



Weldon Middle School SADD

1st row (l-r): Shrona Smith, Dorell Brickhouse, Cheyenne Clark, Samaria McGee, Justice Burgess, Parish Robinson, Jaylyn Taruffelli, Miracle Hyman, Demonta Garris, Judge Vershenia Moody, Jaynan Adkins and Sgt. Raymond Vaughan. 2nd row (l-r): Robin Davis, Amary Williams, Bryson Williams, Shanya Newell, Brianna McKoy, Ladarrion, Banks and Jazmine Shearin

WE APPRECIATE OUR MIDDLE SCHOOLS

March is the month for celebrating middle schools, and we give a big shout out to all our middle school chapters for their efforts to promote positive behavior in their schools. According to the Assn. for Middle Level Education, the key messages for the celebration are the importance of parents being involved in their adolescent's lives; the understanding that healthy bodies plus healthy minds equal healthy adolescents; the realization that the education adolescents experience during this formative period will, in large measure, determine the future for all citizens; and the knowledge that every adolescent should have the opportunity to pursue their dreams and aspirations; and post-secondary education should be a possibility for all.

Why is SADD so important in middle schools? Although significant progress has been made in seat belt use and smoking prevention among middle school students, the most recent results from the NC Youth Risk Behavior Survey show that 71% of middle school students who bike ride and 75% who rollerblade or skateboard don't wear protective helmets; 11% have used marijuana; 21% have drunk alcohol; 10% have had sexual intercourse; 44% had been bullied on school property; 34% have carried a weapon; and 46% have been in a physical fight. Until these statistics are reduced even further, it is imperative that we continue to build strong middle school SADD chapters.

Weldon Middle School SADD members have been working hard to help students at their school make positive decisions. Sgt. Raymond Vaughan, head

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Ideas? Questions? Concerns?

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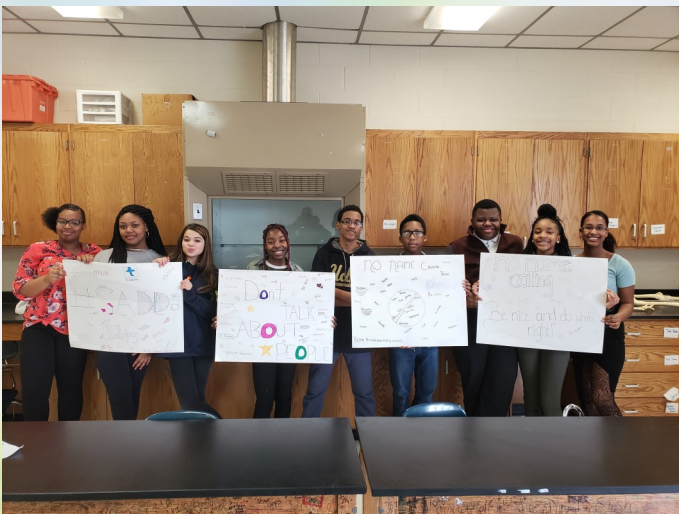
CLICK IT OR TICKET.

TALK it OUT.

START THE CONVERSATION.
STOP UNDERAGE DRINKING.

Council for Women & Youth Involvement
Department of Administration

advisor, makes sure that the members and assistant advisors are well trained by participating in state SADD conference workshops each year. After the conference, the students put what they've learned into projects and activities for the entire school. For No Name Calling Week, the chapter created and displayed posters in each hallway with messages such as "Don't Talk About People," and "No Bullying, #SADDClub." During National Drug and Alcohol Facts Week, the chapter had Judge Vershenia Ballance Moody to speak to the entire school about the consequences of drug and alcohol use and the results of charges as juveniles and as adults.



Weldon SADD Members proudly display the No Name Calling posters they designed.

