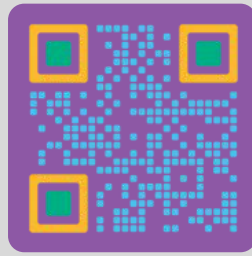




# CHAPTER PROGRAMMING GUIDE

October 2021





# CELEBRATION 101: HOW TO THROW THE BEST SADD BIRTHDAY PARTY EVER!



## 1. PICK A DATE, PLACE, & TIME

DECIDE WHEN, WHERE, & WHAT TIME  
YOUR PARTY WILL BE.

## 2. INVITE YOUR GUESTS

YOUR CHAPTER MEMBERS ARE GOING  
TO LOVE THIS!

## 3. PLAN YOUR GAMES & FOOD

ACTIVITIES & REFRESHMENTS ARE  
PARTY ESSENTIALS.

## 4. GET THE MUSIC READY

SCAN THE QR CODE TO ACCESS  
SADD'S OFFICIAL SPOTIFY PLAYLIST.

## 5. CELEBRATE

DON'T FORGET TO SOCIAL DISTANCE,  
WEAR YOUR MASK, & HAVE FUN!





# EMPOWER TEENS

WEED OUT  
IMPAIRED DRIVING  
#DRIVINGSKILLS101 PSA CHALLENGE



**We are kicking off Teen Driver Safety Week with our Driving Skills 101 Contest!**

**Use the QR code to download the 2021 Teen Driver Safety Week Guide for traffic safety resources you can use all year long! Including, all you need to submit a winning entry to Weed Out Impaired Driving!!**

## CHAPTER PROGRAMMING

**Celebrate Red Ribbon Week!**

**Use the QR code below to download and share the program guide and messaging with the PTA/PTO groups in your community.**



**Create a video for DS101 or use the QR code to take the drug-free pledge from Natural High and check out their website for stories from social media influencers on how and why they live drug-free.**



