

Connect



A Publication of NC SADD

Message From the Coordinator



Welcome to the first issue of **Connect**. Throughout the year, **Connect** will highlight innovative projects and keep you informed about the activities of SADD chapters around the state. You will also learn about current SADD campaigns, projects and prevention events. To suggest stories or photos about your chapter activities or an outstanding student or advisor, submit to hsoutherland@ncsadd.org. Let's Connect to keep NC SADD strong.

Spotlighting a True SADD Supporter

Susan Boncek of Manteo has been a faithful friend and supporter of NC SADD for many years. Before her daughter's high school formed a SADD chapter, Susan brought her to the annual SADD Leadership Conference. Susan is the mother of Alexandria "Alex" Boncek, former Student Leadership Council member, SADD Student Advisory Board member and NC SADD Student of the Year.

Now that Alex is a student at Peace College in Raleigh, Susan is stepping back from some of the commitments that used to take her far from her beachfront home and business. The 2009 SADD Conference held last November was her last as an official volunteer.

Each year, Susan came to the Youth Advocacy and Involvement Office in Raleigh the day before the conference began to offer her assistance with last-minute preparations. She filled and labeled folders and stuffed conference bags. She folded, sorted and packed

T-shirts. She put together conference programs and even made curly ribbon for decorations. She helped with registration and post-conference pack up and cleanup. And she always donated great items for door prizes and drawings.



Susan Boncek

I learned it from my mother. She always took an interest in what was important to her children. My daughter was interested in SADD, she needed my support and SADD is a good cause. — Susan Boncek

"You could depend on Susan to help you complete any task whatsoever and to lend a helping hand where needed," said Nancy Richardson, YAIO administrative assistant. "We will definitely miss her involvement."

SADD could never have a more devoted friend and supporter than Susan Boncek. You're the greatest!

SADD Students are Making News

NC SADD students are active, committed and determined to make a difference by making their voices heard. Chapters in the following cities made the news during the November 2009 to February 2010 quarter: Burlington, Bryson City, Carolina Beach, Clinton, Durham, Farmville, Greensboro, Manteo, Monroe, Mt. Airy, Nags Head, Princeton, Siler City, Snow Hill, Raleigh and Winston-Salem.

Let your local media know how hard you are working to prevent your peers making destructive decisions. Ask them to help you get the word out and provide resources that make it easy for a reporter to get the story. We offer gratitude and appreciation to the media outlets that recognize the work of these diligent students. Thank you for being a part of the SADD Caring Community.

Keep the Flame Alive

By Harriett Southerland, State SADD Coordinator

The 2009 NC SADD Leadership Conference was held in November at the Marriott Convention Center in Durham. The theme was "The Tribe Has Spoken. It's Time for Change. Will You Keep the Flame Alive?" Participants employed elements of the "Survivor" television show, tribal decorations and costumes to emphasize the theme throughout the weekend.

Chapter members and their luggage began pouring into the Durham Marriott for registration around 3 p.m. Everybody was excited, noisy and glad to arrive. With conference bags and T-shirts in hand, they chatted and learned about the dangers of driving while impaired as they participated in the driving simulators from the Governor's Highway Safety Program Expo. Everyone gathered at 6:30 p.m. for the opening session.

The session featured an awesome, giant three-screen video program by Motivational Media Assemblies of Burbank, Calif. The presentation helped students learn to provide good leadership and to stand up for each other and for what's right.



had their own concurrent meeting where they played icebreaker games and got to know each other. They had fun interacting with peers from all across the state who work as hard as they do to help their classmates abstain from destructive decisions.

After a good night's sleep, everyone had a delicious hot southern breakfast and learned about strengthening their underage drinking and driving prevention programs from Craig Lloyd, State Executive Director of Mothers Against Drunk Driving. The students then began an intensive schedule of interactive workshops, including a highway safety workshop by Trooper Derek Green of the N.C. State Highway Patrol, a gang and violence workshop by Lt. Howard Alexander of the Durham Police Department, and a teen pregnancy/HIV/AIDS workshop by Annette Carrington of the Durham County Health Department.

In a workshop called "Bursting the Alco Pop Bubble" by Youth Empowered Solutions (YES!), students learned to write letters to editors about the need to focus more on underage alcohol prevention and the prevention of alcoholic drinks, such as Alcopops, which are marketed specifically to youth.

Lunch featured a performance from Shirock, a rock band that focuses on positive messages to youth and the prevention of destructive decisions among youth. Shirock was a major hit! When training sessions were finished, students and chaperones enjoyed free time before the formal Saturday banquet.

Everyone looked great at the banquet. Female students and advisors were elegant in gowns and other dressy fashions, and the guys looked sharp in their suits and ties. After an elegant candlelight dinner, Dr. Derek



Past Advisor of the Year Deputy Mark McKay (center) of Manteo High School commends the students for their excellent prevention work. He is joined by former Administration Secretary Britt Cobb (left) and keynote speaker Derek Greenfield.

During the Recognition of Schools, each school gave a shout-out or did their school cheer. Whether there were two or 30 people representing a school, everyone was proud to show that their school was in the house! After the assembly, there was a Pizza Bash courtesy of Domino's of Durham.

Advisors later met with the State Coordinator to discuss challenges they face in guiding their chapters. The students



Deputy Michael Hazzard of Southern Middle School and Southern High School, both in Graham, receives the Advisor of the Year Award from Harriett Southerland.