Parish Robinson, president of Weldon Middle School SADD, explained why her chapter is so committed to promoting the values of SADD: "SADD has evolved over the years to address more than drunk driving. Now, SADD prepares students for the real world and adult life. With so many pressures during our teenage years, it is imperative that we learn to exercise sound judgment in our decision making. SADD gives us the opportunity to experience team-building with our peers and teaches us to use critical thinking skills in our daily lives. We learn how wrong choices—even *one*—can have potentially devastating effects, and how to remain focused on our goals in a world filled with distractions. I am grateful for the dynamic leadership of our club advisors, Sgt. Raymond Vaughan, Ms. Robin Davis, and Ms. Shronda Smith, who all lead by example." Thank you Parish. We are grateful for *your* leadership. **Go Junior Chargers!**

In addition to Weldon Middle School SADD, we congratulate the following schools for their valuable ef-

forts toward preventing destructive decisions: Archdale Trinity Middle School, Avery Middle School, EB Aycock Middle School, Ayden Middle School, Bethel Middle School, Braxton Craven Middle School, Central Middle School, Chapel Hill-Carrboro Middle Schools, Chicod Middle School, Conway Middle School, AG Cox Middle School, Eaton Johnson Middle School, CM Eppes Middle School, Farmville Middle School, First Flight Middle School, Granite Falls Middle School, Grifton Middle School, Henderson Middle School, Hope Middle School, Meadowview Middle School, Mount Airy Middle School, North Iredell Middle School, North Rowan Middle School, Northeastern Randolph Middle School, Pictolus Middle School, Perquimans County Middle School, Randleman Middle School, Sandy Grove Middle School, Southeastern Randolph Middle School, Southern Guilford Middle School, Southwestern Randolph Middle School, Stokes Middle School, Uwharrie Middle School; Warsaw Middle School, Wellcome Middle School, West Wilkes Middle School, West Rowan Middle School and GR Whitfield Middle School.

MORE THAN THE GLOOMIES



Depression is the number one issue students struggle with today. The Youth Risk Behavior Survey reports that 25% of our state's middle school students report feeling sad, empty, hopeless, angry, or anxious almost every day to the extent that they've withdrawn from some of their usual activities. Only 32% of these students say they would talk with their parent or another adult family member about their feelings. Forty-five percent do not agree that their

79,000 NC middle school students experience depression; over 7,900 attempt suicide.

teachers really care about them and give them a lot of encouragement. More than 21% of middle school students report that they have seriously considered killing themselves, and 10% have actually tried. There are about 315,000 students in our public middle schools. This translates into about 79,000 students suffering from depression and over 7,900 attempting to end their lives.

Symptoms of Depression in Children

Irritability or anger

Continuous feelings of sadness and hopelessness

Social withdrawal

Increased sensitivity to rejection

Changes in appetite

Changes in sleep

Vocal outbursts or crying

Difficulty concentrating

Low energy

Physical complaints that don't respond to treatment

Reduced ability to function

Feelings of worthlessness or guilt

Impaired thinking or concentration

Thoughts of death or suicide

Often teachers and school counselors will notice loss of interest in school and poor academic performance or a change in appearance. The good news is that with proper intervention, most children and youth can learn to address their depression and lead happy and productive lives. In some cases, medication and outside therapy may be needed. Although a student may need outside counseling or therapy, there are many things school counselors, teachers and others can do to help the depressed student. If you or someone you know is experiencing depression, call the 24/7 Lifeline at 1-800-273-8255.

(Sources: American School Counselor Assn.; Nat'l Alliance on Mental Illness)



Advisor Tandra Chamberlain

PINECREST ADVISOR ON NATIONAL BOARD

Tandra Chamberlain, SADD advisor at **Pinecrest High School** in Southern Pines (Moore County), was selected to the board of directors for the National Association for the Education of Homeless Children and Youth (NAEHCY). As a social worker for Moore County Schools, Chamberlain has spent years helping students to overcome adversity. As a member of NAEHCY, she will help shape nationwide strategies to help these students more.

NAEHCY promotes opportunities for students who don't have permanent or adequate housing, and most of these opportunities are found in school. Chamberlain said, "The kids that come are boys and girls, and across the board it's a rainbow of kids. Many of them have experienced some type of abuse, whether they recognize it or not, and every single one of them is resilient. They know the only way that they're going to succeed is to stay in school."

