

WE'RE GOING TO THE LODGE!

The SADD Youth Empowerment Conference is scheduled for November 22-24, 2019 at the Great Wolf Lodge in Charlotte.

The conference is open to SADD chapters and other youth who work in prevention organizations. All groups must be chaperoned. Registration forms and more information will be issued at the beginning of the 2019-20 school term.

March-April 2019

Issue 46

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We welcome our new advisors

by Amanda Fisher

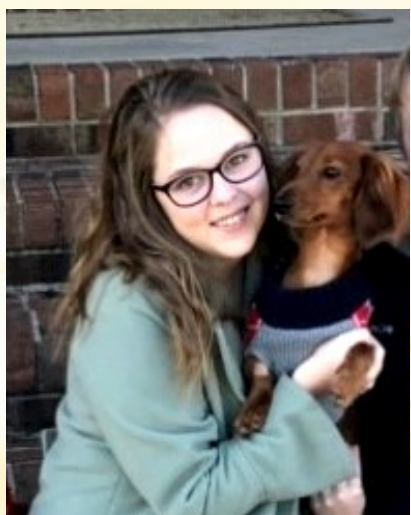


Kelsie Clary

We extend a hearty SADD welcome to two new advisors at **West Johnston High School** in Benson (Johnston County). **Kelsie Clary** is an EC (exceptional children) inclusion teacher. She is an NC State University graduate with an education degree in English. She also coaches women's basketball and softball. Clary says she is looking forward to working with students to make a difference in Johnston County. She shared this fun fact: She is getting married over the summer, and she will become Kelsie Aycock!

Jennifer Jones is a graduate of West Johnston High School. She attended East Carolina University where she studied mathematics education. Jones has returned to West Johnston as a math teacher. She says she is looking forward to working with the students and to making a positive impact as a part of the SADD Community.

NC SADD is excited to be working with Clary and Jones. We look forward to helping them continue the excellent program passed on to them by two-time Advisor of the Year, Amanda Fisher. Feel free to reach out to these new advisors to offer them your support. We all can relate to being a rookie. Clary can be reached at: KelsieClary@johnston.k12.nc.us, and Jones at jenniferjones@johnston.k12.nc.us.



Jennifer Jones and Mason

Ideas? Questions? Concerns?

Contact

Harriett Southerland

919 807-4408

hsoutherland@ncsadd.org

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START THE CONVERSATION.
STOP UNDERAGE DRINKING.

