



CHAPTER PROGRAMMING GUIDE

January 2022



EMPOWER STUDENTS

Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. 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!

PVSA Hours Available: 8

Items Needed: Computer, internet access



ENGAGE ADULT ALLIES

The National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism have officially opened registration for National Drug and Alcohol Facts Week® (NDAFW) 2022. The annual observance will take place **March 21–27, 2022**. Start planning your events for the observance & get them registered!



PVSA Hours Available: 3+

Items Needed: Registration Link
(Found in QR code)



MOBILIZE COMMUNITIES



LEADS

Martin Luther King Jr. Day, January 17, is recognized as a National Day of Service. To help students answer the call to volunteer and serve others, we are offering our next leadership development workshop. SADD Leads - Servant Leadership is a 45-minute course to inspire and educate methods for helping others using one's talents and perception. This workshop can be taken individually or as a Chapter. Scan the code to receive access to the workshop starting 1/10/22.

PVSA Hours Available: 1

Items Needed: Computer, internet access

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)



WEED OUT IMPAIRED DRIVING

#DRIVINGSKILLS101 PSA CHALLENGE



CALLING ALL TEEN DRIVERS!

SADD, in partnership with The National Road Safety Foundation (NRSF), wants to hear how you Weed Out Impaired Driving.

Ready to take action?

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.



To participate in #DrivingSkills101, submit a video telling us your [idea](#) for a PSA on marijuana-impaired driving. Scan the code for challenge details & the entry form!

ENTRY DEADLINE: JANUARY 31, 2022



BE A PART OF
**NATIONAL DRUG & ALCOHOL
FACTS WEEK®**

MARCH 21–27, 2022

The National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism have officially opened registration for National Drug and Alcohol Facts Week® (NDAFW) 2022. The annual observance will take place March 21–27, 2022.

During National Drug and Alcohol Facts Week®, NIDA encourages event planners to use NIDA's resources to help support teens and focus on increasing protective factors to help reduce negative outcomes:

Nurturing My Mental & Emotional Health

Mental and emotional well-being is important to overall health. By supporting teens in developing healthy coping skills, you can set them up for success in dealing with stress and challenging circumstances in the future. This activity helps promote mindfulness and teaches teens how to practice health-enhancing behaviors, which can support better management of stress and reduce the chances of exploring substance use as an alternative.

[VIEW LESSON](#)

Stressed Out?

Stress is a part of every teen's life, even more so during intense challenges such as a pandemic, discrimination, and life transitions. Stress can increase the risk that students may use drugs to attempt to deal with stressors, including mental health issues and trauma. Use these materials to help students understand how stress affects their body and help them learn healthy ways to cope with pressure.

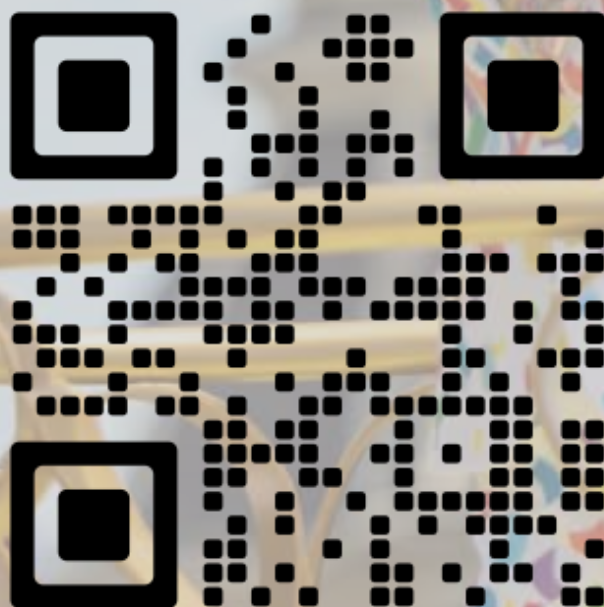
[VIEW LESSON](#)

REGISTER YOUR EVENTS!

2022 SADD NATIONAL CONFERENCE

CHAPTER FUNDRAISING GUIDE

SCAN TO VIEW THE FULL GUIDE!



JULY 13-16, 2022
DISNEY'S CORONADO
SPRINGS RESORT

#JumpstartJanuary

The best way to jumpstart 2022 is to make a resolution! We know, most resolutions are long forgotten come February, but this one is easy: commit to NEVER driving distracted.

#JumpstartJanuary by signing the TextLess Live More pledge (online or host a pledge event at school!) and making a plan for every time you get behind the wheel (put your phone in your glove box, backseat, backpack and turn on the Do Not Disturb While Driving function).

Start off the new year strong without distracted driving!



sign the TLLM
pledge:



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

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!

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



2021-22

SADD NATIONAL COMMUNICATIONS CALENDAR



A circular inset image showing three young women with long hair and glasses, wearing yellow t-shirts and red lanyards with ID badges. They are smiling and looking at each other. The image has a red tint and is set against a background of green foliage.

PLAN AHEAD FOR 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**