Sponsored by National Family Partnership  
www.redribbon.org

# ENGAGE PARENTS



**EMPOWER. ENGAGE. MOBILIZE. CHANGE.**

# **MOBILIZATION GUIDE**

**NATIONAL TEEN DRIVER SAFETY WEEK 2021**



**Programs designed to mobilize teen traffic safety initiatives in your school & community**



# MOBILIZE COMMUNITIES



**Attend a SADD/Mental Health First Aid training and bring free mental health resources to your community.**

**Scan the QR Code to learn more and register for training this Fall.**



**Sign our mental health pledge on October 10th for World Mental Health Day!**

## CHAPTER PROGRAMMING

**This month we are partnering with the Trevor Project to celebrate National Coming Out Day on October 11.**



**Scan the QR Code to sign up for our joint webinar to learn how to be a better ally.**



# CHANGE LIVES

# 2021-22

## SADD NATIONAL COMMUNICATIONS CALENDAR

August 2021

### AUGUST

**BACK TO SCHOOL,  
UPDATE CHAPTER REGISTRATION**

**23** - NRSF Drive Safe California Contest Opens

### SEPTEMBER

**NATIONAL SUICIDE PREVENTION MONTH,  
NATIONAL RECOVERY MONTH**

**6** - Labor Day - End of "100 Deadliest Days"

**7** - NRSF Drive Safe DC Contest Opens

**17** - NRSF Drive Safe Chicago Contest Opens

**5-11** - National Suicide Prevention Week

**10** - World Suicide Prevention Day

**20-24** - Start with Hello Week

### OCTOBER

**PEDESTRIAN SAFETY MONTH,  
BULLYING PREVENTION MONTH**

**6** - National Walk to School Day

**10** - World Mental Health Day

**11** - National Coming Out Day

**18** - NRSF #DrivingSkills101 PSA Challenge Opens

**18** - NRSF Drive Safe California Deadline

**17-23** - National Teen Driver Safety Week, Rock the Belt

**23-31** - Red Ribbon Week (Drug-Free America)

**23** - National Prescription Drug Take-Back Day

**TBA** - NRSF Drive 2 Life Contest Opens



### NOVEMBER

**WIPE OUT SMOKING MONTH**

**1-8** - Drowsy Driving Prevention Week

**13** - World Kindness Day

**17** - Great American Smokeout

**26** - Random Acts of Kindness Friday

**TBA** - NRSF Drive Safe Georgia Contest Opens

### DECEMBER

**NATIONAL IMPAIRED DRIVING  
PREVENTION MONTH**

**5** - International Volunteer Day

**17** - NRSF Drive Safe Chicago Contest Deadline

**27** - NRSF Drive Safe DC Contest Deadline

**TBA** - SADD National SLC/CAC

Applications Open



# WEED OUT IMPAIRED DRIVING

## #DRIVINGSKILLS101 PSA CHALLENGE



**Calling all teen drivers: this opportunity is for YOU! SADD, in partnership with The National Road Safety Foundation (NRSF), wants to hear how you Weed Out Impaired Driving. You may be wondering, what can I do? The answer is easy. Read the directions below, create your video, and send in your entry!**

**More states have passed laws to legalize marijuana and you may be unsure of the safety of marijuana use and driving. No level of marijuana use is acceptable for young drivers, even in states where it is legal. It is illegal and unsafe for teens to drive high, just like it is illegal and unsafe to drink and drive. Driving under the influence of marijuana is impaired driving. Driving under the influence of marijuana is impaired driving.**

**What do you think teens and their parents need to know about marijuana and driving? How can we prevent teens from using marijuana and driving, especially in states where marijuana is legal. We want to hear from you on how we navigate this challenge.**

**To participate in #DrivingSkills101, submit a video telling us your idea for a PSA on marijuana-impaired driving. This is a simple video illustrating your ideas and or the key facts we should highlight to prevent teens from using marijuana and driving.**

**ENTRY DEADLINE: JANUARY 31, 2022**

## HOW TO ENTER

Create a two-minute or less video telling us your idea for a PSA on the dangers of marijuana-impaired driving. NOTE: Your video is NOT the actual PSA, just your idea. Upload your video to YouTube and complete the online application [found here](#). Applications received without the video will be disqualified.

## ELIGIBILITY

- High School students ages 14-19 are eligible to participate.
- You and/or everyone on your team must be registered SADD members in the SADD Portal.
- All submissions must be videos.
- More than one team or individual may apply from a school, but a student may only be on one team or submit one individual entry.
- All entries must be original, youth-created, and content-appropriate.
- Remember, SADD and NRSF do not permit distracted driving. If you are taping the PSA in your car make sure the car isn't moving.

You must submit the online entry form along with the YouTube link to your video to be entered to win. All winners' submissions will be recognized at the 2022 SADD National Conference in New Orleans.

**NOTE: NRSF and SADD will not be responsible for any technical, computer, network, typographical, human, or other error, malfunction, or problem in connection with the contest.**

**SADD does not permit distracted driving. Please do not record your video submission in a moving vehicle.**

## JUDGING

A panel of SADD and NRSF representatives will judge the entries. Videos will be judged solely on your idea and enthusiasm, not the video quality. The winner will be chosen from the top ten submissions.

## VIDEO SUBMISSION TIPS

- Have a quiet place to tape the video without distractions.
- Speak slowly and clearly on the video.
- Record your video with your camera horizontal, not upright.
- Review your video before submitting it to make sure it works.

Here are some additional questions to answer when thinking about your idea.

- Who is your target audience?
- How do you plan to get your school and community involved in your PSA?
- How do you plan on sharing this PSA with your school and community?
- Why is this contest important to you?
- How do you plan on getting your message across?

## PRIZES!

- One lucky chapter will win an additional \$2,500 and the opportunity to have your PSA idea professionally produced by an Emmy-winning producer and broadcast on over 150 TV stations nationwide.
- The top ten chapter finalists will each win \$250.



