

DECISIONS



Inhalants: The Silent Epidemic

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At SADD we have been encouraged to see that teens are getting real about their health and their futures by resisting pressure to take drugs. The number of teenagers abusing drugs in the United States has fallen by 10% since 1998. It's a statistic that we should all be proud of, and it reaffirms the important work our chapter members do every day. Keep putting the SADD messages out there – your friends and classmates are listening!

While we are thrilled that overall drug use among teens is down, we know we have more challenges ahead. Sometimes called "huffing" or "sniffing," the use of inhalants has stayed the same among teens, and it's an issue that SADD chapters can't ignore. Teens across the

country are using household chemicals to get high. And the scariest part? They may not even realize that what they are doing is an undeniable form of drug abuse with potentially serious consequences.

The Substance Abuse and Mental Health Administration (SAMHSA) sponsors the National Survey on Drug Use and Health. According to Charles Curie, Administrator of SAMHSA, "The use of inhalants is a big concern since these products are legal and can result in irreparable brain damage or death. It's a silent epidemic in many ways, overshadowed and ignored because it is not considered an 'illegal' drug."¹

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Youth Focus: A Tennessee Middle Schooler Speaks Out About her Passion for SADD

Tell us a little bit about yourself:

My name is Blaze Manning. I have been honored to represent Tennessee (and the youth of Knoxville) as Miss Tennessee Preteen during the past year. Beginning in August 2006, I will be Miss Tennessee Victory after I crown my successor as Miss Tennessee Preteen. I am a part of a very large family: I have two sisters and three brothers (plus, we added two beagle puppies to our family this year, too). I have a pretty busy schedule, but I like it that way. At school, I am member of Student Council, Choral Ensemble, and Dance Team

(actually, I was captain of the Dance Team this year). I have been working diligently to establish a SADD chapter in my school also. During my "free" time, I am a Ball Girl for the Karns High School Soccer Team and a member of the Metropolitan Drug Commission. I play softball for Rocky Hill Ball Park, and I am active in my church.

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Don't Miss a Single Issue!

To receive upcoming issues of SADD's DECISIONS, you **MUST** be on our mailing list. (See back cover for details.)



Message from the Executive Director

The celebrations of prom and graduation (to say nothing of spring break) provide plenty of opportunities for romance. It's important to remember that not all coupling behavior is romantic and positive, and the teen years are often when lifetime behavior patterns are established. Our pullout section on Dating Abuse and Violence is relevant year-round, of course. Recent studies have shown that one in five high school girls has been physically or sexually assaulted by a dating partner. Forty percent of teenage girls between the ages of 14 and 17 report knowing someone their age who has been hit or beaten by a boyfriend. Often, this syndrome is passed through families, and no demographic profile is immune. Young people can help their friends break the cycle by pointing out behavior that doesn't feel good, by offering support and alternative activities, and by reporting serious problems to trusted or professional adults. In life, one of the leading causes of homicide is domestic violence, and there's no better time to develop a warning system than the teen years. It's not just girls who are victims of violent boys: girls can inflict lifetime emotional damage upon boys. Also, same sex relationships have been shown to be as risky as heterosexual relationships.

We also have information in this issue about inhalants, a very dangerous group of drugs to which middle schoolers are particularly vulnerable. The *Monitoring the Future* study shows this behavior to be stubbornly persistent among 8th graders over the past several years while many other types of drug use (except prescription drugs) are declining. These are not harmless drugs, and they can result in drastic consequences without any notice.

There is, of course, encouraging news to report. Across the country, Town Hall meetings sponsored by the Interagency Coordinating Committee on Preventing Underage Drinking (ICCPUD) have taken place, and in many of these meetings SADD chapters have played an instrumental role. One of the most promising approaches to confronting underage drinking in local communities is to focus on those supplying the alcohol, including parents and other adults who host parties where underage drinking occurs or who own the property where the parties take place. Passage and enforcement of social host liability laws are important tools for communities, and SADD chapters should become familiar with the concepts and reinforce their use in their neighborhoods.

We are also delighted to follow up on positive activities of our SADD chapters. The **EMPOWERED** Photo Contest was lots of fun, and our partners at the SADD Store are looking forward to a new contest coming up. Make sure to check out the exciting new apparel and SADD goodies available from the SADD Store – we think you'll be pleased with the attractiveness of the inventory.

I hope you make the most of the building you have done all year in your chapters, your schools, and your communities. As another class of middle school and high school students graduates, try to capture the progress you've made together and start next fall where you leave off this year. You have the power!

Happy Spring!

Penny Wells

Inhalants: The Silent Epidemic, continued ...

What Are Inhalants?

Inhalants are substances that can be snorted or inhaled to produce a temporary, mind-altering effect. The chemical vapors that produce the high can be found in household items such as spray paint, glue, whipped cream canisters, nail polish, and cleaning products. When inhaled, they are absorbed very quickly through the lungs and produce an intoxicating effect that is almost instantaneous.

Because these products can be commonly found around the house, they often represent the first class of drugs children use and may be a gateway to other drug use down the road. Chemical inhalants have been attractive to children and teens simply because they are easy to access, cheap to buy, and legal. Among students surveyed as part of the 2004 Monitoring the Future study, 17.3% of eighth graders, 12.4% of tenth graders, and 10.9% of twelfth graders reported using inhalants at least once during their lifetime.

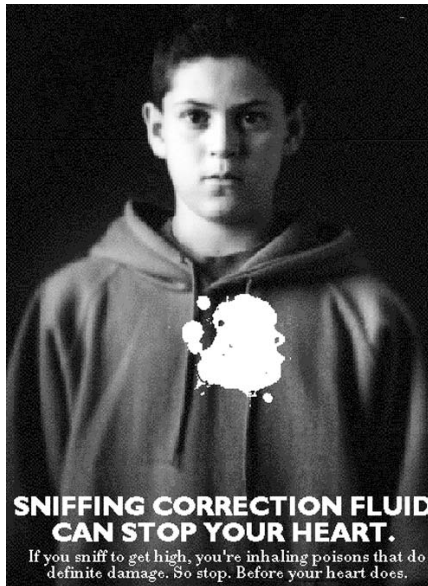
How Do Teens Use Inhalants?

Inhalant abuse can take various forms. The chemical fumes can be sniffed or snorted from containers, sprayed from aerosols positioned directly into the mouth, or huffed from a chemical-soaked rag. The chemicals can also be sprayed into a bag or balloon and then sucked out through the mouth.

When absorbed by the lungs, inhalant vapors go directly through the blood stream to the brain and liver. After building up in the fatty tissues, the vapors are metabolized quickly and expelled through the kidneys. Some of the unaltered

vapors are eliminated through the natural course of breathing. Others are released through sweat and saliva.

Reactions to inhalants can vary. Some people feel dizzy, excited, and confused. Others may experience euphoria, fright, or even panic. Because the body processes the chemicals quickly, the initial high lasts only a few minutes, sometimes prompting the user to inhale the



Poster from the National Inhalants Prevention Coalition

chemicals repeatedly over short periods of time. This type of extended use can bring an array of side effects that can include nausea, vomiting, dizziness, pounding headaches, and fatigue. Some users have even more serious reactions, such as hallucinations and delirium. Inhalant users suffering from states of such serious disorientation are prone to making violent or risky decisions that could cause additional harm and injury.

What Are the Medical Consequences of Using Inhalants?

Chronic exposure to chemical inhalants causes widespread damage to the nervous system and vital organs. This is particularly worrisome, given that teenage users are putting themselves at risk during a time when their bodies are still undergoing growth and development. Using inhalants quite literally poisons the brain. The toxic chemicals affect parts of the brain that control learning, movement, vision, and hearing. Additionally, inhalants can cause permanent damage to the heart, lungs, liver, and kidneys.

The risk of damage to your vital organs should be frightening enough, but teens need to know that seeking out a prolonged high through repetitive use of inhalants can lead to loss of consciousness and even death. The most serious consequence associated with inhalants is a syndrome called "**sudden sniffing death.**" It can happen during a **single period of repetitive inhalant use**, resulting in irregular heart rhythms, heart failure, and death. Sudden sniffing death occurs within minutes after the user inhales the chemical drugs and can affect an otherwise healthy young person. This syndrome is by no means the only way inhalants can be deadly – asphyxiation, suffocation, and choking deaths have all been attributed to inhalant abuse in teens.

Continued on page 4

SADD College Scholarships

SADD National is proud to offer two scholarships, each in the amount of \$500, to students who are committed to SADD and its mission. The scholarships will be awarded on merit and will be paid directly to the applicant.

All applications will be reviewed by an impartial committee comprised of members of the SADD National staff and the Student Leadership Council.

Eligibility

The applicant must be ...

- Entering his or her freshman year of college
- Enrolled or committed to enroll full-time in an accredited college or university during the 2006-2007 academic year
- Dedicated to living the SADD lifestyle (i.e. safe and substance-free)
- A resident of the United States

Application Packet

Forms can be obtained from www.sadd.org or by calling 1-877-SADD-INC.

Deadline

All application materials must be postmarked by Saturday, April 29, 2006. Please send application materials to the following address.

SADD College Scholarship
SADD, Inc.
255 Main Street
Marlborough, MA 01752



Winners will be announced at the SADD National Conference in Boston (July 14-17, 2006). Applicants do not have to attend the conference to receive the scholarship.

Have questions? Call 1-877-SADD-INC.

Inhalants: The Silent Epidemic, continued ...

Recognizing the Signs of Inhalant Use

Like those battling other forms of drug abuse, people who abuse inhalants need support from friends and family. Take notice if you recognize any of the following characteristics or behaviors in someone you care about.

