



Florida SADD

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September 2013

Activity Guide

National Suicide Prevention Week

September 8 – 14, 2013

Official statistics show that more than 31,000 Americans kill themselves every year. The true figure is probably higher. The number of non-fatal suicide attempts is considerably greater, often resulting in serious injuries, trauma to families and friends, and economic loss to our society.

Suicide is the 3rd leading cause of death among young people ages 15-24, and is the 11th leading cause of death overall.

Website:

- ◆ [National Suicide Prevention Week](#)

9/11 Remembrance Day

September 11, 2013

Join thousands of others who are taking the Remembrance Day pledge to observe 9/11 this year by helping others in need—volunteer, give blood, make a donation to a charity, give something away, or just help a friend, neighbor, or relative.

Website:

- ◆ [9/11 Remembrance Day](#)



Royal Palm Beach High School SADD at their Wellness Fair

National Seat Check Saturday and Child Passenger Safety Week

September 15 – 21, 2013

Child Passenger Safety Week is an annual campaign to bring public attention to the importance of properly securing all children in appropriate car seats, booster seats or seat belts – every trip, every time. The cam-

ampaign ends on September 21 with National Seat Check Saturday, when certified child passenger safety technicians will provide advice and hands-on car seat inspections nationwide for free.

Websites:

- ◆ [NHTSA: Planning Materials and Resources](#)
- ◆ [Safe Kids Worldwide](#)



Royal Palm Beach HS SADD students created this wonderful video called **NTID: No Texting I'm Driving**

**“Be yourself;
everyone else is
already taken.”**

— **Oscar Wilde**



Royal Palm Beach HS SADD chapter planted a tree on school grounds for Arbor Day

International Day of Peace

September 21, 2013

The United Nations General Assembly has declared September 21 of each year as an International Day of Peace. The Assembly affirmed that the Day be observed as a day of global ceasefire and non-violence, an invitation to all nations and people to

honor a cessation of hostilities during the Day.

Website:

- ◆ [International Day of Peace](#)

Family Day

September 23, 2013

Family Day is observed nationally to recognize

the link between families eating dinner together and lower teen drug use. Studies show teens who rarely eat dinner with their parents are 72% more likely than the average teen to use drugs, drink, and smoke.

Websites:

- ◆ [Family Day](#)
- ◆ [Tools U Can Use](#)

SADD National's *Think About It.....The Power of Friendship*

Join more than 1000 SADD Chapters nationwide by participating in The Power of Friendship Campaign. This SADD message is a powerful one! It gives students the opportunity to reach out to everyone in their school and community by encouraging them to

take responsibility for their safety and for the safety of their friends.

Website:

- ◆ [SADD National Campaign Booklet](#)

Wellness Week

September 16—22

Wellness means overall well-being. It incorporates the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person's life.

Website:

- ◆ [SAMHSA Wellness Week Activities & Ideas](#)

National Alcohol and Drug Addiction Recovery Month

Recovery Month promotes the societal benefits of treatment for substance use and mental disorders, celebrates people in recovery, lauds the contributions of treatment providers, and promotes the message that recovery in all its forms is possible.

Recovery Month

spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

Websites:

- ◆ [SAMHSA Resources](#)
- ◆ [SAMHSA Toolkit](#)

Back to School Campaign

Now is a good time to promote awareness of your club. The following are some ideas to do that.

- ◆ Create a Survey - Set up a display booth in the cafeteria or other area with a high volume of traffic and ask students to fill out a short survey about their attitudes and concerns on teen issues. Use that information to present workshops on those topics, to create awareness campaigns specific to the needs of your school, to put in your school newsletter, and/or to use in PSA's. Keep the surveys short and offer students a gift for completing them (chocolate kisses, etc.).
- ◆ Open House- Set up safe driving/drug-free booth at your school's open house night. Ask parents to take a "Contract For Life" home.
- ◆ Resource Room- Check with your school/public library to see if they have a drug and alcohol information resource room or area. Offer to help obtain material for the room. Use money from fund-raisers to purchase new items.



