



# CHAPTER PROGRAMMING GUIDE

December 2021



# EMPOWER STUDENTS

Empower your peers to make positive decisions in high school and beyond by inviting college students from local colleges to meet with seniors to discuss college life. Make sure to ask students who can present a good "No Use" message and who can give good information about student responsibilities.

DVSA Hours Available: 1+

Items Needed: College student volunteers

# ENGAGE ADULT ALLIES

Host a watch party of SADD's Virtual Town Hall on Underage Drinking for the adults & students in your community.



DVSA Hours Available: 1+

Items Needed: Virtual Town Hall on Underage Drinking Video (Found in QR code)

**SADD VIRTUAL**  
Town Hall on Underage Drinking

		
<b>Jessica Lahey</b> Parent, Counselor, & Best-Selling Author	<b>Honorable Jim Carroll</b> SADD Senior Advisor	<b>Kathryn Burgum</b> First Lady of North Dakota

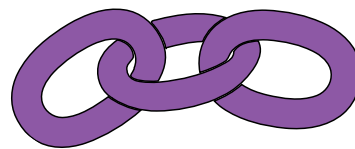
In Partnership With  **RESPONSIBILITY.ORG**

# MOBILIZE COMMUNITIES

**Mobilize your community with the chain of life. This simple activity provides a visual reminder of the importance of watching out for each other and keeping the school community safe and substance-free.**

**PVSA Hours Available: 1**

**Items Needed: Strips of colored paper, glue sticks, tape or staples, pens or markers**



**CHAIN OF LIFE**

# CHANGE LIVES

**SADD, in partnership with The National Road Safety Foundation (NRSF), wants to hear how you Weed Out Impaired Driving. Enter your idea for a chance at \$2,500! The deadline to enter is January 31st, 2022.**

**PVSA Hours Available: 1+**

**Items Needed: Creativity & contest info (found in QR code)**





# 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**

# WEED OUT 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



Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

# MENTAL HEALTH FIRST AID TRAINING

**Identify.  
Understand.  
Respond.**

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. Scan the code to learn more about the training!



**SADD now has certified  
instructors to teach:**

- Youth Mental Health First Aid
- Teen Mental Health First Aid
- Adult Mental Health First Aid

**TO SCHEDULE OR JOIN A TRAINING, EMAIL US AT [INFO@SADD.ORG](mailto:info@sadd.org)!**



# PRESIDENT'S VOLUNTEER SERVICE AWARD



**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).**

## **VOLUNTEER OPPORTUNITIES**

**Did you know that the work you do as a SADD student counts toward service hours? Every contest you enter, every meeting or event you host - it all counts.**

**Check out the SADD National Chapter Programming Guide each month for trending ideas based on current programming!**

**Contact your state coordinator to get involved on the state level!**



# 40 WAYS TO LIVE MORE FOR SADD'S 40TH BIRTHDAY

TEXTLESS  
LIVE MORE

40<sup>TH</sup>  
SADD  
EST. 1981

## PHYSICAL WELLNESS

1. Take a break from working at your desk to check your tech neck.
2. Learn a TikTok dance with your friends.
3. Cook a nourishing meal for your family using a recipe you've never tried before.
4. Create a household step challenge in your home; the person with the most steps gets to choose a chore for the person with the least!
5. Try out a new sport or activity as a family, like frisbee, skateboarding, or badminton.
6. Visit a local farm or farmers market to pick up some delicious seasonal produce.

## EMOTIONAL WELLNESS

7. In a notebook or journal, write down three things you are grateful for today.
8. Participate in the TextLess Live More monthly GetLiving Initiative with your family.
9. Take the Enneagram Test with your friends or family and compare personality types. Discuss how this affects your relationships.
10. Make a collaborative mood playlist with friends, listen to it together, and discuss.
11. Write a surprise love note to a friend or family member.
12. Find a quiet space, set a timer for 5 minutes, and practice the art of doing nothing and calming your mind.

## ENVIRONMENTAL WELLNESS

13. Take a 5-minute break to step outside and soak up the sun.
14. Grab a couple of pairs of gloves and a friend or two and go for a walk in your neighborhood to enjoy some sunshine and collect any litter you see on the ground.
15. Volunteer with nearby State and National Parks.
16. Plan an excursion with your family to a favorite local place that makes you feel connected to nature. Rotate with who gets to choose the destination throughout the summer!
17. Incorporate a daily walk around your neighborhood into your everyday routine.
18. Invite your friends over to decorate reusable water bottles and commit to always using it instead of buying plastic bottles! Make it a challenge - hold each other accountable if you don't see your friends with their bottle!

## SPIRITUAL WELLNESS

19. Try a 5-minute meditation, either on your own or with one of many amazing free guides.
20. Read a passage from your spiritual text of choice aloud after dinner with your family. Discuss why it is meaningful to you.
21. Enjoy a free online yoga class with friends. Bonus points if you do it outside!
22. Pause and think of 5 things you are grateful for.
23. Find a meaningful quote that inspires, calms, and resonates with you, and repeat it whenever you feel overwhelmed.
24. Take a moment to acknowledge and appreciate the sunset or sunrise.