- Drunk or disoriented appearance
- Paint or other stains on face and hands
- Hiding empty spray paint or solvent containers and chemical-soaked rags or clothing
- Slurred speech
- Strong chemical odors on breath or clothing
- Nausea or loss of appetite
- Red or runny nose
- Sores or rash around the nose or mouth

There are many resources available to help inhalant users – the most important is a caring and approachable teacher, parent, or guidance counselor who can provide the support and guidance necessary to help your friend in need. If you would like to learn more on the Web about inhalants, there are many online resources available. SADD suggests checking out these sites.

www.inhalants.org

This site, sponsored by the National Inhalants Prevention Coalition, offers prevention kits filled with activities and ideas to launch a campaign to wipe out inhalant abuse in your school and community.

www.drugfree.org

Sponsored by the Partnership for a Drug-Free America, the site has advice for parents and caregivers, teens, and people needing help with their own drug problems. Visitors can “tour” the Memorial Wall, a place for testimonials by youth whose lives were affected by drugs.

www.freevibe.com

This comprehensive site from the National Youth Anti-Drug Media Campaign features an entire section devoted to inhalants. You can find the answers to commonly asked questions, get connected with resources in your local community, and seek advice on strategies for helping a friend or sibling with a drug problem.

Notes:

¹ CNN. (2004, March 18). Survey: more teens abusing inhalants. *CNN.com*. www.cnn.com/2004/HEALTH/parenting/03/18/inhalant.abuse/index.html (24 Mar. 2006).

Sources:

American Council for Drug Education (2005). Inhalants – who’s huffing now? *Phoenix American Council for Drug Education*. www.acde.org/common/alerts/INHALANTS%20aLERT.htm (24 Mar. 2006).

Support Systems Homes, Inc. (2005) Inhalants: huffing, sniffing, snorting. *RecoveryThrough Support.com*. www.recoverythroughsupport.com/factsheets/inhalants.html (24 Mar. 2006).

Youth Focus, continued ...

How did you first come to know about SADD?

My reign as Miss Tennessee Preteen this past year began with a major crisis. I am a family victim of a crash that resulted from underage impaired driving. The car crash resulted in the death of a 15-year-old Farragut student and the arrest and ongoing detention of the 17-year-old driver: my brother. My family and the family of the other student both grieve the loss of a family member. Not only did this tragedy take a life, but it forever altered the lives of those left behind. For me, this loss has been extremely painful as I enter my teenage years. I realized very early that the opportunities offered to me as Miss Tennessee Preteen would allow me to reach many preteens and teens, so I decided that I wanted to help ensure that this same event does not happen to me, my friends, or even one of their family members. We all have a responsibility to take action and protect the lives of our nation's young people. I went online one night and started researching different organizations that might be able to offer me help and found www.SADD.org. I let my Mom know about the group and asked if we could get involved.

What motivated you to start a chapter at your middle school?

In June 2005, I had the opportunity to attend SADD's National Conference in Washington, D.C. Being a part of this organization has inspired me to begin a local chapter of SADD at my school and also to take SADD National's recommendations

to legislators on Capitol Hill in Washington, D.C., that will help deter underage drinking. Since that time, I have also met with many local, state, and national politicians in efforts to obtain their support in implementing some new legislation within my community – ranging from our city and county mayors to U.S. Senators and Congressmen. I truly believe that if there were more adult

I have lived daily for almost a year with the ripple effect that has occurred from this crash.

accountability in underage drinking, my 17-year-old brother would probably not have had such easy access to alcohol, made a truly destructive decision, and as a result been convicted of vehicular homicide. If a 21-year-old adult had simply said "No" on April 22, 2005, maybe, just maybe, my brother's friend would be alive today and with her family and my brother would be home with our family. By supplying alcohol to minors, the lives of two families will be forever painfully changed. From the adult who supplied the alcohol, to the bad decisions of all the teens

who participated in underage drinking, to the families whose lives were forever changed, we must stand up and protect future generations from repeating this destructive behavior. I intend to make a difference in raising awareness of the dangers of underage drinking on the local, state, and national levels. The opportunities presented to me as Miss Tennessee Preteen 2005 and Miss Tennessee Victory 2006 give me a greater chance to do just that ... and the opportunities presented to Miss American Victory would be even more widespread. Underage drinking is a huge problem in this nation – and it needs a national solution to include parents, media, merchants, legislators and, most importantly, the youth of America. By combining all of our efforts, we can make a difference.

Students are confronted with tough choices all the time.

What has been the most difficult decision you have had to make as a student? Has your involvement in SADD made an impact on the outcome?

In some ways, I am lucky in that this tragedy happened so early in my teens that I already know what devastation can occur due to one teen making a bad decision. I have lived daily for almost a year with the ripple effect that has occurred from this crash, so I already know from experience that what I do not only affects me but also has long-lasting effects on those around me. If I am

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Youth Focus, continued ...

ever faced with a difficult decision that involves destructive habits, I am confident that I will be able to turn the situation around and offer that person better alternatives to the activities they are offering to me.

SADD has had a huge impact on this outcome. SADD taught me that you can't just say "Don't do that" or "No, I don't want to do that." If you really care about others, you really have to get in there and offer other alternatives to the bad decision (whether it's drugs, alcohol, etc.) in order for your words to have any meaning.

The spring season is upon us. Do you have any special plans to celebrate the end of the school year?

I am not sure that it can be considered a celebration, but my Mom and I are hoping to assemble a candlelight vigil in memory of the young girl who lost her life in my brother's crash. Her death has taught our family so much about life. We all feel such love for this young girl and tremendous sadness for her family's loss. We are hoping to share what we have learned with others in our area.

Do you have any advice to offer to students as they plan for upcoming proms, graduations, and other end-of-school-year activities?

Be careful in the decisions you make – every decision has a ripple effect, so be sure to think of how your decision will potentially affect someone else's life.

As a SADD member, what piece of advice would you most like to pass on to the thousands of current SADD members across the country?

I was not aware that I was making such an impact on my community until a producer of *The Montel Williams Show* contacted me – and I think something she said could apply to each and every member of

SADD. She wrote "... Blaze is the extraordinary proof that one young voice can make a difference in a tragedy. Remember, her voice through her public appearances is what led us to you. Teens listen to other teens, and we want those watching to be able to learn from this as a whole." I think you could easily remove my name and replace it with another SADD member's name and it would still be a true statement. However, I don't think all members recognize that they have that power within (I know I didn't until this year) ... so my advice would be: *"Recognize the power that you have within ... then use that power wisely to help others."*



EMPOWERED Photo Contest

Last fall we launched the first ever SADD EMPOWERED Photo Contest. Check out the contest winners below and log onto www.sadd.org to find out more about the contest and stay tuned as we look forward to announcing our next contest!

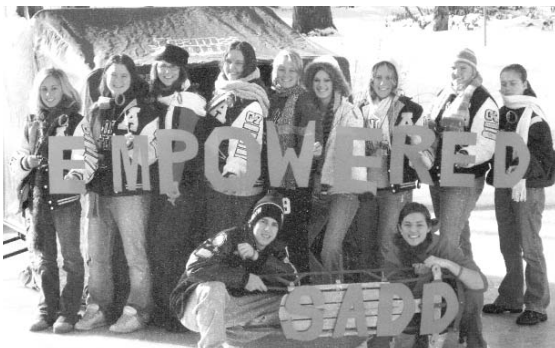
Group Winners



First Place – Nashoba Valley Technical High School, MA

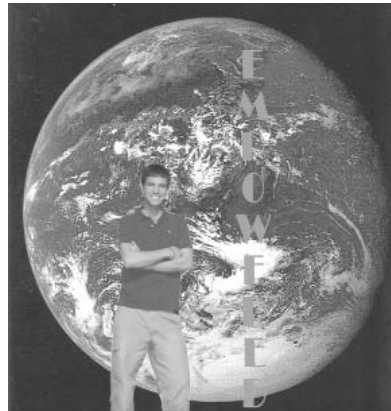


Second Place – Taunton High School, MA



Third Place – Anoka High School, MN

Individual Winners



First Place – Sean Weir, North Vermillion Jr/Sr High School, IN



Second Place – Elisa Istre, South Lafourche High School, LA



Third Place – Jessica Drake, L'Anse Creuse High School North, MI



Social Host Liability

Underage drinking continues to be one of the most serious and prevalent issues facing teens today, but that may change as legislators across the country implement new laws targeting where and how teens get access to alcohol. Studies show that most underage drinking takes place in private settings, such as home parties. These underage drinking parties, and the people who supply and host them, are coming under censure in the form of "Social Host Liability Laws."

Under social host laws, people who serve or provide alcohol to minors can be held criminally liable if a minor is injured or killed or injures or kills another person. In some states, adults who host teen parties where alcohol is present can be prosecuted under social host laws even if they didn't provide the alcohol themselves. The penalties for those found guilty vary by state, but both jail time and fines are common.

According to current research, social host laws are among the most effective forms of public policy in reducing both binge drinking and impaired driving. Social host laws give local authorities a tool to punish those who hold house parties where underage drinking occurs, and they also provide a strong deterrent to people who consider hosting the parties in the first place.

Specific social host ordinances vary by state, and it is your responsibility to be aware of the laws in your home state. To learn more about your state's social host laws, check in with MADD (a valued SADD partner!) at the MADD Web site, www.madd.org/laws.

To test your broad understanding of social host law, take the quiz below!