Homelessness is a broad category that includes not only students living alone on the streets, but also the children of families living in motels, on campgrounds, residing in transitional shelters or drifting among the residences of friends and family members.

As a member of the NAEHCY board, Chamberlain wants to help raise awareness of rural homelessness and help school districts around the country implement innovative methods to help students in their communities. But in many cases, finding those students a stable place to sleep at night is just the beginning. "If they have a mental illness or their family members have a mental illness, drug

abuse or some type of incapacitation—those are the ones that are mainly out there on their own,” Chamberlain said. “You’re talking about peeling back layers and layers of traumatic experiences. We’re looking at enabling families and enabling youth to make better decisions. We’re able to kind of create and really be innovative. You have to, because it’s a case-by-case basis.”

NC SADD celebrates Tandra Chamberlain’s accomplishment. We are sure that she will serve the NAEHCY board and our students well.

(Some information for this article supplied by Mary Kate Murphy, reporter for The Pilot)

TROJAN PATROL



(Right-Left) SADD members Abbey Barefoot and Cheryl Lynn Massengill with SRO Rudy Walls

South Johnston High School SADD in Four Oaks recently staged a seat belt survey at the school. Advisor **Katie Medlin** explained the project: “We picked a day when the most students were on campus. Many of the students who drive have early release passes and leave at lunch time, so we thought that was a good time for a seat belt check. We posted two of our members at the school exit, and they counted who was or was not wearing a seat belt in the front seat. Our evaluation revealed that our student seat belt use rate was 76%. We also observed and counted drivers after school, and the rate of use was 84%. Most of the afternoon drivers, however, were parents. We plan to do another seat belt check soon to see if there has been improvement.”

Congratulations South Johnston, on a excellent and

very worthwhile project. Remember students, your seat belt can save your life. Make it click.

Go Trojans!

SIMPLY PAWSOME!




Roxboro Community School SADD in Person County recently held kindness week activities at the school (see flyer below). The event was scheduled to co-

incide with the school’s Bulldogs Care Day. Advisor **Kara Roberts** said, “Being that our mascot is a bulldog, we called it ‘A Pawsome Week of Kindness.’ The week featured prevention initiatives to help students connect with each other, feel included, and improve our community in and outside of school. This forms a stronger community and helps prevent bullying.”

“Middle school academic success classes will incorporate activities to help students engage with each other. We can improve our school environment for everyone, one step at a time. We are all part of the Bulldog Family!” Roberts said.




A PAWSOME WEEK OF KINDNESS



Monday: Random Compliment Day
Tear off a random compliment and give it to someone and make their day pawsome!


Tuesday: Inspirational Post-it Day.
Read the post-its throughout the building and make it a great day.


Wednesday: Bulldogs Care Day
Participate in the community service initiatives around school and the community that afternoon.

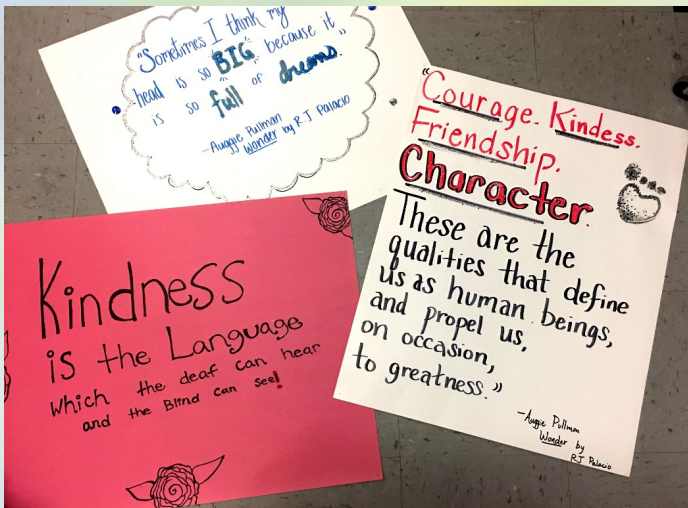


Thursday: Inspirational Poster Day
Art classes will share the love and decorate the hallways with inspirational posters.