## QUESTIONS?

Contact Elizabeth Vermette at [evermette@sadd.org](mailto:evermette@sadd.org)



**Many thanks to the National Road Safety Foundation  
for sponsoring this contest for SADD members!**

**ENTRY DEADLINE: JANUARY 31, 2022**





# IMPAIRED DRIVING

#DRIVINGSKILLS101 PSA CHALLENGE



# FACTS ABOUT MARIJUANA-IMPAIRED DRIVING

While laboratory studies of people with THC in their bloodstream do not support significant impairment on single tasks, such as memory, addition, or subtraction, there may be more significant impact on multitasking and handling unexpected events (which are critical components of safe driving):

- Marijuana use impairs cognitive abilities necessary for safe driving, including reaction time, road lane-tracking ability, and attention maintenance.
- Marijuana can slow reaction time and the ability to make decisions.
- Marijuana can impair coordination, distort perception, and lead to memory loss and difficulty with problem-solving.
- Marijuana use can have long-term effects for teens and young adults on brain development. Neurodevelopment continues until at least the early or mid-20s, and marijuana use impacts how connections are formed within the brain.
- In 2017, 49% of drivers ages 14-18 who currently use marijuana engaged in driving after using marijuana.
- Too many teens and their parents don't know the facts about marijuana and driving.
  - In a 2017 SADD/Liberty Mutual Survey, 33% of teens and 27% of their parents surveyed thought it was legal to drive under the influence of marijuana in states where marijuana is legal to use.
  - While the SADD/Liberty Mutual survey found that 93 percent of parents think driving under the influence of alcohol is dangerous, only 76 percent feel that driving under the influence of marijuana is dangerous.
- In a 2020 article in the Journal of American Medical Association, researchers found that almost half (48.8%) of teen drivers who currently use marijuana reported driving after using marijuana (DAUM). They also found that the prevalence of DAUM (12.7%) was more than double the prevalence of drinking and driving (5.0%), perhaps reflecting teens' perception that DAUM is less dangerous and more acceptable than driving after using alcohol.

## SOURCES:

- LI LI, M. S. (2020, DECEMBER 23). ANALYSIS OF US TEEN DRIVING AFTER USING MARIJUANA, 2017. JAMA NETWORK OPEN. [HTTPS://JAMANETWORK.COM/JOURNALS/JAMANETWORKOPEN/FULLARTICLE/2774456](https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2774456).
- [HTTPS://INJURY.RESEARCH.CHOP.EDU/BLOG/POSTS/DISCUSSING-IMPACT-MARIJUANA-DRIVING](https://injury.research.chop.edu/blog/posts/discussing-impact-marijuana-driving)
- WEED OUT THE CONFUSION: ONE-THIRD OF TEENS THINK DRIVING UNDER THE INFLUENCE OF MARIJUANA IS LEGAL IN STATES WHERE RECREATIONAL USE BY ADULTS IS PERMITTED. LMG. (N.D.). [HTTPS://WWW.LIBERTYMUTUALGROUP.COM/ABOUT-LM/NEWS/ARTICLES/WEED-OUT-CONFUSION-ONE-THIRD-TEENS-THINK-DRIVING-UNDER-INFLUENCE-MARIJUANA-LEGAL-STATES-WHERE-RECREATIONAL-USE-ADULTS-PERMITTED](https://www.libertymutualgroup.com/about-lm/news/articles/weed-out-confusion-one-third-teens-think-driving-under-influence-marijuana-legal-states-where-recreational-use-adults-permitted).
- LI L, HU G, SCHWEBEL DC, ZHU M. ANALYSIS OF US TEEN DRIVING AFTER USING MARIJUANA, 2017. JAMA NETW OPEN. 2020;3(12):E2030473. DOI:10.1001/JAMANETWORKOPEN.2020.30473

# Mental Health Pledge



Though our name is "SADD," we want you to be happy and healthy! Please join our organization and implement the following steps to promote safety and wellness for yourself and your community!