TEST YOUR "SOCIAL HOST LIABILITY LAW" KNOWLEDGE

1. If a minor is arrested at an underage drinking party, the most serious charge he or she can receive is "minor in possession of alcohol."
TRUE or FALSE
2. Parents are allowed to serve alcohol to minors in their own home, especially if other parents have given permission.
TRUE or FALSE
3. When a minor is found guilty under social host liability law for serving alcohol at a house party, his or her arrest record will be cleared after seven years.
TRUE or FALSE
4. A parent found guilty under a social host liability law has the option of completing community service and counseling to fulfill the penalty and clear his or her arrest record.
TRUE or FALSE
5. Minors cannot be charged with a crime if they are at an illegal party but have not consumed alcohol.
TRUE or FALSE
6. For an alcohol-related offense, a teen can lose his or her driver's license, even if the crime did not involve a vehicle.
TRUE or FALSE
7. Parents who hold an underage drinking party can be responsible for events (crashes, injuries, deaths) after the party – even if they didn't occur at the home.
TRUE or FALSE
8. Police cannot enter a house to investigate a party unless there is a commotion outside.
TRUE or FALSE
9. If parents are out of town while their teen hosts an illegal drinking party, they cannot be held responsible for any consequences of the party.
TRUE or FALSE
10. Parents can opt to pay a fine instead of serving jail time if found guilty under a social host law.
TRUE or FALSE

1. FALSE. In addition to being charged with "minor in possession of alcohol," a teen living in a state that has enacted a social host liability law can be charged under that state's statutes. Most states with social host laws prosecute *regardless of age*. While penalties vary state to state, both jail time and hefty fines can be imposed on those found guilty.
2. FALSE. Although parents are allowed to serve alcohol (in moderation) to *their own children in their own homes*, they are never allowed to serve alcohol to other people's children, even if the parents have given their approval. There is no such thing as a "safe" environment for underage drinking. Even if a parent instructs a teen to hand over his or her car keys or otherwise remain in the home, there is always a risk of someone's becoming seriously injured or dying in the home or outdoors.
3. FALSE. In some states a minor's record can be cleared if he or she successfully completes an intervention program involving community service and counseling but there is no guarantee. A second offense makes it all the more likely that the arrest report will remain on the record, which means that a teenage offender will have to report the incidents surrounding the arrest record on college or job applications – possibly for the rest of his or her life!
4. FALSE. A parent charged under social host law can face even stiffer consequences. If the parent is found guilty, in addition to jail time and fines, the crime will

almost certainly become part of the permanent record. Even if the parent is not found guilty, a parent with a blemished arrest record may be barred from job opportunities that require a clean criminal background check.

5. FALSE. In some states, a child can be charged with "minor in possession" and/or under social host law, even if law enforcement officials did not see him or her consuming alcohol. Just attending an underage drinking party can lead to trouble.
6. TRUE. Teens can lose their licenses *in any situation* in which they are caught as minors in possession of alcohol. The specifications vary by state. For example, in Massachusetts, teens caught drinking at the mall lost their licenses for 180 days – even though they walked there!
7. TRUE. Adults who knowingly supply alcohol or host underage drinking in their homes can be held liable not only for the party itself, but also for events afterward. For example, when a teen leaves a party and is later involved in a crash, *the police make every effort to determine the source of the alcohol*. If anyone is hurt as a result of drinking that occurred at a home, authorities will find the homeowner and criminally charge that person. Adult hosts can also face civil lawsuits from the person who was harmed by the actions of the underage drinkers.
8. FALSE. Police may enter a house to investigate a party based on probable cause after any complaint made to them,

including a call from a neighbor about noise or a report from a parent who saw kids bringing beer into the house. Once a complaint has been made and the officer arrives on the scene, if he finds probable cause to investigate, the officer has the duty to enter a house and investigate.

9. FALSE. Although parents cannot be held criminally liable for a party they knew nothing about, charges can be brought against them if investigators determine that their children were left negligently unsupervised.
10. FALSE. Parents charged under social host laws cannot choose their punishment, which ranges state by state from jail time, expensive fines, or a combination of both. Parents who create an environment where underage drinking is "okay" put themselves at risk of a tremendous amount of liability and devastating consequences. The threat of jail time may seem inconsequential compared to the guilt and shame a parent feels when someone is killed following an underage drinking party that parent condoned.

Sources:

- East County Community Change Project. (2003, May). Adult accountability for underage drinking: the case for social host laws. www.publicstrategies.org/east (24 Mar. 2006).
- MADD (2004). MADD online: news from courts nationwide. *Mothers Against Driving Drunk*. www.madd.org/8904 (24 Mar. 2006).
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- P.A.C.E. (2006). Parents, teens and parties: know your responsibilities. www.danvers.mec.edu/Danvers_district/pacehostquiz.pdf (24 Mar. 2006).

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SOCIAL HOST LAWS IN ACTION: **Spotlight on a NEW HAMPSHIRE TRAGEDY**

A mother and son were arrested in New Hampshire this past February for facilitating what police say was an underage drinking party in their home. The party took place on November 4, 2005, a night the town of Derry won't soon forget, for two high school seniors were killed in a car crash following a night of underage drinking at their friend's house.

The 51-year-old mother who hosted the party has been charged with two counts of facilitating underage drinking and one count of prohibited sales. Her son, a high school junior, is charged with nine counts of facilitating underage drinking and two counts of prohibited sales.

Investigators learned of the party when a 1994 Ford Probe, driven by one of the teenagers and carrying the other, smashed into a tree less than a mile from the home where the party was held. While police would not comment on the cause of the crash, friends have said the boys were drinking that night.

"We hope the message, whether or not there was an arrest, would be that we don't tolerate facilitating underage drinking parties or providing alcohol to minors," said Derry Police Captain Vernon Thomas.¹

New Hampshire passed its social host liability law nearly two years ago but, according to Thomas, "There is still a sense that parents can give their children permission to consume alcohol if they're in their home." Thomas added that some parents think teenagers are safer if their drinking is supervised. "There is no safe environment for underage people to consume alcohol."²

Sue Center, director of New Hampshire's Community Alliance for Teen Safety, said that parents and teens need to be aware of the serious health and safety risks posed by alcohol. There also needs to be better understanding of the laws. "The more awareness we have of the laws, the safer everyone will be," she said.³

The charges against the hosts of the Derry party are class A misdemeanors and carry a maximum penalty of a year in jail and a \$2,000 fine for each count. Both mother and son were released on \$2,500 bail each and are scheduled to be arraigned in March.

Whatever the penalties mother and son will pay (and experts believe there will certainly be penalties in this high-profile case), the outcome will bring little solace to the families and community that have lost two of their own. A night of bad decisions and the terrible consequences that followed left two teenagers dead and three families shattered. All that remains of that night is a profound sense of loss, guilt, and regret.

Notes:

¹ Castelli, E and Davidson, K. (2006, February 9). Boy, mom charged after parties. *New Hampshire Union Leader*. www.unionleader.com/article.aspx (24 Mar. 2006).

² Ibid.

³ Ibid.



*Stick to what
you believe.*

Above the Influence

SADD has many exceptional partners with whom we collaborate on topics of importance to our chapters. We are pleased to announce a new campaign by the National Youth Anti-Drug Media Campaign, a program of the Office of National Drug Control Policy, called "Above the Influence." Found at www.abovetheinfluence.com, the campaign reflects the experiences of teens across the country and is derived directly from what teens have told campaign organizers about what is going on in their lives.

What exactly does it mean to be above the influence? It's about being yourself – not letting people pressure you into being less than you wish to be. Feeling pressure to drink, get high, have sex, or starve yourself because you think you'll fit in better if you do – that's negative influence. It comes from the media, our friends, and even people we don't know who subtly tell us how we should be. You have the power to reject the negative influences that can bring you down. Being above the influence means seeing these influences for what they are and making choices based on what's best for you. It's also about having positive influences in your life and knowing you can be a positive influence on other people.

One of the coolest elements of the campaign is that organizers are very direct about where they are coming from and what they want teens to know. In fact, the campaign sounds a lot like SADD's message. "Our

goal is to help you stay above the influence. The more aware you are of the influences around you, the better prepared you will be to stand up to the pressures that keep you down. We're not telling you how to live your life but are giving you another perspective and the latest facts. You need to make your own smart decisions." The campaign encourages teens to think critically about the information they get from friends, groups and other influencers, even information from Above the Influence itself! For this reason, Above the Influence is careful to provide sites and sources for all the information featured.¹

Not only is this state-of-the-art Web site completely fun to surf, it is truly a great resource for SADD chapters. Abovetheinfluence.com was designed especially for independent teens who want more information about things going on in their world. The campaign aims to help teens to be more aware of the influences around them. When accessing the accompanying Web site, young people are encouraged to carefully consider the risks when they're faced with tough decisions.

There is a lot to like about this site, and one of our favorite features is an interactive quiz about pressures facing teens. (It's no secret that there is a lot of pressure in high school!) This quiz helps you to assess how you deal with pressure – whether you are more likely to stand up for yourself or go with the crowd. Take the quiz and learn more about yourself. You can learn valuable tips for ways that you can define yourself and let others know exactly whom you are and where you stand.

You'll like the downloads, wallpaper, buddy icons, screen savers, and away messages available to teens who access the site. Customize your online profiles to make a real statement about your life, your values, and your choices. You can use the icons from Above the Influence wherever you want or, if you feel like it, share them with your friends!

Some watch while things happen and then wonder "What happened?" Some people make things happen. Be above it at www.abovetheinfluence.com!

Notes:

¹ Above the Influence. (2005). About this site. National Youth Anti-Drug Media Campaign. www.abovetheinfluence.com/footer/about-this-site.aspx (24 Mar. 2006).