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Greenfield of Visions gave a keynote address that got everyone enthusiastic and involved. Then there were words of wisdom from Deputy Mark McKay of Manteo High School and Dare County Sheriff's Office, who served as 2008-09 Advisor of the Year. Deputy McKay said that SADD is all about the students and he wants to be there to support them.



Brianna Bradsher of Wake Forest University receives the Student of the Year Award from Harriett Southerland.

Deputy Michael Hazzard of Alamance County Sheriff's Office. Deputy Hazzard is the school resource officer at Southern Alamance Middle School. Brianna Bradsher of Wake Forest University received the Student of the Year Award. After the banquet, the students changed clothes and came back for the big dance.

After breakfast on Sunday morning, Brianna Bradsher gave an impressive keynote address about the need for students to remain dedicated to SADD's mission and to making a difference. After awards and

Harriett Southerland, SADD State Coordinator, presented the 2009-10 Advisor of the Year Award to



These creative West Johnston High students are ready for the dance. Their island outfits echo the theme of the conference.

prizes were handed out, everyone took pictures, hugged, said their goodbyes and headed home to energize their chapters with the new skills they now had. It was an exciting and memorable weekend!



Annette Carrington of the Durham County Health Department (standing) talks with students during a workshop about preventing teen pregnancy and HIV/AIDS.

Visit [2009 SADD Conference](#) to see more photos.

We thank the following state agencies for helping to co-sponsor our 2009 SADD Conference: the Governor's Highway Safety Program; the Department of Public Instruction; the Alcohol Beverage Control Commission and the Division of Mental Health, Developmental Disabilities and Substance Abuse Services.

NC SADD

The annual SADD conference is the training program for the students and advisors who make up the SADD chapters across the state. If you are in a chapter, you need leadership and prevention training to successfully influence your peers on the issues SADD deals with. The purpose of the SADD chapter is not just to be a school club, but to empower youth to make positive decisions when it comes to matters such as underage alcohol and drug use, highway safety, teen pregnancy, violence and others.

The 2010 conference is scheduled for Nov. 19-21. You will receive more information when you return to school next fall. Save your money this summer so you'll be able to attend. Advisors and students both say they had no idea so much was going on with SADD until they attended the state conference.

SADD: Beyond High School

By Darian LaNeave, Wake Forest University



Darian LaNeave

half of these students turn into binge drinkers. The students who drink also have increased probabilities of academic probation, use of other drugs, sexual assault, drunk driving and even developing dependence on alcohol.

Many high school students believe that choosing the SADD lifestyle ends when we graduate and move on to college. However, one in four college students admit to drinking while underage, and about

The statistics are shockingly high and it's about time to put a stop to it. One thing that SADD does for students is develop them into leaders, not just within their school, but within the community as well. As leaders we need to instill in others the importance of making that commitment to SADD beyond high school.

The success you had with SADD in high school can be duplicated in college and even later in life. If we stop the use of alcohol and drugs, we can create a path to success. The power you have as an individual is unlimited. Just as peer pressure can lead us to risky behavior; it can also lead us into a better future. Take the responsibility for yourself and your friends.

Involvement in a college SADD chapter can help us stick to the lifestyle that

has already been successful for us in the past and guarantee our success in college. We can further grow as individuals and spread the message of SADD across the nation to even more students. Also, think about the ones that look up to us. We can show not only our fellow students but we also can be role models for those younger than us. We can contribute to the success of our family, high school students and even adults.

SADD gives us that unlimited potential to accomplish anything we desire. In high school it was a major key to success. It didn't let us down then; it most definitely won't now. We as students are the future leaders of America. Let the benefits of a SADD lifestyle in college power our ambitions and light our paths to success.

Don't Be Left Out: Plan Now for RLAF

Several SADD chapters have registered for the Ride Like A Friend. Drive Like You Care (RLAF) Network. They and SADD chapters across the country have started planning now for National Teen Driver Safety Week, Oct. 17-23, 2010. RLAF is a school-based initiative focusing on the relationship between teen drivers and their teen passengers.

Improving the safety of teens driving with peer passengers is the primary mission of RLAF. The program seeks to 1) build awareness about teen drivers' traffic crash risks involving passengers in their car and 2) establish beliefs and behaviors among teen drivers and passengers that promote safe driving.

RLAF is designed as a peer-to-peer in-school campaign. Implementation will engage teens on the topic of driving safety and passengers. RLAF will also provide a sense of empowerment and responsibility as to their role in the car,

whether as a driver or passenger. The program is the result of collaboration between State Farm Insurance Company and Children's Hospital of Philadelphia Injury Research and Prevention. It was evaluated in two Philadelphia-area pilot high schools in 2008. Currently, pilot high schools in different areas of the country are participating in the implementation and outcome evaluation of RLAF.

Planning for National Teen Driver Safety Week should begin when school begins. To register your chapter, visit www.ridelikeafriend.com. You also will be able to download materials, activity ideas and prepared toolkits to help you get started. Let's show this country that North Carolina can RLAF like nobody can!

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Picture Me Alcohol Free

NC SADD is continuing to work with the University of North Carolina at Greensboro on the Picture Me Alcohol Free project. If your chapter signed up for this project, please fulfill your commitment. The project involves students using photography to raise awareness of the problems associated with underage alcohol use as well as strategies that teens can use to influence policy. Through pictures, students capture snapshots of their environment or community and present them to the community through posters and other means. The goal is for youth and communities to work together to change a negative picture and reinforce a positive one in order to create a healthy community.



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