



FLORIDA SADD Chapter Activity Guide

December 2015

- Tree of Life Campaign
- Gift of a Lifetime
- Drive Sober or Get Pulled Over (December 16- January 1)
- World AIDS Day (December 1)
- International Volunteer Day (December 5)
- National Holiday Lifesavers Weekend (December 18-21)
- Greetings to Military
- Florida SADD Update

Tree of Life Campaign

Since the tree is a symbol of life, the Tree of Life activity focuses on the positive message of living a life free of the hazards and heartache of involvement with alcohol and other drugs. The activity can also be combined with a candlelight vigil to remember those who have died or have been injured in an alcohol-related crash and to remember others you wish to have a safe holiday season.

Ideally, a live tree, strung with white lights, would be used to signify life. A local florist or garden center may allow your SADD chapter to borrow one for this activity. If a live tree is not available, you could create a paper maché tree, a wall tree, or one of your own designs.

Choose a prominent place to display your tree, like the school foyer, library or cafeteria. A live tree outside on your school grounds would also work well. Many SADD chapters have done their Tree of Life and Candlelight Vigil in an outside area in their community, or a more public place like the local mall.

Be sure to display a large sign identifying yourself and your activity. To decorate your tree, you may choose to use the card shown here; there is space to include a message. You could also choose to use a candle or a star which may also be personalized. The gift of a lifetime activity may be used as a fundraiser by asked for a small donation for each card or item hung on the tree.

Do lots of publicity for your event. Invite the local media to visit the activity and to take pictures. Invite the mayor, school board members and other local officials to participate. Ask local elementary school students to make cards to bring to hang on the tree.

The Tree of Life and Candlelight Vigil are great ways to bring the issue of impaired driving to the forefront during one of the most dangerous times of the year. Remember: Every 33 minutes someone in this country dies in an alcohol-related crash. We must do everything possible to stop these senseless tragedies.

Gift of a Lifetime

Holidays are a time for giving and a time to tell the people close to us how much they mean to us. SADD encourages everyone to give the greatest gift of all - a commitment to be safe and drug-free during the holidays. With the SADD Gift of a Lifetime card, shown here, individuals can make promises to each other to celebrate safely and avoid tragedy during the holidays. Through the message of the Gift of a Lifetime card, teenagers promise to party substance-free during the winter and New Year's holidays. They also make a commitment to their friends and loved ones that they will not endanger their lives by riding with impaired drivers.

Parents and family members who are of legal drinking age promise not to drive while under the influence and not to ride with impaired drivers.

SADD strongly suggests that your chapter create visible symbols of this commitment – pins decorated with gold braid or other holiday colored cord. Whoever gives the gift also promises to wear the matching pin. In this way, each demonstrates a pledge to keep the season happy by using the power of caring and good judgment during holiday celebrations.

To make your own cards, feel free to photocopy the Gift of a Lifetime card pictured. If you decide to design your own card, please do not change the message. This card reflects SADD's commitment to a "no use" message to teens regarding alcohol and other drugs.

If your card is printed the same size as shown, it will fit into a Baronial #53/4 envelope, which is 43/8 x 53/4.

Dear _____ ,

This gift is a symbol of my respect for you and represents our promise to each other.

I will wear my pin to show my commitment to you that I will not endanger my life during this holiday season by drinking or doing drugs or by riding with anyone who is under the influence of alcohol or drugs.

Please wear yours as a promise that you will not endanger your life during this holiday season by drinking or doing drugs or by riding with anyone who is under the influence of alcohol or drugs.

Let's keep our promise alive...

SADD - Working to end death and injury due to impaired driving, underage drinking or drug use.

Drive Sober or Get Pulled Over (December 16- January 1)

The holiday season is particularly dangerous, as we sometimes take risks that we wouldn't otherwise do. The National Highway Traffic Safety Administration (NHTSA) has campaign materials that can assist you in educating teens about the risks associated with driving while impaired. And SADD National has a terrific SADD and The Law campaign that can easily be adapted to fit with the NHTSA Drive Sober or Get Pulled Over initiatives.

Websites:

- <http://www.trafficsafetymarketing.gov/CAMPAIGNS/Drunk+Driving/Drive+Sober+or+Get+Pulled+Over/Holiday+Season>
- <http://www.sadd.org/campaign/mobilizes.htm>

World AIDS Day (December 1)

There are more than 42 million people currently living with HIV worldwide, with 5 million new cases being reported each year. Half of the new infections occur in young people with a majority of transmissions -- more than 70 percent -- occurring through heterosexual sex.

AIDS, which has already claimed more than 28 million lives, is set to reverse a half-century of efforts in the developing world, where the epidemic is hitting hardest. In these countries, which account for 95 percent of the global total, poverty, conflict, poor health systems and limited resources for prevention and care fuel the spread of the virus.

Web Resources:

- <http://www.unaids.org/>
- <http://www.worldaidsday.org/>
- <http://www.nat.org.uk/>

International Volunteer Day (December 5)

The United Nations General Assembly designates December 5 as an annual celebration of voluntary action by people, communities and governments of the world.

SADD chapters can do all sorts of volunteer activities around this time of year. Here are just a few ideas:

- Raise money or toys for a **Toys for Tots** campaign to give to a local charity
- Work at a local food bank sorting and packing food
- Raise money or food to give to your local food bank
- Work with a local environmental organization helping pick up trash in your community
- Raise money to give to a needy family around the holiday season
- Send a holiday card or letter to someone in the military
- Visit your local Veteran's Hospital or nursing home

Have your students come up with other ideas to help benefit your school or community

Web Resources: Sending letters to our enlisted men and women

- <http://www.amillionthanks.org/>
- <http://anysoldier.com/>
- <http://www.letterstosoldiers.org/>

National Holiday Lifesavers Weekend (December 18-21)

The weekend immediately prior to the Christmas holiday is designated as "National Holiday Lifesaver Weekend." This time period was chosen because, traditionally, the holiday season is a time of increased travel and alcohol consumption. To ensure motorists reach their destinations safely, state and provincial police and highway patrols are encouraged to maximize deployment on problem roads during times when they know collisions are most likely to occur.