*I am an individual
and... I don't feel
like I need to
follow the crowd.*

*I never set limits for
myself, and drugs would
limit my potential.
Epiphany, GA*

*I stay above the
pressure by thinking
about my goals in life.
-Wriaunna, CA*

The Choking Game

The pass out game. The fainting game. Blackout. Suffocation roulette. Whatever name you may know this “game” by, one thing is clear: teens who play suffer serious, and sometimes deadly, consequences.

Most often called the choking game, this “game” involves children and teens using their hands and arms, even ropes or ties, to cut oxygen to their brains and passing out. Players report that they play the game to get a “drunken, light-headed feeling.” The oxygen deprivation causes a temporary high, but the effects of the game can be permanent.

Sam and Gabriel Mordecai, 13-year-old twins from California, started getting high by choking each other to get a rush before passing out. “You get a strange feeling because you don’t remember anything,” Sam says. “Then ‘foof,’ it all comes back again within a couple of seconds.” Sam says the two learned the game from an older friend, but stopped playing together because, “I really didn’t like it that much.” Tragically for the family, Sam’s twin brother Gabriel liked the high feeling and was hooked.¹

Gabriel figured out how to play the game alone, using a rope. The twins’ mother remembers a strange change in her son’s behavior around that time. “He became very hostile, very angry, and complained of horrible headaches.” She suspected Gabriel might have been smoking marijuana. She never dreamed he was putting a rope around his neck and choking himself to get a rush. Six months later, Gabriel Mordecai accidentally choked himself to death.²

The Mordecai family is not alone in their grief over the senselessness of their son’s death. The choking game has been linked to at least 11 deaths in children across the country in the last year.

Experts say these games depress heart rate, disturb heart rhythm, and deplete oxygen supplies. Brain cells are killed any time the brain is starved of oxygen, leading to permanent brain damage and even death. Participants in the choking game may become nauseous and disoriented, lose coordination temporarily, and break into coughing fits.

Though the choking game has been around for generations, recent reports suggest that more teens are playing and dying from the behavior. Some experts believe that Internet chat-rooms featuring this game have helped it grow in popularity.

One of the most pressing problems about the game is that many teens fail to see it as the dangerous practice it really is. The same teen who steers clear of drugs and alcohol may play the choking game as an alternative, seemingly less risky way to get high. But according to Dr. Lawrence Shapiro, a Connecticut-based psychologist, the choking game can be just as deadly. “Younger kids don’t know they can die from this, that it’s a very dangerous activity.”³ Dr. Sam Judice, an expert on children and risk-taking, agrees. “Eventually the thrill of just doing it for a moment isn’t enough. You need to do it more frequently, for longer periods of time.”⁴

Parents, school officials, and prevention groups have mixed feelings about the best way to discourage this behavior among their teens.

Many concerned adults fear that discussing the game at all will raise awareness of it as another way for teens to get high, encouraging some to try it out for themselves. “For kids, there’s always the risk that when you acknowledge something like this, they might copy-cat it. You don’t want to put too much information out there, but you don’t want to ignore it either,” said Eric Hall, a school safety and security program manager in Ohio. “You have to get some messaging out on it ... otherwise parents don’t know what their kids are doing, or what to look for.”⁵

There are **warning signs** to look for including marks to the neck that might suggest something has been tied around it. Teens who participate in the choking game sometimes have reddened eyes, due to the increased pressure within the head. For parents, it is important to be aware of the availability of ropes, belts, and leashes in a teen’s room. Drastic changes in behavior and frequent complaints of headaches are other possible signs of the choking game.

For more information and prevention tips, visit www.teenchokinggame.com.

Notes:

¹ Mulvehill, K. (2005 November 24). Special report: the choking game. CBS5.TV. http://cbs5.com/specialreports/local_story_308014013.html (24 Mar. 2006).

² Ibid.

³ Gutierrez, T. (2005). Mother missed signs of choking game. CNN. www.cnn.com/2005/US/08/09/choking.game (24 Mar. 2006).

⁴ Mulvehill, K.

⁵ Whitehead, S. (2005 December 13) Choking game poses threat. *The Kentucky Post*. <http://news.kypost.com/apps/pbcs.dll/article?AID=/20051203/NEWS02/512030325/-1/BACK01> (24 Mar. 2006).

Sources:

Teen Choking Game Newsletter. (2005). *Telecom Association, Inc.* www.teenchokinggame.com (24 Mar. 2006).



Dating Violence

Advisors: please copy and distribute to your students!

At this time in your life, it is extremely likely that you or someone you know has experienced violence or abuse in a dating relationship. Teen dating violence can take place anywhere and in every community. It cuts across both racial and socioeconomic lines. No matter how long you may have known your partner, abuse or violence in a romantic relationship can happen whether the relationship is brand new or long-term.

Some offenders might be in denial about the term 'violence' and may be more open to recognizing their behavior as abuse. Although we do not intend to minimize violence by calling it abuse, if you believe that someone you would like to talk with about this issue would be more likely to respond to the term **abuse** then you should use the terminology that will work to help them hear what you have to say.

Dating violence can take many forms, including emotional abuse, physical abuse, and sexual abuse. You are experiencing psychological and emotional abuse if a boyfriend or girlfriend humiliates, insults, or swears at you. Other examples of emotional abuse include attempting to control a boyfriend or girlfriend's activities, trying to destroy his or her self-confidence and self-esteem, and isolating the person from other friends and family. Threats of violence can be as devastating as actual violence and should always be taken seriously.

“Dating violence can take many forms, including emotional abuse, physical abuse, and sexual abuse. You are experiencing psychological and emotional abuse if a boyfriend or girlfriend humiliates, insults, or swears at you.”

Physical abuse can take many forms, including hitting, slapping, punching, shoving, kicking, biting, and hair-pulling. It also includes the use of a weapon, such as a knife or gun, against a boyfriend or girlfriend. Both teenage boys and teenage girls report being victims of physical violence in relationships. Typically, however, teenage boys and teenage girls use physical force for different reasons and with different results. While both genders tend to blame acting out violently on feelings of anger, teenage boys are much more likely to use force to control their girlfriends, while girls more often act violently in self-defense.

Teenage girls are more likely to be victims of dating violence, both emotional and physical forms. They are much more likely than boys to sustain serious injuries at the hands of a romantic partner and more frequently report being terrified in their relationships. In contrast, male victims seldom seem to fear violence by their dates or girlfriends, often saying that the attacks did not hurt and that they found the violence amusing.



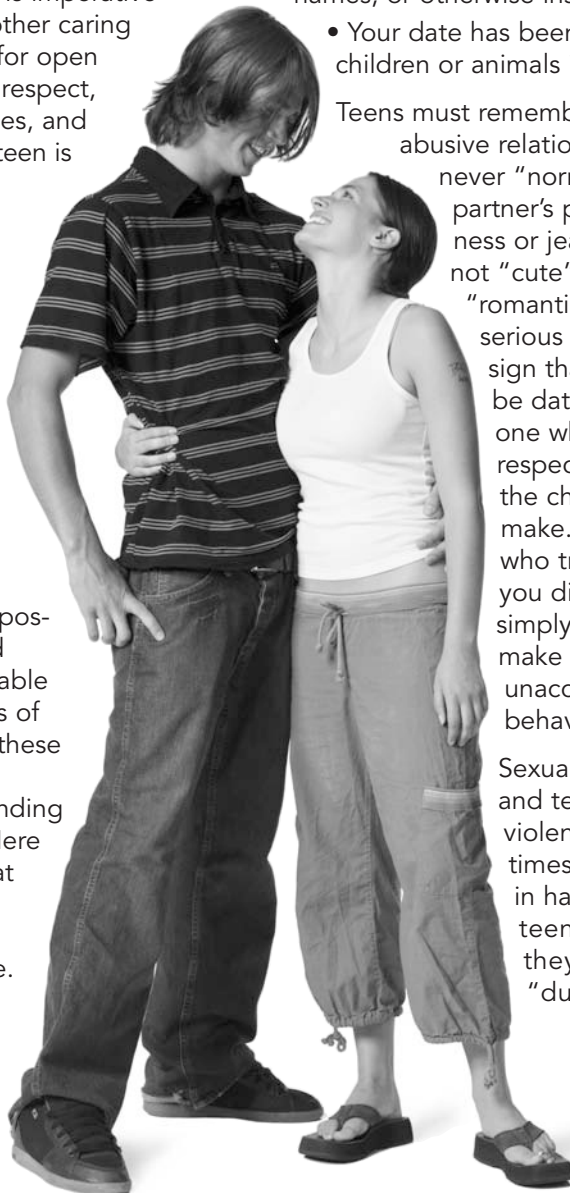
There is a direct correlation between dating violence and low self-esteem. In many cases, the perpetrators have such a poor self-image that they feel the need to victimize and intimidate others to make themselves feel more powerful. On the other end of the abuse, victims of dating violence often find their own self-esteem plummeting. Over time, victims may begin to believe that they are somehow deserving of the mistreatment they suffer. It is a dangerous cycle.

Teens who are most likely to be the aggressors in a violent dating situation have experienced abuse or maltreatment themselves. Other commonalities among dating violence perpetrators include having parents who have been involved in a violent or abusive relationship, having a personal history of drug or alcohol abuse, and living in a community where violence takes place regularly.

Continued on page 14

Just as there are shared characteristics among perpetrators, victims have similarities. Adolescents who abuse drugs or alcohol, have minimal support from family and friends, and have experienced abuse before are more likely to be victims of dating violence. Another risk factor for abusers and victims alike is a lack of past dating experience. Teens who are just starting to date may not have a reference point for what is acceptable relationship behavior and what is not. This is a time when adult role models can be more influential than ever. It is imperative that parents and other caring adults make time for open discussions about respect, personal boundaries, and safety when their teen is ready to begin dating.