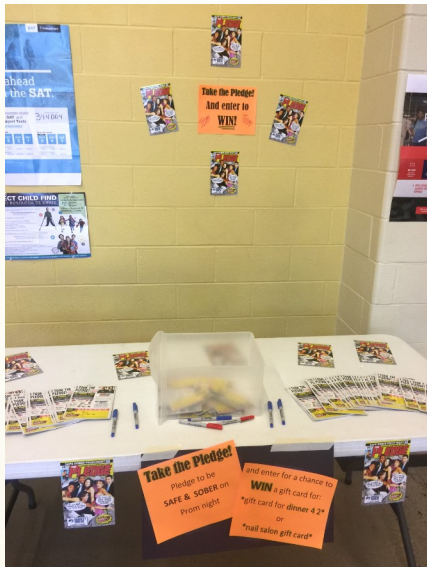


Council for Women &
Youth Involvement
Department of Administration

WARRIORS PROMOTE WISE DECISIONS

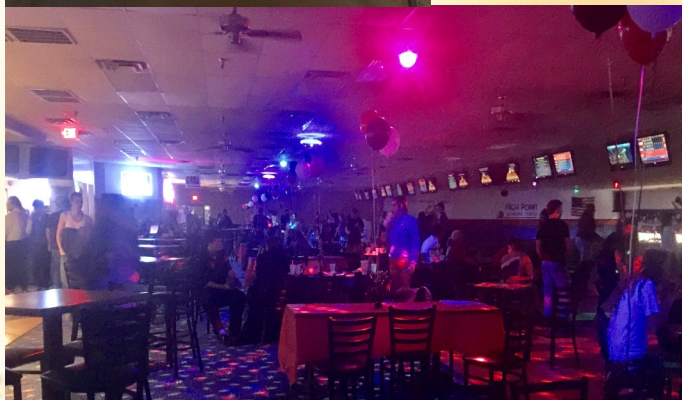


Wheatmore High School in Trinity (Randolph County) had a successful Safe Sober Prom Campaign. Advisor Allison Mosely said, "Our students took the pledge to be safe and sober, and all pledges were entered for a drawing. The winner received dinner for two on prom night! Most of the students that attended the prom came to the after party we hosted at our local bowling alley. This was a free event for our students that provided a safe environment and was a fun extension of the prom. We had free bowling, free pizza, and free drinks. There was also a DJ on site for music and karaoke. It was a great turnout that spoke volumes to the wise decisions our students are making on prom night!"



Left
Wheatmore SADD
Safe Sober Prom
Night display and
signup table

Below
After-prom fun at
the bowling alley



VIKINGS MAKE AN IMPACT



North Stokes High School in Danbury (Stokes County) held a Safe Sober Prom event that featured David Daggett and Griff Shuler of Daggett Shuler Law, founders of the Safe Sober Prom Night program.

Chapter secretary, senior **Meredith Rasey**, daughter of the school principal, gave a report on the day's events. "I have seen the impact that the Safe Sober program has had on our school. We have had 100% participation in the pledge for nine years in a row, and we take pride in that. As the end of the year draws near and prom season gets closer, the school buzzes about Pledge Day, and we look forward to the T-shirts we receive after taking the pledge. It is wonderful to watch all the students take pride in themselves and see the importance of making good decisions demonstrated through this opportunity," she said.



Griff Shuler (*left*) David Daggett (*center*), and advisor Bobbi Walsh (*right*) take a break with SADD members.

Insight Human Services also participated in Pledge Day at North Stokes. Insight works to reduce the negative impacts of substance abuse and mental illness in the communities they serve. They set up an obstacle course where students drove a remote-controlled car while wearing drunk goggles to simulate the effects impaired driving has on one's vision and judgement. Meredith said, "It was amazing to see how difficult it really is to keep the car on the right path when you're impaired. This activity gave everyone a real-life opportunity to observe what bad decisions can do to one on prom night or any other night. We had the opportunity to talk to the representatives about drugs and alcohol. Insight also comes to our school for meetings with kids and parents to raise awareness of issues related to drugs and drug use."

North Stokes SADD showed their appreciation to their supporters with a lunch of lasagna, salad and breadsticks. Meredith said, "We are grateful to all of them for their time and their compassion for students all over the state. We thank them for helping

us to see the importance of being the best version of ourselves. We want them to know that their dedication to our generation has not gone unnoticed."



Top Left
Driving the
obstacle course

Top Right
Pledge Day
provided fun
photo ops.

Bottom Left
Community partners
enjoy lunch.



BRUINS FIGHT OPIOID USE



Camden County High School in

Camden staged a mock crash to paint a realistic picture of the consequences of impaired driving.

SADD advisor **Carol Overton** explained the focus of the activity: "This year, we based the crash scene on opioid abuse and its negative effects on communities. Our main purpose, as always, is to get the point across to make good decisions. Our EMS director walked the students through what was happening on the scene as the first responders were completing their tasks. Once the scene was cleared, the students returned to the cafeteria to watch a quick video of the parents being informed of the "deaths" of their teens. The guest speaker, a recovering heroin addict, expressed to the students how opioid use has affected not only himself but his family and friends. He discussed how rapidly his addiction grew, how he overcame it with help, how easy it was to relapse, and finally, how he is seeing 'the light at the end of the tunnel' in his recovery. We had participation from our Sheriff's Department, South Camden Fire Department, Pasquotank-Camden EMS,

Nightingale Regional Air Ambulance, and Twiford's Funeral Homes." In an assembly after the crash enactment, these partners all spoke to the students about the rapidly increasing cases of opioid use and overdose in the area and how to stay safe while on the roads.



The Camden crash simulation involved a variety of public service personnel.

PROM SAFETY ON THE OUTER BANKS



First Flight High School in Kill

Devil Hills (Dare County), staged a pre-prom crash reenactment.

