



CHAPTER PROGRAMMING GUIDE

November 2021

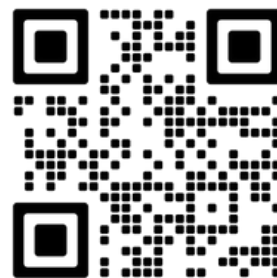


EMPOWER STUDENTS

The Rise of Vaping Video Course will provide you with the information you need to know about e-cigarettes and vapes, and what **YOU** can do to help create the first tobacco and nicotine-free generation.

DVSA Hours Available: 1

Items Needed: Internet access, group or self-guided refusal skills activity guide (found in QR code link).

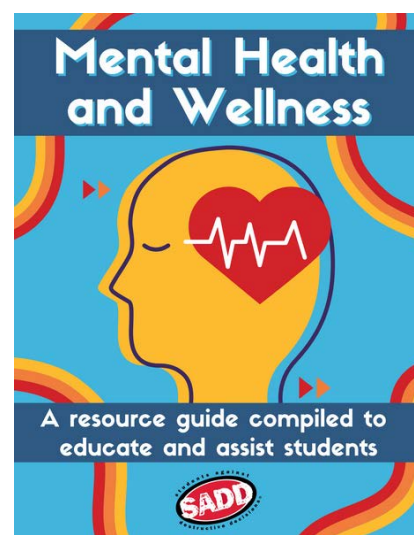


ENGAGE ADULT ALLIES

Advocate for student mental health this month by sharing the facts with parents in your school and community by organizing an informational session or hosting a pledge drive! Download the Mental Health & Wellness guide to get started.

DVSA Hours Available: 1+

Items Needed: Mental Health & Wellness Guide, pledge sheet



MOBILIZE COMMUNITIES

November 1st-8th is Drowsy Driving Prevention Week!
Spread the word about the dangers of driving drowsy to your peers by printing & posting this flyer around school & community.



PVSA Hours Available: 1
Items Needed: Drowsy Driving Flyer

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!



PVSA Hours Available: 1+
Items Needed: Creativity & contest info (found in QR code).





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

Learn more at 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!

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

November Initiative:

THANKSGIVING 2021 GO COLD TURKEY



This Thanksgiving, be present with your family and friends by going cold turkey with TLLM! Challenge yourself to unplug and live more with your loved ones.

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



**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

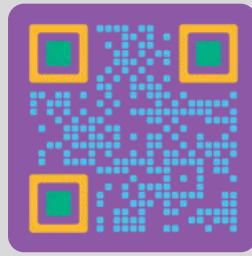
MARIJUANA-IMPAIRED DRIVING

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



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!



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

A photograph of three young women with long hair and glasses, wearing yellow t-shirts and red lanyards with ID badges. They are smiling and looking towards the left. The photo is set within a circular frame with a yellow border. The background of the entire graphic is red with yellow curved lines.

PLAN AHEAD FOR DECEMBER

**NATIONAL IMPAIRED DRIVING
PREVENTION MONTH**

5th: International Volunteer Day

**17th: NRSF Drive Safe Chicago
Contest Deadline**

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