore) or by email to info@textlesslivemore.org. We would love to share their visions.

Don't forget to post about your experience using #SADDNation, #YearoftheVolunteer, and #TLLM!



PRESIDENT'S VOLUNTEER SERVICE AWARD

APPENDIX

SADD is an official certifying organization for the President's Volunteer Service Award.







PRESIDENT'S VOLUNTEER SERVICE AWARD

GENERAL INFORMATION

SADD is proud to announce that we are now an official certifying organization for the President's Volunteer Service Award.

SADD students now have the exclusive privilege of earning this award by submitting their volunteer hours to SADD through an online form found here:

https://sadd.org/2020-sadd-pvsa-application-form. More information can be found at SADD.org. All forms are located in the Resources section of the SADD Portal.

What is the President's Volunteer Service Award?



In 2003, the President's Council on Service and Civic Participation founded the President's Volunteer Service Award to recognize the important role of volunteers in America's strength and national identity. This award honors individuals whose service positively impacts communities in every corner of the nation and inspires those around them to take action, too. The PVSA has continued under each administration, honoring the volunteers who are using their time and talents to solve some of the toughest challenges facing our nation.



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PRESIDENT'S VOLUNTEER SERVICE AWARD

GENERAL INFORMATION

CRITERIA

Individuals that meet the criteria are eligible for the PVSA.

- Recipient(s) must be a United States citizen or a lawfully admitted permanent resident of the United States.
- Awards are issued for service hours served within a 12-month time period or over the course of a lifetime.
- Awards are issued for volunteer service only; additional levels of participation with the organization (i.e., charitable support) are not a factor considered for the award.
- Court-ordered community service does not qualify for the award.
- Awards are only issued by approved Certifying Organizations.
- Service must be with an approved Certifying Organization that is legally established in the United States, the Commonwealth of Puerto Rico or one of the U.S. territories.

ELIGIBILITY

Hours are measured over a 12-month period and awards are designated based on cumulative hours. The awards are offered in multiple levels and are designed to recognize each milestone of your service achievement. Levels include bronze, silver, gold and the highest honor, the President's Lifetime Achievement Award for those who contribute more than 4,000 hours of service in their lifetime.





PRESIDENT'S VOLUNTEER SERVICE AWARD

APPLICATION PROCESS

Candidates must document their volunteer activities and submit an application.

Link to application: https://sadd.org/2020-sadd-pvsa-application-form

Hours are measured on a yearly basis, so check the online application form for eligible service dates. Students must use and complete the official SADD documentation form and include it in the application package.

A letter from every agency, organization, school, church, etc., (on their letterhead) where you volunteered must accompany your timesheet and be signed by an agency representative verifying your hours. Verifying letters must be on the organization's letterhead.

- If your service involved overnight stays, such as volunteering at a summer camp, only direct contact hours/hours on task may be counted. (Sleeping and driving hours do not count.)
- Your time log must reflect each day you volunteered, and the hours served on those days. Range of dates with total hours are not acceptable. See examples below:
 - NOT Acceptable: February 1-15, 2020, 40 hours or June 2019-March 2020, 200 hours
 - Acceptable: February 1, 2020, 5 hours, volunteered at a local pet shelter
- Hours served to fulfill your responsibilities as a local, state or national officer do not count for the PVSA (volunteer activities performed while an officer are acceptable).

Candidates must also submit a letter of nomination from one of the following: the direct supervisor/agency representative working with the candidate, a school administrator, SADD Advisor, or SADD State Coordinator. Proof of SADD membership must also be submitted. Candidates must meet the number of hours designated by the President's Volunteer Service Award to reach the bronze, silver, or gold levels of service.



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PRESIDENT'S VOLUNTEER SERVICE AWARD

APPLICATION PROCESS

VOLUNTEER HOURS

HOURS BY AWARD	BRONZE	SILVER	GOLD
KID\$ (5-10)	26-49	50-74	<i>7</i> 5+
TEENS (11-15)	50-74	75-99	100+
YOUNG ADULTS (16-25)	100-174	175-249	250+
ADULTS (26+)	100-249	250-499	500+

President's Lifetime Achievement Award: Individuals who have completed 4,000 or more hours in their lifetime.

PYSA APPLICATION CHECKLIST

scan as a PDF and upload with your application

Please review the checklist below prior to submitting your application. Any items not included in your application package will disqualify your ability to achieve the award.

□ Application: completed online, with all supporting documentation scanned and uploaded
☐ Volunteer Service Hours Timesheet(s) — scanned and uploaded with your
application
\Box Letter of Nomination – if you have these in hard copy, please scan as a PDF
and upload with your application
☐ Proof of SADD membership (current SADD membership card — can be printed
from the SADD Portal by your advisor. Under the STUDENTS tab click Print
Membership Cards.)
☐ Verifying letters from each organization where you served, on the organization's
letterhead - if you have these in hard copy, please





PRESIDENT'S VOLUNTEER SERVICE AWARD





- Will I be notified when my submission is received? Yes, you will receive a confirmation email.
- Do the verifying letters from the organizations where I served have to be on their letterhead or can I use my own form and have someone from the organization sign it? Verification letters of hours served must come from the organization on their letterhead. Nothing else will be accepted.
- Do I need a letter from each organization where I served? Yes. Any hours you are submitting must be verified by the organization.
- Does my time log need to reflect each day I volunteered, and hours served on those days, or can I put a range of dates with total hours? You must log each day with a date and record your hours served for that day. We cannot accept a log that has only a range such as: February 1-15, 2020, 40 hours.
- Can I submit my time log and then send the letters and everything else later? No. Packages must be complete.
- I received a PVSA last year. Can I apply again? Yes. You can apply every year.
- Can I send in my submission before the deadline? Yes.
- Can I count time driving to and from my community service? No. Unless, your service is the driving. For example: driving elderly people to doctor appointments for a retirement home.
- Can I count non-SADD related community service? Yes, you can count any community service. This can be volunteering at a food bank, animal shelter or conducting SADD activities in your school and community.
- What are the dates of eligible service? Hours are collected on a 12-month calendar. Check https://www.sadd.org/DVSA for exact dates.





PRESIDENT'S VOLUNTEER SERVICE AWARD

APPLICATION

Student Name	nt Name Student Email				
Student Mailing Address					
Students DOB	Student SADD ID Number				
SADD Chapter Name					
SADD Chapter Address					
Advisor Name	Advisor Email				
Applying for what award? \Box	Bronze	ne Achievement			
The President's Volunteer Serv	ice Award can only be issued to a United	d States citizen or lawful			
permanent resident of the Uni	ted States (i.e., green card holder). By sig	ning below, I affirm that I			
am a U.S. citizen. Parents sho	uld sign for children under 18.				
Student Name – Printed		Date			
Student Signature					
Parent Name – Printed		Date			
Darent Signature					

The application can also be found online at https://sadd.org/2020-2021-sadd-pvsa-application-form. For more information, please visit SADD.org.







Student's N	ame	High Sc	hool	
State		SADD student ID		
Use INK on	dv.			
Date	Type of Service	Where Volunteer Service Was Done	Hours Completed	Initialed by Supervisor
MM/DD/YY		was Done	Completed	Super visor
	Total Hour	's & Initialed by Advisor*		
		med student did accomplish this	volunteer ser	vice and

*The person initialing each volunteer date should be the person supervising the activity. The chapter advisor should sign the form once it is complete and ready to submit to SADD National.

Advisor Signature

Advisor Name (Print)

Phone Number