One of the most important ways to prevent teen dating violence is to be able to recognize the early warning signs before they escalate. If your boyfriend or girlfriend exhibits extreme jealousy, possessiveness, mood swings, uncontrollable anger and/or signs of substance abuse, these are signs that you should consider ending the relationship. Here are other signs that your relationship could become potentially abusive.



When female high school students were surveyed about whom they would talk to concerning a dangerous dating relationship, 86% responded that they would confide in a friend.

- Your date believes in rigid gender roles.
- Your date swears at you, calls you names, or otherwise insults you.
- Your date has been cruel to children or animals in the past.

Teens must remember that abusive relationships are never "normal." A partner's possessiveness or jealousy is not "cute" or "romantic." It's a serious warning sign that you may be dating someone who doesn't respect you or the choices you make. Anyone who tries to tell you differently is simply trying to make excuses for unacceptable behavior.

Sexual abuse and teen dating violence sometimes go hand in hand. Many teens fear that they will be "dumped" if

they do not comply with certain demands made by their partner, and this is especially true with regard to sex. Just because someone has agreed to one kind of sexual contact, such as kissing, does not mean that she or he has agreed to other kinds of sexual contact. Being pressured to be more sexually intimate than you are comfortable with is abuse in its own right. Don't waste your time with someone who doesn't respect your choices about topics that are as personal as sex.

Even if you have known your boyfriend or girlfriend for a long time, it is important that you remain alert and aware. As many as half of all reported date rapes occur among teenagers. The Dating Violence Advocacy Program of Family Resources, Inc. encourages teens to be smart about dating and relationships. The group offers teens the following tips to ensure their safety in dating situations.

Tip 1: Consider going out in groups the first few times when dating someone new.

Tip 2: Before leaving on a date, know the plan for the evening and make sure it is one you feel comfortable with.

Tip 3: Keep your beverage in sight at all times. Never accept a drink from a punch bowl or one that is poured out of your sight. Date rape drugs are easy to slip into drinks when the victim is unaware; once in the drink, they are virtually undetectable.

Tip 4: Avoid alcohol and other drugs, as these substances impair your judgment and decrease your ability to react in dangerous situations. A large percentage of dating violence incidents occurs when one or both of the parties are under the influence of drugs or alcohol.

Tip 5: Be assertive.

Tip 6: When you are getting to know someone new, be sure to stay in public places where other people are around. If your date suggests leaving and going "somewhere quiet," don't go.

Tip 7: Trust your instincts. If you feel uncomfortable, remain calm and remove yourself from the situation.

Tip 8: Remember that a boyfriend or girlfriend who doesn't make you feel good about yourself is not worth your time. Find someone who is.

Tip 9: Be sure whenever you are out with a date to carry a cell phone, calling card, or enough change to make a few phone calls. Even if your date promises to pay for everything, it is always a good idea to have cash with you in case you need to take a taxi home.

Tip 10: Tell a parent where you will be and what time to expect you home.

Sources:

Teens Health (2006). Am I in a healthy relationship? Nemours Foundation. http://kidshealth.org/teen/your_mind/relationships/healthy_relationship.html (24 Mar. 2006).

WomensLaw.org. (2000) General information on teen dating violence. www.womenslaw.org/teens.htm (24 Mar. 2006).

Your adolescent years lay the groundwork for the way you will handle yourself in relationships as an adult. Of course there is a lot of learning and growing up that will eventually take place, but some patterns get established very early on in our dating lives. Settling for dangerous or unhealthy relationships in your teens puts you on a treacherous path. Many teen victims of dating violence continue to choose bad partners throughout their lives, becoming victims of domestic abuse in their adult relationships. Victims of teen dating violence are also at higher risk for substance abuse, eating disorders, risky sexual behavior, and suicide. As you enter into these early relationships, it is very important that you respect yourself and demand respect from those you spend time with.

Could One of Your Friends Be in a Violent Dating Relationship?

Please read the warning signs below. Can you recognize any of these behaviors in your friends?

His girlfriend is always checking up on him, calling or paging him, and demanding to know where he's been and whom he's been with.

He acts extremely jealous when she talks to other guys, even when she's having only a friendly conversation.

Your friend seems to be detached from everyone and everything; constantly distracted; unwilling to talk about her relationship; frequently ill and out of school; unable to stop crying.

When she and her boyfriend are together with other people, he tells mean stories about her, calls her names like "idiot" or "slut," or generally puts her down.

A classmate seems to be sad all of the time, constantly bruised, unusually quiet, or nervous when she is talking around the person she is dating.

Her weight, appearance, or grades have changed dramatically since she started dating him.

He always seems worried about upsetting her.

Since she started dating him, she frequently cancels plans with you and other friends at the last minute, giving reasons that sound untrue.

He constantly apologizes for her behavior and makes excuses for her.

She has injuries she can't explain or the explanations she does offer sound lame.

You've seen him lose his temper or break or damage things when he is angry.

When female high school students were surveyed about whom they would talk to concerning a dangerous dating relationship, 86% responded that they would confide in a friend. Whether we are male or female, friends are among our most trusted confidants, especially during adolescence. If you suspect that a friend is involved in an abusive or violent dating relationship, you can offer support in different ways. Most importantly, let your friend know that he or she can talk to you. You

might want to broach the topic yourself. You can start the conversation by saying something like, "You don't seem as happy as usual" or asking in general terms, "Is there anything you want to talk about?" This non-confrontational and indirect approach may prompt your friend to reveal what's wrong. Listen attentively without judging, condemning, or giving unwanted advice.

If you believe your friend is in serious danger, alert a trusted adult immediately. It's important to share your friend's situation with someone who can provide additional support so that you aren't carrying the burden by yourself. You should not try to "rescue" your friend or be a hero and try to handle the situation on your own. There are many community and professional advocates who are trained specifically to help people in your friend's circumstances. Connect with one in your area and let that professional guide your friend to safety.

We encourage chapter members to check out the National Youth Violence Prevention Campaign to access resources about dating violence as well as other teen safety issues. The goal of this campaign is to raise awareness and to educate students, teachers, school administrators, counselors, school resource officers, school staff, parents, and the public about effective ways to prevent or reduce youth violence. The partners championing the campaign offer many online tools that you can work into your chapter's activities.

The campaign's featured event is Violence Prevention Week, a nationwide, weeklong initiative supporting the positive role teens can play in making their schools and communities safer. With the support of several national premier youth-serving organizations (including SADD!), each day of the week will focus on a specific violence prevention strategy.

Day 1: Promote Respect and Tolerance

Day 2: Manage Your Anger

Day 3: Resolve Conflicts Peacefully

Day 4: Support Safety

Day 5: Unite in Action

This year's National activities are scheduled for April 3-7, 2006, but we encourage chapters to focus on this issue any time throughout the year. For more information, visit www.violencepreventionweek.org. The site features newsletters, media kits, activity planning guides, educational games and all the tools you



will need to organize and promote a Violence Prevention Week event in your school.

There are many other groups and organizations dedicated to this important issue. SADD chapters that want to bring dating violence prevention initiatives to their school communities should be sure to visit some of the following sites.

American Bar Association

A committee of concerned jurists within the Association has created a new initiative to address teen dating violence. Resources are available to teens, parents, school officials, and other concerned groups. Request a tool kit online today!
www.abanet.org/unmet/home.html

National Youth Violence Prevention Resource Center

This is a federal organization for professionals, parents, and youth working to prevent violence committed by and against young people. The site features multimedia presentations such as webinars, PowerPoint presentations, and video links that you can incorporate into presentations and programming at your school.
www.safeyouth.org/teens/topics/teen_dating.htm

Alabama Coalition Against Domestic Violence

This comprehensive Web site has some excellent information and tips for teens. Most statistics are Alabama-specific, but content areas are useful for people from any state!
www.acadv.org/dating.html

SLANG DICTIONARY



Like our clothing styles and musical tastes, our language evolves with trends of the times. Pop culture particularly affects the way teens communicate with each other, creating and spreading new expressions through our lingo. Words we use frequently today may not have even been in our vocabulary five years ago! On the flip side, some of the phrases we use now may become completely outdated in the next few years. And language in different parts of the country evolves at different speeds and in different directions. Think you can keep up with it all? Have some fun with the slang dictionary below.

411, *n.* information; – derived from the phone number for information “I need the 411.”