I, \_\_\_\_\_, **pledge to support the mental health and wellness of myself and others by:**

- 1** Acknowledging the importance of physical and mental safety and wellness
- 2** Practicing healthy lifestyle habits to support and maintain physical and mental wellness
- 3** Supporting others by being available to listen and empathize
- 4** Notifying an adult if I observe extreme or harmful behavior in others, or consider extreme or harmful behaviors myself
- 5** Assessing and recognizing my own mental health needs and asking for help when I need it
- 6** Never engaging in harmful substances or self-harm
- 7** Agreeing to speak out against mental health stigma
- 8** Recognizing the state of my mental health, physical health, and awareness before driving

[The Crisis Text Line](#) - provides free, 24/7 support via text message. We're here for everything: anxiety, depression, suicide, school. **Text HOME to 741741.**

[The Suicide Prevention Hotline](#) - provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. **Call 1-800-273-TALK (8255)** or you can chat online at <https://suicidepreventionlifeline.org/chat/>.

Find alcohol, drug, or mental health treatment facilities and programs around the country. visit: <https://findtreatment.samhsa.gov/>

For assistance, talk to your guardian or a trusted teacher/counselor





# teen MENTAL HEALTH FIRST AID



*Schools offering this training can save lives, families and communities. Regardless of how happy, smart or popular someone seems on the outside, everyone is fighting battles we have no idea about. tMHFA taught me that sometimes we need a reminder of what is important and the tools to make that a priority."*

— **Katie Ramboyong**,  
teen Mental Health First Aider

## WHY **teen** MENTAL HEALTH FIRST AID?

teen Mental Health First Aid teaches high school students how to identify, understand and respond to signs of mental illnesses and substance use disorders among their friends and peers. The training gives students the skills to have supportive conversations with their friends and get a responsible and trusted adult to take over as necessary. It is designed to be delivered in schools or community sites in three interactive classroom sessions of 90 minutes each or six sessions of 45 minutes each.

Schools and organizations offering the training are required to train at least 10 percent of adult staff in Youth Mental Health First Aid and to train the entire grade level. A critical step in the teen Mental Health First Aid action plan is connecting with a trusted adult. Youth Mental Health First Aid trains adults to be prepared to help young people facing a crisis.

## WHO SHOULD TAKE IT

- High school students in grades 10, 11 and 12
- High schools, organizations partnering with a high school and youth-serving organizations are eligible to teach teen MHFA to students.

**1 IN 5**

teens has had a serious **mental health disorder** at some point in their life.

**50%**

of all **mental illnesses** begin by age 14, and **75%** by the mid-20s.

Suicide is the **second leading cause of death** for **15- to 24-** year-olds.

## WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- Common signs and symptoms of a mental health crisis, particularly suicide.
- How to open the conversation about mental illnesses and addiction with friends.
- The impact of school violence and bullying on mental health.
- How to seek the help of a responsible and trusted adult.

**The course will teach students how to apply the teen MHFA Action Plan to help a friend:**

- Look for warning signs.
- Ask how they are.
- Listen up.
- Help them connect with an adult.
- Your friendship is important.





# YOUTH MENTAL HEALTH FIRST AID

As adults, we sometimes forget how hard it was being an adolescent. When we see a kid who is just miserable at school, we might think they choose to be that way — or that it's just part of adolescence. But in fact, they might be in a mental health crisis, one they certainly did not choose and do not want. When a teacher says, "How can I be helpful?" that is a powerful question."