Friday: Nametag and No One Eats Alone Day
Wear a name tag and introduce yourself to a fellow Bulldog you've never met. Make sure no one eats lunch alone.







Roxboro Community SADD Kindness Week Posters

SENDING A MESSAGE AT FIRST FLIGHT

First Flight High School SADD in Kill Devil Hills (Dare County) did a drug prevention project that involved hanging posters throughout the school of stars that had overdosed. Among the celebrities posted were Lil Peep, Mac Miller, Michael Jackson and Prince. Chapter president **Melanie Gonzalez** explained the project. "We put these specific people up because our students knew and loved them. Almost all of our students were especially upset about Mac Miller and Lil Peep when they passed away from an overdose. Our chapter decided to display these posters to spread awareness of the dangers and consequences of drugs."



(Clockwise from top left) Lil Peep, Mac Miller, Prince, Michael Jackson

SADD + ABC = STOP UNDERAGE DRINKING

Although the number of high school students who drink has continued to trend downward through the years, the current rate is more than 26%. In an effort to further reduce underage drinking the NC Alcoholic Beverage Control Commission is partnering with SADD for a Talk It Out contract challenge. Each chapter will collect as many signed Talk It Out contracts as they can, and the winner of the challenge will be announced at the state conference. The purpose of the contract is to start the conversation about underage drinking between parent and student. You will receive more information about this challenge soon.

SADD + DAGGETT SHULER = PROM SAFETY

SADD has teamed with Daggett Shuler Law Firm in the effort to reduce teen fatalities, injuries, and other negative outcomes associated with prom night. Daggett Shuler will provide Safe Sober prom safety kits for out chapters each year. This year, they provided pledge cards. Next year, however, the program will expand to provide Safe Sober tee shirts for our chapters. The Safe Sober Prom Night Program was founded in 1991 to encourage teens to stay safe and drug and alcohol free during prom. Some advisors have requested and already received their prom pledge cards. If you need some for your project, contact the state coordinator at hsoutherland@ncsadd.org.



IT'S PROM TIME!



Prom and graduation are once-in-a-lifetime experiences that every teen should enjoy. Here are some tips to help them avoid risks that can cause problems long after these nights are over.

Some people feel pressured to drink, smoke, use drugs, or have sex on prom night. However, drinking is responsible for over 4,500 deaths among young

people each year and is associated with other problems like sexually transmitted diseases and unintended pregnancy. Alcohol and drugs hurt your judgment and may result in you being harmed or harming others. Just because others do something doesn't make it a good idea or right for you. It's OK to say no.

Teen drivers are four times more likely than older drivers to crash. Always wear a safety belt, no matter how short the trip. Don't drink and drive, and don't get in a car with a driver who has been drinking.

Dating violence is a very real issue for many people. This type of violence can occur among heterosexual or same-sex couples. It can occur in couples who have been together a long time and between people who just met. Many teens don't report it because they are afraid to tell friends and family. The abuse can be verbal, emotional, physical, or sexual. Know beforehand what your sexual boundaries are, and communicate those to your partner. Respect yourself and others, avoid alcohol and drugs, and tell family or call

911 if you or someone you know is being abused or is in danger.

If you plan to go to an after-prom party, be sure it is adult supervised. Be aware of your surroundings. And it's always good to go with a "buddy". Avoid using alcohol and drugs.

Make sure parents know where you are at all times in case of emergency. Call a parent, guardian, or someone you trust in case plans change or you need help. NC SADD wishes all our students a happy and safe prom. Enjoy your big night, and arrive home safely!

April 2019 Highlights

[Alcohol Awareness Month](#)

[Distracted Driving Awareness Month](#)

[STD Awareness Month](#)

[National Youth Violence Prevention Week](#) April 8-12

[Global Youth Service Day](#) April 12-14

Your State Coordinator Wishes You A Very Happy