5 - 0, *n.* (pronounced “five oh”) a police officer

all that, *adj.* of a superior nature; wonderful or attractive

all up in my grill, *phrase.* the act of being in someone’s face

bling, *n.* used to be jewelry such as platinum or diamonds; the meaning has expanded to describe extremely expensive styles of clothes, cars, and other desirable possessions

cheezin’, *v.* smiling wide

dis, *v.* to disrespect; to insult – derived from “disrespect”

down low or D.L., *n.* secret, keep it a secret, not public information

ease up, *v.* calm down or back up

front, *v.* to put on a fake personality, not being “real”

give it up!, *phrase.* a request to please applaud for something “Ladies and gentlemen, give it up for ...”

good peoples, *n.* an individual (not a group!) who is perceived as a quality person

grill, *n.* a person’s teeth or smile

hella, *adv.* used as an intensifier in conjunction with another word, as if to say “very” – derived from “A hell of a lot of ...” e.g. hella-cool, hella-stupid, hella-crazy, or hella-funny

hook me up, *phrase.* a request for assistance, usually seeking some sort of material or financial gain

hooking up, *v.* starting a relationship with someone

hot mess, *n.* a person who has put together a truly terrible outfit

I’m out, *phrase.* something to say when leaving – derived from “I’m out of here”

I’m straight, *phrase.* to declare that you are all right in your current state of being, e.g. “I’m cool” or “I’m good already”

ill, *v.* cool, in style

it’s all good, *phrase.* something said to express that everything is fine or under control

jack, *v.* to steal – originally derived from “carjack,” although now pertains to stealing anything

kickin’ it, *v.* to relax, usually with friends

let’s roll, *phrase.* used to express that it is time to leave

money, *adj./adv.* right on the mark; to be excellent

my bad, *phrase.* used to admit guilt in a situation; “my fault”

navigate, *v.* let’s go; “Let’s navigate”

old school, *adj./adv.* anything that is old, but not necessarily bad

on fire, *adj.* extremely good, often in sports

punked, *v.* embarrassed by someone else

roll, *v.* to leave; “It’s time to roll”

school, *v.* to show superiority by teaching someone a lesson or showing someone how to do something; to beat someone in a competition

scrub, *n.* someone undesirable

shifty, *adj.* a person who cannot be trusted; when a friend does something that makes you question how good a friend that person actually is

shout out, *phrase.* accolades, recognition

shut up!, *phrase.* a quick reply expressing disbelief; as if to say, “Really?”

sick, *adj.* used to describe an extremely good trick in an extreme sport; also means very good

slammin’, *adj.* awesome or outrageous

solid, *adj.* something superior, an affirmation of greatness

stoked, *adv.* extremely happy

straight out the gutter, *phrase.* when someone is acting trashy or being inappropriate

straight, *adj./v.* honest – derived from “straightforward”

Slang Dictionary, continued ...

sweet, *adj./adv.* a late 80's term for very good, excellent

taxed, *adj.* overpriced; something that costs too much

that bites, *phrase.* a derogatory phrase exclaimed when the situation is not a good one; uttered when possibly unfair or unfavorable circumstances are taking place

tweakin', *v.* to be excessively hyper or energetic; to act strangely

wack, *adj.* weak, uncool, or poor quality; something undesirable

weak, *adj.* no good, a bad situation; "This is weak"

wicked, *adj.* very good, great

worn, *adj.* exhausted – derived from "worn out"

young, *adj.* something small or undersized, particularly an article of clothing

Adapted from www.thesource4ym.com
(20 March 2006)



Our favorite bit of SADD slang comes to us from Jacqueline Hackett, former SADD Student of the Year. Jacqueline tells us that SADD Executive Director Penny Wells has come to be known as P-Dub (short for P.W.) in some SADD circles, particularly within the SLC!

Those of you who are active online know that the Internet has led users to create a vocabulary all their own! How much of our online slang do you recognize or even use yourself?

aaf: as a friend

adn: any day now

aka: also known as

asl: age, sex, location

b4: before

bb4n: bye-bye for now

bcnu: be seeing you

bf: boyfriend

bff: best friends forever

brb: be right back

btw: by the way

c/t: can't talk

cml: call me later

code9: other people nearby

cuic: see you in class

dawg: friend

def: definitely

dgms: don't get me started

d/l: download

esp: especially

eva: ever

gf: girlfriend

gtg: got to go

gl: good luck

gr8: great

h&k: hugs and kisses

h/o: hold on

idk: I don't know

ilu: I love you

j/k: just kidding

j/p: just playing

lol: laugh out loud

l@k: look

m2: me too

n2m: not too much

n/m: nevermind

omg: oh my gosh

pic/pix: picture

pos: parents over shoulder

ql: cool

'rents: parents

rofl: rolling on the floor laughing

Ty: thank you

Ttyl: talk to you later

Uber: super, very

w/e: whatever

w8: wait

1: one love, used to sign off

SADD & NHTSA CAMPAIGN SPOTLIGHT

Think About It ... Prom & Graduation Season



Last spring SADD and the National Highway Traffic Safety Administration were pleased to launch the **Think About It ... Prom & Graduation Season** campaign with hundreds of SADD chapters nationwide. The campaign was designed to increase awareness of the potential for young people to be involved in crashes caused by alcohol and other drugs during proms and graduation celebration times. The campaign guided chapter members through steps for meeting with school administrators and creating dialogue about important alcohol and drug use policies. Tools were provided to create an educational event prior to prom and graduation season and coalitions with community members, such as law enforcement officials, businesses, civic organizations, health care professionals, insurance providers, judges and prosecutors. Throughout the activities the campaign continued to highlight the power of positive action by youth leaders throughout SADD chapters.

SADD National received feedback from hundreds of participating chapters throughout the nation. We were pleased to hear of the great events and activities that took place and how the campaign has impacted the health and safety of students across the nation. Here is our spotlight on one successful campaign.

Clio Area High School of Clio, Michigan

Clio Area High School of Clio, Michigan, launched a very effective campaign initiative. SADD Advisor Ronald Weaver integrated his law classes with the SADD chapter to

research, plan, and act out a dramatic play for the senior class in a pre-prom assembly. Mr. Weaver also received assistance from the school's At-Risk Liaison, Jessica McCallum.

The play, "Mock Crash Drama," involved several scenes that included a mock automobile crash resulting from students' drinking and driving after their prom. The SADD chapter involved members of the community, including local police, fire, ambulance services, a local pastor, and parents of the student who was "killed" in the mock automobile crash.

After the crash scene, Officer Chema of the Clio Police Department arrived on scene to perform a sobriety test. He demonstrated the reality of the consequences of driving under the influence of alcohol and drugs. In Michigan, operating while intoxicated (OWI) is a 93-day misdemeanor offense, which includes a \$500 fine, a license sanction, and additional cost recovery fees over and above the numerous court fees.

The next part of the program was a mock trial, where the driver faced the penalties for operating while intoxicated. The consequences were legitimate, and the entire play affected the audience a great deal. "The event was very emotional and realistic; the support of the community was awesome," said Weaver.

Preceding the play, a PowerPoint presentation listing numerous statistics of drunk driving crashes, researched by Mr. Weaver's law students, was shown to the audience. School Principal Ed Skrelunas and

Counselor John Reinhart concluded the activities with a formal address, reminding students that just one destructive decision can ruin both prom and graduation season. A variety of booths were set up for students to visit as they exited the auditorium. SADD members provided Fatal Vision® goggles for students to experience the impairments that occur when driving under the influence of alcohol. Seniors signed the Prom Promise, a pledge to remain alcohol- and drug-free on prom night, and students received SADD pens, pencils, and static clings.

The town newspaper, *The Clio Messenger*, and the school newspaper, the *Clio School Bell*, covered the event. Photos will also appear in the school yearbook to serve as a reminder of the hard work the SADD members and law classes put into the high-impact play.

Clio Area High School SADD's outreach is an excellent example of how students can create a safer and more positive environment in their school and community.

If you are interested in downloading a free copy of this campaign kit, visit www.sadd.org and click on "For SADD Chapters" at the top of the page. If you have questions about the **Think About It ... Prom & Graduation Season** campaign, contact Lindsay Jean Casavant by e-mail at ljcasavant@sadd.org or by calling 877-SADD-INC.

SADD STORE

IT'S HIP, IT'S FRESH, IT'S ALL NEW!



P R O D U C T
C A T A L O G



Check out new items such as ladies hoodies, pants, mens sweatshirts, shorts, raglan tees, hats, bags, the EMPOWERED line and much more!

Call us Monday through Friday, 8:30 a.m. - 5:00 p.m. EST at our NEW # 1.800.394.0900 or email us at saddstore@workflowone.com for product information and custom orders.

Web Resources

These Web sites contain valuable information and useful materials for teens and SADD chapters. Check them out!

www.teenshealth.org

TeensHealth (from the group who created KidsHealth.org) was developed for teens looking for honest, accurate information and advice about health, relationships, and growing up. It offers a safe, private place that's accessible 24 hours a day to get the doctor-approved information you want to understand the changes that you (or your friends) may be going through – and to make educated decisions about your life. There's a lot of confusing, misleading, and just plain wrong health information on the Web – and TeensHealth's mission is to tell the truth to you straight.

TeensHealth provides content that is:

- **Understandable** – They are experts at translating complex medical information into easy-to-understand language for teens.
- **Reliable** – The hundreds of original articles on the site all undergo rigorous medical review by children's health experts and professionals from the Nemours Foundation and other renowned health care facilities nationwide.
- **Practical** – TeensHealth articles combine clear, explanatory information about health and wellness with practical advice about how young people can apply this information day to day.

- **Objective** – As a not-for-profit organization, TeensHealth provides information that is balanced, direct, and uninfluenced by commercial interests. Their sole focus is on helping families and their children.

www.mediacampaign.org

Marijuana remains the most widely used illicit drug among American youth. Despite the prevention efforts of many concerned groups, many teens – and some parents – still see marijuana as a less risky alternative to other harmful drugs. To dispel myths and misconceptions about the drug, the Office of National Drug Control Policy (ONDCP) offers a comprehensive marijuana prevention initiative aimed at youth, parents, and educators. The initiative focuses on debunking some of the most common myths and misconceptions about the drug.

Mediacampaign.org not only provides relevant statistics that help students and families see the truth about marijuana and other drugs, but it also offers interactive ways for teens to create their own messaging about drugs. Check out the site to create stickers and posters, subscribe to an e-newsletter, and download a tool kit full of community resources. Parents can get tips on how to talk to their children about drugs, and teachers can download activity guides for use in the classroom. ONDCP also sponsors other sites dedicated to this topic, including www.freevibe.com for teens and www.antidrug.com for parents.

www.teenwire.com

Teenwire.com is a sexual health Web site exclusively for teens. They are committed to giving the facts about sex so that you can make your own responsible choices. The site provides honest, nonjudgmental information about sexuality in language that teens can relate to, so that teens can use the knowledge to reduce the risk of sexually transmitted diseases and unintended pregnancy.