Royal Palm Beach High School SADD students celebrating Red Ribbon Week

Florida SADD Membership Month

- ◆ Set up a table during school registration and/or during scheduled lunch times. Offer juice, water, cookies, etc.
- ◆ Put up posters about SADD around school (like the ones that you will receive in your Back To School box of goodies). Be sure to make them fun and easy to read, with all the information available at a glance. Students walk down the hall in a hurry – your poster must "jump" out at them.
- ◆ Visit classes that have interest in health and safety issues - drivers education, health classes, etc.
- ◆ Invite all class officers to your first meeting. Make a sign to show the growing membership. Make it a % contest for each class.
- ◆ BYOB- Have a party with the theme "BYOB"
- "Bring Your Own Banana." Offer refreshments and ice cream for banana splits.
- ◆ SADD Spirit Day- Have all members wear their SADD shirts on meeting days or a specific day each month.
- ◆ Game Night- Sponsor a game night for 4th through 6th graders from your feeder school. Have members bring their own board games for a better variety. Plan several different contests during the night. If it goes well, sponsor the night once a month.
- ◆ B-I-N-G-O Night- Have your club sponsor a Bingo Night where members will run several Bingo games and offer prizes to the winners.
- ◆ Visit freshman classes and give out a SADD information sheet. Tell them what your SADD chapter does and invite them to join. Make the meeting sound fun and appealing. Provide a sign up sheet for each class.
- ◆ Follow up with a special meeting for freshmen. They may be especially skittish about just showing up at a general meeting, so cultivate them first and make them feel welcome.
- ◆ Host a special informational meeting for kids who are just interested in finding out more about SADD. Provide pizza, ice cream or other snacks.
- ◆ Make announcements about your meetings on the PA. Be sure your announcements are clear, concise, and creative – students tend to "tune out" announcements.
- ◆ Put invitations to join on the windshields of students' cars.
- ◆ Write an article for your school newsletter about SADD and its members, activities and goals.

Walk Like MADD

Saturday, September 7, 2013

Seville Square, Pensacola

Registration begins at 3:45 pm, run starts at 5:00 pm

Contact:
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Royal Palm Beach
High School SADD
Chapter students

***“How wonderful it is that nobody need wait a single moment before starting to improve the world.”
— Anne Frank***



Royal Palm Beach
High School SADD
Chapter

Chain of Life Drive

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 is generally a good time.

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, 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 the community.

Invite the mayor, selectmen, city councilors, school committee members, parents, and community members to

come to a central location 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, impaired driving and other destructive decisions.

Library Card Sign-up Month

September is [Library Card Sign-Up Month](#) - a time when the American Library Association and libraries across the country remind parents that the most important school supply of all is @ your library® - it's your library card. September was first so designated in 1988, as a continuation of a national campaign launched the previous year.

See brief list of [Library Card Sign-up Month Honorary Chairpersons](#). Contact [Library Card Sign-up Month Campaign Coordinator Megan McFarlane of the ALA Public Information Office](#) with questions.

FLORIDA SADD

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success stories
to

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Apply for a \$250 Mini Grant

State Farm has generously given Florida SADD a \$45,000 grant that will result in 180 chapters receiving \$250 to implement teen safe driving campaigns in their schools and/or communities. Last year 2,232 FL SADD students used their State Farm funding in creative and wonderful ways, impacting 63,153 of their peers to drive down fatalities in Florida. Check out this YouTube video done by the Royal Palm Beach High School SADD students called [NTID: No Texting I'm Driving](#).

Click [here](#) to apply for this \$250 mini grant.

Don't forget to also participate in State Farm's *Celebrate My Drive* program. [Register](#) your school online by September 30th to receive valuable teen auto safety tools and resources to better prepare you for the competition.

National Childhood Obesity Month

One in 3 children in the U.S. is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

Website:

- ◆ [Toolkit](#)

Please Register Your Florida SADD Chapter

It is my honor to serve you as the state coordinator for Florida SADD. We couldn't do it without the generous support of the Florida Department of Transportation's Safety Office, or without the amazing grants from State Farm.

In order to continue receiving those grants, I am required to submit regular reports on how that money is used, and



Danielle Branciforte,
State Coordinator for
Florida SADD and Lead

can't do so without your

input.

I understand that you are very busy, but if you could take half an hour to complete these two online forms, it would greatly help this office to continue to apply for grants.

- ◆ [2012.13 Annual FL SADD Survey](#)
- ◆ [FL SADD 2013.14 Chapter Renewal/Registration](#)