To save more lives and reach the goal of reducing impaired driving-related deaths, we must continue to generate a greater national urgency to stop death and injury on our nation's highways and byways. To accomplish this we need to change the way American people view impaired driving. We need everyone's help. Impaired driving is not just a problem for law enforcement, courts or victims. It affects the entire community. When impaired drivers take to the road, they not only put themselves at risk, they also put the public's safety in jeopardy. In addition to the physical and emotional damage they inflict as a result of their careless behavior, they place a huge financial burden on the community.

December 18-21 is National Holiday Lifesavers Weekend. During this weekend, law enforcement agencies will stage a three-day crackdown on impaired drivers through the use of sobriety checkpoints and saturation patrols.

We're asking SADD chapters to join with others across the country in this effort on Friday, December 19th, and encourage drivers to drive with their headlights on throughout the day. This effort will recognize those who have been killed or injured by impaired drivers and remind the public that alcohol and drug-related crashes are preventable.

How can SADD chapters participate in National Holiday Lifesavers Weekend?

- Ask the mayor or governing board to proclaim December 18-21 National Holiday Lifesavers Weekend.
- Develop a flyer about the weekend, highlighting Lights on for Life Day (see website below), and ask delivery services such as pizza shops, restaurants, florists, etc., to distribute these flyers with their deliveries.
- Ask bus companies, subways, cab companies and others to hang posters in their vehicles and office areas about Lights on for Life Day.
- Contact local businesses and corporations and ask them to invite their employees to participate. It is an easy, no cost way for them to support traffic safety initiatives.
- Contact all city and town employees, such as the police department, the fire department and others, and urge them to participate.
- Place notices in the mailboxes of all the staff at your local schools requesting that they also participate.
- Work with your local media outlets to raise the awareness of the general populace about the deadly consequences of impaired driving. And don't forget the financial consequences.
- Ask your local school bus company to turn their lights on to and from school.

- Also ask to hang posters in each bus so that students will know the significance of Lights on for Life Day.
- Before school ends on Thursday and again on Friday remind everyone of the day and request that they turn on their headlights.
- Contact your local law enforcement agency and offer to work with them on the sobriety checkpoints.
- Ask residents to turn on their porch lights, holiday lights and floodlights to send messages throughout the neighborhood against impaired driving.

Websites:

- <http://www.theiacp.org/About/Awards/NationalHolnatiidayLifesaverWeekend/tabid/356/Default.aspx>
- <http://www.sadd.org/campaign/lights.htm>

Greetings to Military

If you're like me, you know at least person who has dedicated themselves to serving us by joining one of the branches of military. It's a life that I could not do, and I am extremely grateful to all of the men and women who have taken up arms in protection of all of us.

My military friends/family members who are stationed overseas, or even stateside, tell me that they love to get emails and/or packages letting them know that what they are doing is appreciated. Below are several websites that can help you reach out and thank our service men/women for taking on the ultimate sacrifice on YOUR behalf.

Websites:

- [United States Postal Service](#)- Instructions for how to ship to military bases
- [Adopt a Platoon](#) - Support the troops through gifts and sponsored mail.
- [A Million Thanks](#) - Collects emails and letters of appreciation for our armed forces.
- [Any Soldier](#) - Sponsor care packages to service members in Iraq.
- [Army and Air Force Exchange Services](#) - Purchase gift certificates for active and hospitalized service members.
- [Blue Star Mothers](#) - Organizes postcards to troops and care packages, and is currently petitioning Congress for reduced air fares for service members.
- [Cell Phones for Soldiers](#) - Donate your old cell phones, which pay for calling cards for our troops.
- [Commissary Gift Certificates](#) - Give the gift of groceries -- buy or donate gift certificates
- [Dogs On Deployment](#) - Foster caring pets of Soldiers who are deployed
- [K9s For Warriors](#) - Trained dogs working with Soldiers suffering from PTSD
- [Letters to Soldiers](#)
- [Operation Give](#) - Donate toys to be given to the children of Iraq.
- [Operation Gratitude](#) - Contribute to care packages sent to our service members.
- [Operation Homefront Hugs](#) - Contribute to care packages, or adopt a service member.
- [Operation Troop Aid](#) - Provide care packages for our deployed U.S. Service members.
- [Operation USO Care Package](#) - Sponsor a care package for \$25.
- [Red Cross](#) - Holiday Mail for Heroes

Florida SADD Update

Florida SADD is funded by a grant from the Florida Department of Transportation's Safety Office, and our fiscal year runs from October 1 - September 30 each year. We are lucky enough to have been funded by them for the past decade, at least, and I am grateful for their continued support.

As many of you know, we also house the Florida Teen Safe Driving Coalition (FLTSDC). In the past, both programs were administered as two separate grants from the Florida Department of Transportation (FDOT). Beginning this grant year, both Florida SADD and the FLTSDC will be administered under one grant from FDOT. On our end, this will cut paperwork in half and allow us to combine resources to serve you better. The main difference you will see is both organization names and logos will be found on any communication or materials from us. Also, each coalition member is committed to mentoring SADD students in their communities. If you need a list of member resources, please email us at: FloridaSADDinfo@gmail.com.



Thank you for everything you do every day to help our youth make positive decisions!

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[Florida SADD Facebook page](#)

[FLTSDC Facebook page](#)