The site is designed from the perspective that sex – whether one is sexually active or not – is a part of every teen's life and sexuality is a big part of whom we are. Sexual health is more than just avoiding pregnancy and preventing sexually transmitted diseases, so there's also content about self-esteem, body image, communication, and relationship advice. Information is also available in Spanish through the site's "En Espanol" section.

Teenwire.com is the Planned Parenthood Federation of America's Web site for teens and is staffed by professionals who are dedicated to providing the information teens need.

When you are surfing the Web for cool sites, don't forget about our personal favorite (of course, we might be just a little bit biased), www.sadd.org!



Spring SADD Calendar Activities

The following is a synopsis of SADD activities for the spring months ahead. If you are interested in more information, ideas, and specific activities for each campaign, please visit our Web site, www.sadd.org.

May

Safe Prom and Graduation Campaign: Prom Pledge and Commencement Commitment

Many students think prom and graduation celebrations must include alcohol, that these parties are rites of passage. Some parents even condone these celebrations, rationalizing that young people are going to drink anyway and believe that providing them with a safe venue, taking their keys, and letting them party is a safe alternative. Prom and graduation celebrations traditionally represent significant peer pressure for teens.

SADD chapters can encourage their peers to sign the Prom Pledge and the Commencement Commitment. Copies can be downloaded from the SADD National Web site, www.sadd.org.

SADD PROM PLEDGE

This pledge represents my care and concern for myself and my friends.

- ✓ I pledge that I will not drink or use other drugs on prom night and I will not ride with someone who has been drinking or using other drugs.
- ✓ I will encourage my friends to have an alcohol- and drug-free prom.
- ✓ I pledge to make this the safest prom ever.

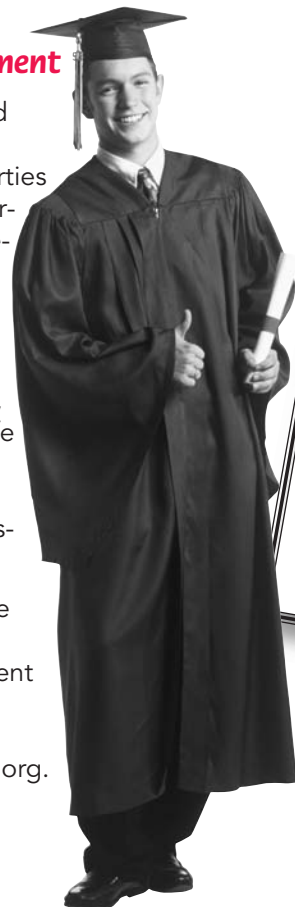
This pledge is my vow to "CELEBRATE LIFE" wisely.

SIGNED

DATE

The **SADD Contract for Life** (shown right) is the foundation of the SADD program. The Contract is a way for families to open the lines of communication and to say to one another, "I care about you and want to help you overcome any obstacle that might make you challenge death."

The Contract does not condone underage drinking. It does acknowledge that teens may find themselves in dangerous situations but suggests that they do not deserve to suffer harm as a result.



COMMENCEMENT COMMITMENT
Party hearty ... but party sober!

Dear _____,

With graduation weeks away, I am making a special commitment. Because I am your friend, I want you to make the same commitment.

I pledge that I will not endanger our friendship by drinking or doing drugs during graduation time.

I will not ride with an impaired driver and I will not let you take that risk. Our friendship will not end at graduation. Let's keep the memories we share alive.

FROM

DATE



CONTRACT FOR LIFE

A Foundation for Trust and Caring

This Contract is designed to facilitate communication between young people and their parents about potentially destructive decisions related to alcohol, drugs, peer pressure, and behavior. The issues facing young people today are often too difficult to address alone. SADD believes that effective parent-child communication is critically important in helping young adults make healthy decisions.

Young Person

I recognize that there are many potentially destructive decisions I face every day and commit to you that I will do everything in my power to avoid making decisions that will jeopardize my health, my safety, and my overall well-being or your trust in me. I understand the dangers associated with the use of alcohol and drugs and the destructive behaviors often associated with impairment.

By signing below, I pledge my best effort to remain alcohol- and drug-free, I agree that I will never drive under the influence of either or accept a ride from someone who is impaired, and I pledge to always wear a seat belt.

Finally, I agree to call you if I am ever in a situation that threatens my safety and to communicate with you regularly about issues of importance to us both.

YOUNG PERSON

Parent (or Caring Adult)

I am committed to you and to your health and safety. By signing below, I pledge to do everything in my power to understand and communicate with you about the many difficult and potentially destructive decisions you face.

Further, I agree to provide for you safe, sober transportation home if you are ever in a situation that threatens your safety and to defer discussion about that situation until a time when we can both discuss the issues in a calm and caring manner.

I also pledge to you that I will not drive under the influence of alcohol or drugs, I will always seek safe, sober transportation home, and I will always wear a seat belt.

PARENT/CARING ADULT

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SADD National has received many calls from students asking for assistance concerning the issues of teens' renting hotel rooms and limousine services during prom time. SADD has developed the following letters and "contract" for your use. We hope that these items will help in your Awareness Month efforts.

Dear Hotel, Motel and Inn Managers:

The prom and graduation season is a time of celebration for teenagers and their families. It is also a time of tragedy for too many young people as they face the consequences of underage drinking, drug use, and other destructive decisions.

Our SADD chapter has been working hard to deliver to our peers a "No Use" message regarding alcohol and other drugs and to alert the community to these dangers.

You can help save lives at this high-risk time of year by maintaining a cautious attitude when renting rooms to students who are under the age of 21 and whose intent may be to include drinking and drug use in their parties after prom or graduation. Underage drinking involves not only the consequences of death and injury on the highway, but also death and injury from alcohol poisoning, violence, date rape, injury to oneself or others, and property damage.

We appreciate any assistance you can give in making this prom and graduation season safe and free of danger for youth.

Thank you for your commitment to youth safety.

Sincerely,

SADD CHAPTER

Dear Limousine Companies and Chauffeurs:

The prom and graduation season is a time of celebration for teenagers and their families. It is also a time of tragedy for too many young people as they face the consequences of underage drinking, drug use, and other destructive decisions.

You can help avert tragedy at this time of year by maintaining a cautious attitude in providing limousine services to young people during prom and graduation season. Often young people believe that it is acceptable to drink and party in a limousine because they are not driving. It is, of course, illegal for anyone under 21 to purchase and consume alcoholic beverages. This behavior can also lead to other destructive behaviors: violence, assault, date rape, suicide, alcohol poisoning, and dangerous falls.

By using the enclosed contract with your young customers, you can ensure that the young people using your limousine service will be safe while they are in your care. You can also ensure that they will enjoy their prom or graduation to the fullest with fond memories unclouded by alcohol or other drugs.

Thank you for your commitment to youth safety.

Sincerely,

_____ SADD CHAPTER

Contract for Limousine Services

_____ is committed to providing safe, elegant, and distinctive limousine transportation to young people and adults.

As driver/chauffeur for _____, I agree not to drink or use drugs when I am on the job. I will not come to work under the influence of alcohol or other drugs. I also agree that I will be conscious of highway safety and will adhere to the driving laws. I acknowledge that the legal drinking age is 21. When transporting people younger than 21, I will insist that they abide by the laws of the state. If at any time during the evening I find these young people in possession of or using alcohol or illegal substances, I will return them to the original designated pickup location and inform the parent or guardian of the incident.

SIGNATURE

DATE

National Day to Prevent Teen Pregnancy

(May 3) www.teenpregnancy.org

The purpose of the National Day is to focus the attention of teens – to get them to stop, think, and take action – on the importance of avoiding teen pregnancy and other serious consequences of sex. The theme of the National Day is straightforward: sex has consequences. The National Day is organized to reach teens directly through an innovative, online activity, available in both English and Spanish.

Whether you're a parent, teacher, faith-based organization, or media outlet, join us in helping young people recognize that adolescence is a time for education and growing up, not pregnancy and parenthood, by signing on as a partner, providing financial support, or hosting a National Day activity. Visit www.teenpregnancy.org for more information. SADD is proud to be a national partner of the National Day to Prevent Teen Pregnancy.



June

Safe Prom and Graduation Campaign: Prom Pledge and Commencement Commitment

See May calendar above.

July

Safe Summer Campaign

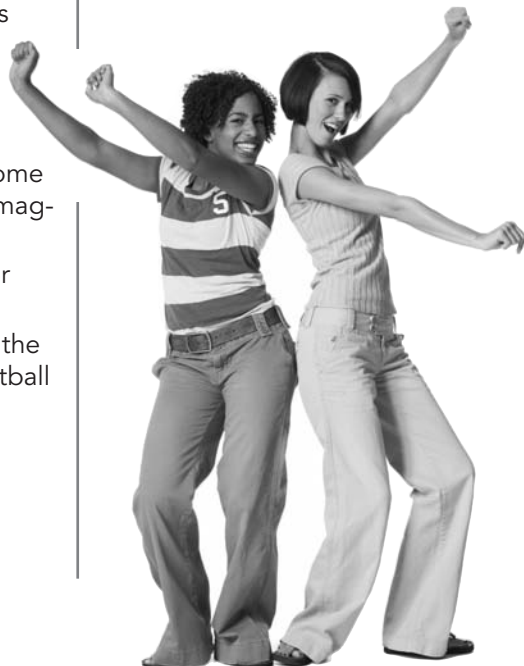
Traditionally, SADD chapters have taken the summer off to enjoy those lazy, hazy days of warm sunshine, no homework, and hanging out with friends. The latest statistics from the National Highway Traffic Safety Administration send a loud wake-up call and a jolt of reality. Death and injury from alcohol and other destructive behaviors don't take a vacation. The numbers indicate that SADD chapters can't relax their efforts during the summer months. In fact, they need to double their efforts.

