

Connect



IF YOU LOVED ME...

Love is in the air! February is the month for celebrating love and relationships. It is also the month when, among other activities, SADD focuses on teen dating violence awareness and prevention. It can be difficult to define love, but there are some things love is certainly *not*.

Dating is a part of life for many teens. Unfortunately, some teen relationships start out happy and fun but eventually become destructive. Some relationships are unhealthy from the beginning. Many young people do not recognize the red flags that may indicate an abusive partner. They may also not be able to determine what is abusive and what is normal dating behavior. Most understand physical abuse, but all dating abuse is not physical.

83% of 10th graders surveyed at the 4th Annual Teen Dating Abuse Summit reported that they would sooner turn to a friend for help with dating abuse than to a teacher, counselor, parent or other caring adult.

(The Northern Westchester Shelter, with Pace Women's Justice Center)

WHAT IS DATING VIOLENCE?

A pattern of abusive behaviors used to exert power and control over a dating partner is considered dating violence. The nature of dating violence can be physical, emotional, sexual or stalking.

- **Physical**

This occurs when a partner is pinched, hit, shoved or kicked.

- **Emotional**

This means threatening a partner or harming his or her sense of self-worth. Examples include name calling, shaming, bullying, embarrassing on purpose, or keeping him/her away from friends and family.

- **Sexual**

This is forcing a partner to engage in a sex act when he or she does not or cannot consent.

- **Stalking**

This refers to a pattern of harassing or threatening tactics used by a perpetrator that is both unwanted and causes fear in the victim.

Both males and females are victims of dating violence, but boys and girls are abusive in different ways. Girls are more likely to yell, threaten to hurt

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Issue 12

In This Issue

Healthy Relationships
SADD Shines Day
Girls World Expo
Manteo High School
Conference Date Change
Chapter Registration

February Calendar

(Ctrl + "Click" to learn more about this month's campaigns)

[SADD Shines Day](#)

[Friends for Life Campaign](#)

[Teen Dating Violence Awareness](#)

[National Eating Disorders Awareness](#)

[Big Bowl Vote](#)

(Monday after Super Bowl)

Ideas? Questions? Concerns?

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themselves, pinch, slap, scratch or kick. Boys injure girls more severely and more frequently.

To learn more about what your chapter can do in your school and community to help your peers have healthier relationships, click on Teen Dating Violence Awareness (in the table of contents), then click "Take Action." We won't accept dating abuse as acceptable behavior, and we're doing something about it!



IT'S OUR TIME TO SHINE!



SADD Shines Day is almost here! This is the day SADD members all over the country celebrate all the ways we make a difference and "shine" together. For February 5, make sure your chapter:

- Holds an event.
- Makes some cool lanterns and lights them up.
The lantern will be our unifying symbol.
- Wears your SADD gear.
- Celebrates what you do.

Takes pictures and shares them with SADD and your local media.

Remember to tweet about what's going on at your school. We want to all stay connected and shine together!.

#ncsaddshines

Follow us on Twitter!

@saddnc



SADD REPRESENTS AT GIRLS WORLD EXPO

Student Advisory Board Members Christian "Tré" Frederick and Christine Henry spoke to visitors at Girl's World Expo in a joint workshop with Mothers Against Drunk Driving (MADD). The event was held in the Expo Center at the NC State Fairgrounds and was attended by more than 3,000 girls aged 11-18.

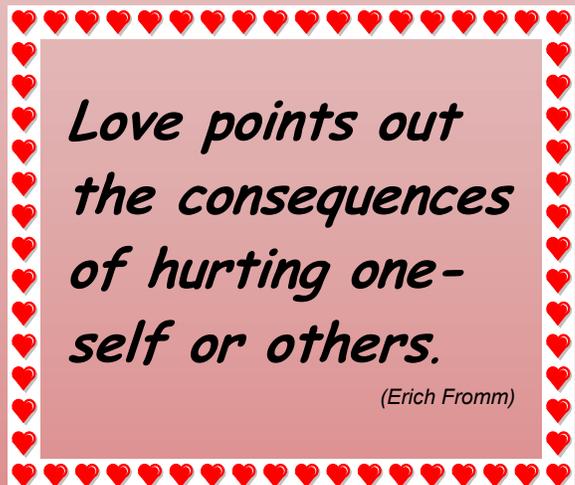
After talking to the workshop attendees about their involvement in SADD and the enhancement that SADD has brought to their lives, Tré and Christine led an abbreviated version of the "If You Really Knew Me" activity that is a part of the state conference. They both did an excellent job!

Tré is a junior at West Johnston High School in Benson, and Christine is a sophomore at the University of North Carolina at Chapel Hill.

A big SADD shout-out to MADD for giving us the opportunity to join them in this event.



(L-R): MADD state program specialist Lori Brown, Tré Frederick, Christine Henry, workshop participant



LOOK WHAT MANTEO DID!

The week before school let out for the holidays, Manteo High School SADD, under the expert leadership of the great Mark McKay, had a variety of activities that kept students focused on making good decisions over the holidays. Flyers (see below) were posted throughout the school to advertise the events. These all look like really great activities! Maybe other chapters can put some of these ideas in their planning notebooks for next year. **Go 'Skins!**

First Flight, what have you guys got going on?

SADD Club X-Mas Week Events

Mon 12/16/13: Sign the Christmas Banner
...for candy!



Tues 12/17/13: Free Throw Contest @ Aux. Gym
Wear beer goggles—Compete against a friend



Wed 12/18/13: Slam Dunk Contest @ Aux. Gym
Boys; 9 ft. goal / Girls; 7.25 ft. goal

Wear tacky Christmas clothes for Spirit Points!

Thur 12/19/13: DCSO Drug Dog Demo
Outside during last 15 mins of each lunch



Fri 12/20/13: Teen Dating & Domestic Violence Table

Wear Black & Gold for Spirit Points!



CHANGE THE CONFERENCE DATE?

In the conference advisor meeting, some of our advisors expressed that holding the conference in November makes it unlikely that athletes and band members who are in SADD will attend, as many of the schools are in football competitions. Our traditional conference time is the weekend before Thanksgiving, although it could be a week earlier depending on hotel availability. The Youth Advocacy and Involvement Office holds Youth Legislative Assembly in March or April, which is also a three-day conference, so we would not be able to hold the SADD conference during that time. What are your thoughts? Email the state coordinator at hsoutherland@ncsadd.org to express your opinion.

REGISTER YOUR CHAPTER!

Although we are halfway through the school year, you still need to register your chapter with SADD National if you have not done so. You will also need to register at the beginning of each year. Some benefits, such as scholarships, are only available to students in registered chapters. Registering your chapter each year is the only way that the national office knows how many or where SADD chapters exist. We want to show the full force of SADD in North Carolina, so please take the time to register.

Be sure to let the state coordinator know about your chapter activities. Nothing is too trivial. We want to show that SADD is active in our state!

All contact information is in the table of contents.



**North Carolina Department of Administration
Youth Advocacy and Involvement Office**