## SOCIAL WELLNESS

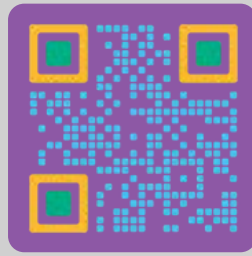
25. Share a screen-free meal with your family and friends.
26. Set up a game night, either virtually or in person.
27. Plan a phone-free picnic or BBQ for members of your community to connect and enjoy some quality time together.
28. Next time you are texting back and forth with a friend, call them instead and have a real conversation.
29. Play the phone game when you go out to eat - everybody puts their phone at the center of the table for the entire meal and whoever grabs it first has to pay!
30. Have lunch with or sit with someone you don't normally hang out with.

## INTELLECTUAL WELLNESS

31. Leave your phone and computer in another room while you read or listen to a book.
32. Pick a topic that interests your entire family and listen to a podcast about it together. Discuss your thoughts over dinner.
33. Create a quiet, productive study space with as few devices as possible, and set a timer for 25 minutes of uninterrupted work, followed by a 5 minute break. This is called the Pomodoro Technique.
34. Commit to learning one new word or fact every day. At the end of each day, share what you've learned with your friends and family and invite them to join you. You'll be surprised at the different things people discover during the day!
35. Do something outside of your comfort zone, whether that's exploring a new area of town, going to a museum, or just striking up a conversation with someone you don't know very well who maybe doesn't look like you or who runs in a different circle than you.

## DIGITAL WELLNESS

36. Become a TextLess Live More Trainer using our virtual certification program.
37. Have a Screen Time Contest with your friends! Whoever can most drastically reduce their screen time in a week gets to pick a weekend activity or meal. Your phone tracks your screen time so bust out those receipts!
38. Host a Netflix watch party to watch The Social Dilemma with your SADD chapter. Discuss as a group!
39. Start to notice when you find yourself aimlessly scrolling on your phone. The first step is recognizing your habits -- then you can start changing them!
40. Go phone-free for the entire day once a month. Surprise yourself. Take a break from constant communication. Focus on yourself. Live in the moment. Live more.



# 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!





## JANUARY

9 - Law Enforcement Appreciation Day  
17 - Martin Luther King, Jr., Day of Service  
17-21 - No Name-Calling Week  
TBA - NRSF Drive Safe Georgia Contest Deadline  
31 - NRSF #DrivingSkills101 PSA Challenge Deadline

## FEBRUARY

TEEN DATING VIOLENCE  
AWARENESS & PREVENTION MONTH,  
BLACK HISTORY MONTH

14-20 - Random Acts of Kindness Week  
17 - Random Acts of Kindness Day  
22-28 - National Eating Disorder Awareness Week  
TBA - NRSF Drive 2 Life Contest Deadline

## MARCH

20-26 - National Inhalants & Poison Awareness Week  
31 - International Transgender Day of Visibility  
TBA - National Sleep Awareness Week  
TBA - End Vaping Vlog & Meme Contest Opens  
TBA - National Drug & Alcohol Facts Week

## APRIL

NATIONAL DISTRACTED DRIVING AWARENESS  
MONTH, ALCOHOL AWARENESS MONTH

1 - Take Down Tobacco National Day of Action  
7 - World Health Day  
17-23 - National Volunteer Week  
25-29 - National Youth Violence Prevention Week  
29-May 1 - Global Youth Service Days  
TBA - EndDD Video & Meme Contest Opens  
TBA - End Vaping Vlog & Meme Contest Deadline  
TBA - Is It Worth the Risk? SADD Strong Program

## MAY

NATIONAL YOUTH TRAFFIC SAFETY MONTH,  
NATIONAL BICYCLE SAFETY MONTH,  
MENTAL HEALTH AWARENESS MONTH  
ASIAN & PACIFIC ISLANDER HERITAGE MONTH

31 - Memorial Day - Start of "100 Deadliest Days"  
TBA - National Prevention Week, Rock the Belt  
TBA - Click It or Ticket Mobilization Begins  
TBA - EndDD Video & Meme Contest Deadline  
TBA - SADD National SLC/CAC Application  
Deadline

## JUNE

PRIDE MONTH, NATIONAL SAFETY MONTH

1 - NIAAA Video Challenge Opens  
6 - Click It or Ticket Mobilization Concludes  
30 - NIAAA Video Challenge Deadline  
TBA - Registration Closes for 2021 National  
Conference

## JULY

TBA - SADD National Conference in  
Orlando, FL



# 2022

# SADD NATIONAL COMMUNICATIONS CALENDAR





# PLAN AHEAD FOR *JANUARY*

**9 - Law Enforcement Appreciation Day**

**17 - Martin Luther King, Jr., Day of Service**

**17-21 - No Name-Calling Week**

**31 - NRSF #DrivingSkills101 PSA Challenge Deadline**