Away from the hassles of school, homework, and tight schedules, in summer SADD chapter members have an opportunity to do many new and unique activities in their communities that they don't have time for during the school year. The following are some activities to consider. Use your imagination to develop others.

- Plan a walk/run with a picnic or barbeque at the end.
- Host an outdoor dance under the stars at a local tennis or basketball court.
- Sponsor a float in your local Fourth of July parade.

- Plan a field day with lots of fun activities.
- Have a battle of the local bands.
- Visit liquor stores and ask them to be vigilant about checking IDs and not to sell to anyone under the age of 21.
- Ask your local media to donate time and space for public service announcements.
- Host a pool party.
- Set up a community volleyball or basketball tournament.
- Organize a block party and barbeque for your neighborhood.
- Celebrate the Fourth of July in style; ask your local mall to help you host a red, white, and blue fashion show!

REMEMBER – these are just some of the activities from the SADD Calendar. For more information and ideas, visit www.sadd.org or call the SADD National Office at 877-SADD-INC (723-3462).



Turn Old Cell Phones into Cash

Over the past year, SADD chapters in middle and high schools across the country have done cell phone donation programs, raising more than \$17,000 to date to support their local chapter activities and events.



SADD continues its partnership with American Cellular Donation Organization (ACDO), and we encourage your chapter to spread the word: If you received a cell phone during the holiday season, don't throw your used phone away! Give it to SADD and help save young lives.

ACDO can help your chapter organize an easy, no-cost cell phone recycling program.

SADD students and chapter advisors interested in signing up can call 888-863-2355 toll-free to receive their free cell phone drive campaign kit. Those interested in donating their old cell phones to support SADD are urged to visit www.cellulardonation.org/zip.asp to find the nearest dropoff location.



Chapter Chatter

Ridgewood, New Jersey – The Ramapo High School SADD chapter recently worked with the Trauma Prevention Unit at Hackensack Medical Center to raise awareness about the importance of students' using safety belts. Chapter members created mock tickets and placed the "citations" on their classmates' cars to remind them to buckle up on the way home.

Huntington, New York – The West Hollow Middle School SADD chapter recently launched a fund-raiser to promote their organization and fund programming. Selling the SADD "EMPOWERED" wristbands to students and teachers, the middle schoolers join chapters across the country in publicizing the wristbands as a powerful symbol of what young people can do. More than 100,000 wristbands have been distributed by SADD chapters nationwide.

Bay City, Michigan – SADD students at Pinconning Area High School joined their peers from sister SADD chapters all over the state of Michigan for a night of "Hoops at the Palace." Partnering with the NBA's Detroit Pistons, SADD chapters celebrated their first SADD night at the Palace Arena. Students enjoyed a great night of basketball with SADD and friends and look forward to participating again next year.



Saginaw, Michigan – Organizers from the Swan Valley Community Support Network and Youth Services of Saginaw joined with SADD chapters throughout the county to launch "Project Sticker Shock" this past December. Approximately 40 students participated in a pre-planning meeting for the initiative, which aims to mark alcoholic beverages on store shelves with brightly colored stickers. The stickers serve as a reminder to adult patrons of the penalties for illegally buying or providing alcohol to minors. The students plan to begin marking store shelves in their communities at prom time.

Escanaba, Michigan – Students from Escanaba High School SADD are taking on the role of teachers and educating their peers about the dangers of prescription drug abuse. Joining together with school disciplinary officer Gary Lark, the chapter led schoolwide discussions about this form of drug abuse. According to Lark, "Prescription drug abuse is definitely a community problem and one that can be difficult to address." We send congratulations to Escanaba SADD students for finding new ways to reach out to their school community.

Mishawaka, Indiana – The SADD chapter at Marian High School has teamed up with other area chapters and the Saint Joseph Regional Medical Center to produce a striking awareness video. The production follows two groups of students

who make poor decisions while driving that involve impaired driving, cell phone use, and safety belt use. The two cars crash and the victims are injured and die. The storyline takes viewers through the rescue, arrest, and court process. The video will debut at schools in the coming months.

Shakopee, Minnesota – Shakopee High School SADD, in its third year as a student-led organization, was recently featured in the *Shakopee Valley News* for its steady growth in membership and positive leadership within the school. One of their successes this year was a carnival the group sponsored for the elementary school students. The carnival featured games and prizes and was designed to get the children talking at an early age about good decisions.

Ellendale, Maryland – Pitching in to help victims of Hurricanes Katrina and Rita is one of the recent activities championed by Ellendale CASPER/SADD this year. Students organized "Operation Shoebox," donating hundreds of shoeboxes filled with school supplies, toiletries, and small clothing items to students of Lafourche Parish School in Louisiana. Not only were the supplies very much needed, they were also sent in beautifully decorated boxes that contained messages of hope and encouragement for the students affected by the storms.

Chapter Registration Form

Joining SADD means joining hundreds of thousands of young people across the country who are dedicated to saving lives and making good, healthy decisions.

Once you send in this form, we will send you a packet of appropriate information along with your SADD Membership Certificate. It is very important for chapters to register with the SADD National office every year. Please be sure to fill out this form completely and then fax or mail it to

SADD, Inc., 255 Main Street, Marlborough, MA 01752 Fax: 508-481-5759

Date: _____

SADD Chapter Name: _____

Check all that apply:

- | | | |
|-------------------------------------|---|--------------------------------------|
| <input type="checkbox"/> School | <input type="checkbox"/> Community Center | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Elementary | <input type="checkbox"/> Middle | <input type="checkbox"/> High |
| <input type="checkbox"/> Urban | <input type="checkbox"/> Suburban | <input type="checkbox"/> Rural |
| <input type="checkbox"/> Private | <input type="checkbox"/> Public | <input type="checkbox"/> College |

Number of Active Members: _____ School Population: _____

Grade Levels: _____ Year SADD Started: _____

Principal or Director Name: _____

School Address: _____

Mailing Address: _____

Shipping Address (No P.O. Box): _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

School Web Site: _____ County: _____

SADD Advisor: _____

- | | | | | | |
|--------|----------------------------------|------------------------------------|---|--------------------------------------|--|
| Title: | <input type="checkbox"/> Teacher | <input type="checkbox"/> Counselor | <input type="checkbox"/> Coach | <input type="checkbox"/> Nurse | <input type="checkbox"/> Law Enforcement Officer |
| | <input type="checkbox"/> Parent | <input type="checkbox"/> Clergy | <input type="checkbox"/> Community Leader | <input type="checkbox"/> Other _____ | |

Advisor Home Phone: _____ Office Phone: _____

Advisor Home Address (No P.O. Boxes): _____

City: _____ State: _____ Zip: _____

Advisor E-mail (required): _____

Additional SADD Advisor: _____

- | | | | | | |
|--------|----------------------------------|------------------------------------|---|--------------------------------------|--|
| Title: | <input type="checkbox"/> Teacher | <input type="checkbox"/> Counselor | <input type="checkbox"/> Coach | <input type="checkbox"/> Nurse | <input type="checkbox"/> Law Enforcement Officer |
| | <input type="checkbox"/> Parent | <input type="checkbox"/> Clergy | <input type="checkbox"/> Community Leader | <input type="checkbox"/> Other _____ | |

Advisor Home Phone: _____ Office Phone: _____

Advisor Home Address (No P.O. Boxes): _____

City: _____ State: _____ Zip: _____

Advisor E-mail (required): _____



Students helping students make positive decisions about challenges in their everyday lives

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Chief Executive Officer

PENNY WELLS
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www.sadd.org

Are you on our list?

To receive upcoming issues of SADD's free newsletter, you must be on our mailing list. To register, contact us

✓ online: www.sadd.org

✓ call: 1-877-SADD-INC

✓ fax: 1-508-481-5759

with your school name and mailing address!

SADD Calendar

The SADD Calendar is an "Action Plan" for your SADD chapter. You may include additional activities. **Good luck!**

May & June

- ✓ National Teen Pregnancy Prevention (early May - www.teenpregnancy.org)
- ✓ Safe Prom & Graduation Campaign
- ✓ National Suicide Awareness Week (May - www.mentalhealth.org)

July & August

- ✓ Safe Summer Campaign
- ✓ SADD National Conference
July 14-17, 2006, Boston, MA

September

- ✓ Chain of Life Campaign
- ✓ SADD Membership Drive

October

- ✓ High-Risk Drinking/Alcohol Overdose Awareness
- ✓ National Red Ribbon Campaign (last full week)

November

- ✓ Stop Violence. Try Mediation.
- ✓ Wipe Out Smoking Month

December

- ✓ Tree of Life Campaign
- ✓ Lights on for Life (third Friday)
- ✓ Gift of a Lifetime
- ✓ HIV/AIDS Awareness Month

January

- ✓ Stop Aggressive Driving
- ✓ Elementary School Campaign
- ✓ National Blood Donor Month

February

- ✓ Friends for Life Campaign
- ✓ Buckle Up Initiative
- ✓ Dating Awareness Initiative

March

- ✓ Grim Reaper Day
- ✓ National Inhalants and Poisons Awareness Week (www.inhalants.org)
- ✓ Middle School Month

April

- ✓ Safe Prom Awareness
- ✓ Mock Car Crash
- ✓ National Youth Service Day (third weekend - www.ysa.org)
- ✓ Alcohol Awareness Month
- ✓ National STDs Awareness Month

SADD Store Products

Call 1-800-394-0900.

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