— **Alyssa Fruchtenicht**,  
school-based mental health counselor

## WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6–18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

**64.1%**

of youth with major depression **do not** receive any mental health treatment.  
— Mental Health America

**5.13%**

of youth report having a substance use or alcohol problem.  
— Mental Health America

**1 IN 5**

teens and young adults **live with a mental health condition.**  
— National Alliance for Mental Illness

## THREE LEARNING OPTIONS

- **VIRTUAL.** First Aiders will complete a 2-hour, self-paced online course, and then participate in a 4.5 to 5.5-hour, Instructor-led video conference.
- **BLENDED LEARNING.** After completing a 2-hour, self-paced online course, First Aiders will participate in a 4.5-hour, in-person, Instructor-led class.
- **IN-PERSON.** First Aiders will receive their training as an 8-hour, Instructor-led, in-person course.

## WHO SHOULD TAKE IT

- TEACHERS
- SCHOOL STAFF
- COACHES
- CAMP COUNSELORS
- YOUTH GROUP LEADERS
- PARENTS
- PEOPLE WHO WORK WITH YOUTH

## WHAT IT COVERS

- Common signs and symptoms of mental illness in this age group, including
  - Anxiety
  - Depression
  - Eating disorders
  - Attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with a child or adolescent in crisis
- How to connect the person with help
- **New:** Expanded content on trauma, addiction and self-care and the impact of social media and bullying

The course will teach you how to apply the **ALGEE** action plan:

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.





## MENTAL HEALTH FIRST AID

*This program is a top-notch service to area communities like ours and we are so grateful for the opportunity to have this program."*

– **Nikki Carber**,  
Speak Out Against Suicide

### WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

On average,

**123**

people die  
by suicide  
each day.

– American Foundation  
for Suicide Prevention

From 1999 to 2016,

**630,000**

people died from  
drug overdose.

– Centers for Disease Control  
and Prevention

Nearly

**1 IN 5**

U.S. adults live with a  
Mental Illness.

– National Institute of Mental Health  
via the National Survey on Drug Use and  
Health and the Substance Abuse and  
Mental Health Services Administration

### THREE LEARNING OPTIONS

- **VIRTUAL.** First Aiders will complete a 2-hour, self-paced online course, and then participate in a 4.5 to 5.5-hour, Instructor-led video conference.
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- **IN-PERSON.** First Aiders will receive their training as an 8-hour, Instructor-led, in-person course.

### WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

### WHAT IT COVERS

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- **NEW:** Expanded content on trauma, addiction and self-care





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- **A**ssess for risk of suicide or harm.
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- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.



**I Support Red Ribbon Week®**

**I Pledge To Help Kids Grow Up Safe, Healthy & Drug Free By:**

-  Talking to my kids about the dangers of drug use and abuse and setting clear rules about not using drugs.
-  Working together with the parents of my children's friends to set common boundaries and monitor behavior so that our rules are respected and reinforced.
-  Setting a good example for our children by not using illegal drugs or medicine without a prescription.
-  Visiting [www.redribbon.org](http://www.redribbon.org) to learn more and spread the message to family and friends.

Name \_\_\_\_\_ School \_\_\_\_\_

Download tips for fun Red Ribbon activities at [www.redribbon.org](http://www.redribbon.org)





# PRESIDENT'S VOLUNTEER SERVICE AWARD



## VOLUNTEER OPPORTUNITIES

SADD is proud to be 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. Enter your hours for this October [bit.ly/PVSA-Hours-Form](https://bit.ly/PVSA-Hours-Form)

Learn more at [SADD.org/PVSA](https://SADD.org/PVSA).

**LOG YOUR HOURS  
& APPLY FOR  
THE AWARD AT  
[SADD.ORG/PVSA](https://SADD.org/PVSA)!**

NATIONAL OPPORTUNITY/HR		STATE OPPORTUNITY/HR	
1 hr	Hold a SADD Chapter Meeting	1 hr	Host "I Did What?" Screening
1 hr	Join the Trevor Project Webinar	1 hr	Host a TLLM Pledge Event
1 hr	Enter DSIO1 - at least one hour for each entry	1 hr	Host a Contract for Life Event
1 hr	Organize a Red Ribbon Week Activity	1 hr	Do a "Quick Click" Challenge