



**NOVEMBER 2015**

***FLORIDA SADD Chapter Activity Guide***

- Youth Appreciation Month
- SADD Buckle Up Challenge Month
- Stop Violence - Try Mediation
- Drowsy Driving Prevention Week (November 1 – 8)
- Daylight Savings Ends (November 1)
- World Day of Remembrance for Road Traffic Victims (November 15)
- Great American Smokeout Day (November 19)
- National Family Week (November 22 – 28)
- International Survivors of Suicide Day (November 22)
- Don't Wreck the Holidays (November 28 – December 15)

**Youth Appreciation Month**

What a great time, during this month of Thanksgiving, to express your appreciation of the youth in your chapters and schools who have the courage to stand up and make positive decisions!

**Websites:**

- [Optimist International](#)
- [Planning Guide](#) (pdf)
- [Teampedia](#) Team building tools

**SADD Buckle Up Challenge Month**

Teens buckle up far less frequently than adults do. Despite efforts aimed at increasing belt use among teens, observed seat belt use among teens and young adults (16 to 24 years old) stood at 80 percent in 2008 – the lowest of any age group. In fact, in 2009 the majority (56%) of young people 16 to 20 years old involved in fatal crashes were unbuckled. SADD chapters need to make their peers' seat belt use a high priority. We need to do all we can to increase seat belt use by young people.

**Websites:**

- [Planning Guide](#) SADD National
- [Safety Belt Check](#) instruction sheet and materials
- [NHTSA Teen Seat Belt Use](#) – resources and materials

## Stop Violence - Try Mediation

According to the National Crime Prevention Council, mediation has helped to reduce violence in neighborhoods and in schools. Using peers as mediators – a process known as "peer mediation" – is a popular way of handling conflicts and preventing violence in middle school and high schools. Schools using this process recruit and train students interested in being peer mediators. Guidance counselors or other trained professionals teach the young mediators how to listen to both sides of an argument, offer unbiased impressions, and help students in conflict find a workable solution to their problem.

### Website:

- [National Crime Prevention Council](#)

## Drowsy Driving Prevention Week (November 1 – 8)

In an effort to reduce the number of fatigue-related crashes and to save lives, the National Sleep Foundation is declaring November 1 – 8, 2015 to be Drowsy Driving Prevention Week®. This annual campaign provides public education about the under-reported risks of driving while drowsy and countermeasures to improve safety on the road. Driving drowsy = driving distracted.

### Websites:

- [DDPW Toolkit](#) This information is from a different year, but it's much more useful than the current date.
- [FAQs](#)

## Daylight Savings Ends (November 1)

Don't forget to "fall back" an hour by changing your clocks before going to bed on Saturday night.

### Website:

- [History of Daylight Savings Time](#)

## World Day of Remembrance for Road Traffic Victims (November 15)

The World Day of Remembrance for Road Traffic Victims (WDR) is observed on the third Sunday of November each year by an increasing number of countries on every continent around the world. This day is dedicated to remembering the many millions killed or injured in road crashes and their families and communities, as well as to pay tribute to the dedicated emergency crews, police and medical professionals who daily deal with the traumatic aftermath of road death and injury.

### Website:

- [World Day of Remembrance for Road Traffic Victims](#)

### **The Great American Smokeout Day (November 19)**

One of the major problems with smoking and chewing tobacco has to do with the chemical nicotine. Someone can get addicted to nicotine within days of first using it. In fact, the nicotine in tobacco can be as addictive as cocaine or heroine. Nicotine affects mood as well as the heart, lungs, stomach, and nervous system.

Other health risks include short-term effects of smoking such as coughing and throat irritation. Over time, more serious conditions may develop, including increases in heart rate and blood pressure, bronchitis, and emphysema. Finally, numerous studies indicate that young smokers are more likely to experiment with marijuana, cocaine, heroin, or other illicit drugs.

#### **Websites:**

- [Great American Smokeout Day](#)
- [SADD National Youth Tobacco Use](#)
- [Tobacco Free Florida Teens](#)
- [American Lung Association](#)
- [Campaign for Tobacco-Free Kids](#)
- [The Truth](#) a website dedicated to exposing tobacco marketing
- [Tobacco Free](#)

### **National Family Week (November 22 – 28)**

National Family Week has proven to be a celebratory time to honor the special connections that support and strengthen families. It is built on the premise that children live better lives when their families are strong, and families are strong when they live in communities that connect them to economic opportunities, social networks, and services.

#### **Websites:**

- [National Family Week](#) The information on this page is from a different year, but it's better than what they have for this year (in my opinion).
- [Toolkit](#) Same as above.

### **International Survivors of Suicide Day (November 22)**

For youth between the ages of 10 and 24, suicide is the third leading cause of death. If you, or someone you know, shows any of the symptoms that indicate that suicide "feels" like a viable option, please take action now.

#### **Websites:**

- [Homepage](#)
- [American Foundation for Suicide Prevention](#)
- [Teen Suicide](#)
- [NAMI Teen Suicide Facts](#)

- [CDC Suicide Prevention](#)

<b>Don't Wreck the Holidays</b> (November 28 – December 15)
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**Pre-Holiday Season Drunk Driving Prevention**  
**November 28 - December 15, 2015**

The holiday season is right around the corner. As we prepare for festivities with family and friends, NHTSA (National Highway Traffic Safety Administration) wants to remind all drivers that it's dangerous to drive after drinking.

**Websites:**

- Click [here](#) and get your campaign materials now.