EMS and a hearse from a local funeral home were on hand to help get the message across. After the reenactment, students were able to try their reflexes on the interactive virtual reality driving simulator. The Governor's Highway Safety Program's BAT Mobile (Blood Alcohol Testing Mobile Unit) conducted a mock trial to give the stu-



The BAT Mobile at First Flight High School

dents a good idea of what happens when someone is arrested for driving while impaired.



Students represent teens killed in traffic crashes. The wrecked vehicle in the top right photo was actually being driven by a teen when it crashed. The driver did not survive. Posters share highway fatality statistics.

We are proud of all these chapters, and we are grateful to them for their efforts and dedication to promoting good decisions at prom time and throughout the year. Be assured that your efforts are not in vain. Someone is paying attention and changing their behavior.

If you would like to stage similar events at your school but you need assistance, please contact the state coordinator at hsoutherland@ncsadd.org or 919-807-4408.

THE 100 DEADLIEST DAYS

May 27, 2019 begins the 100 deadliest days of the year (Memorial Day to Labor Day), especially for teen drivers. Motor vehicle crashes are still the leading cause of death for teens, and teens have the highest crash rate per miles driven of any age group. Speed and nighttime driving are the major factors contributing to the number of crashes, and subsequently fatalities, involving teen drivers during the 100 Deadliest Days.

An average of 260 teens are killed in car crashes each month during the summer, an increase of 26% compared with the other months of the year. Not only are teens themselves more likely to die in car crashes, they also have the highest rates of crash involvement resulting in the deaths of others, including passengers, pedestrians or occupants of other vehicles.

Sixty percent of teen crashes are caused by distracted driving. Surprisingly, the top distraction for teens is other passengers, accounting for 15% of teen driver crashes, compared to 12% caused by texting or talking on a cell phone.

(Source: We Save Lives-Highway Safety Advocates)

The NC State Highway Patrol will conduct several Click It or Ticket and Booze It and Lose It campaigns during this period. The purpose is to save lives and prevent injury.

GRADUATION SAFETY

Graduation season falls within the 100 deadliest days for teens. With the season quickly approaching, it is crucial that students understand how to have fun while also staying safe. Graduation is an exciting time that calls for celebration. It should be one of the most memorable times in a stu-



dent's life. Unfortunately, with all the excitement and numerous graduation parties, there are risks. Students are often faced with difficult situations involving drugs and alcohol as well as issues with driving while impaired. One bad decision could change a young person's life forever. Here are some tips to keep students and their friends safer during this period:

Never drink and drive or get in the car with anyone who has been drinking or using drugs; you can always say "no," and you do not have to do anything you do not want to do; be responsible; watch out for your friends and have them do the same for you; and *never* be afraid to call your parents or a trusted adult. Happy Graduation!

TEEN SELF ESTEEM

May is Teen Self Esteem Month. Make sure you have some activities planned around peers supporting, encouraging and valuing one another. Peers can have a great influence on the way teens behave. Make sure you hang out with positive



peers. If you are surrounded by positive people, you will have more opportunities to do healthy activities, make good decisions and see the bright side of things. Toxic friends can be a bad influence by putting pressure on you to do things that are destructive or unhealthy. Their constant criticism and negativity can lead you to doubt yourself and lower your self-esteem.

Students who feel that they don't belong or fit in anywhere may develop feelings of worthlessness and rejection. Encourage students who may lack self confidence to get involved in sports or other extracurricular or community activities. Involvement outside the classroom allows students to interact with a group of people with similar interests and to develop friendships. This does wonders for their self esteem. Think of ways to include those who seem alone. Try writing a complimentary or encouraging note to someone you think might need it. It can be anonymous if that makes you feel more comfortable. Nothing shows how much you care than heartfelt words of support. Always discourage students you see interacting with others in a way that will undermine the other person's self esteem.

WHAT SADD HAS MEANT TO ME

By Melanie Gonzalez, First Flight High School

I joined SADD my freshman year because I heard it was a lot of fun. I didn't know much about what SADD really was until I went to my first conference. I had the most amazing time and made a bunch of new friends. At this conference is where I really learned what SADD's message was all about. The day after the conference my friend was tragically hit and killed by a car while riding her bike home from school. This is when SADD's message started to personally mean something to me. I decided I wanted to do more for SADD. I put my heart and soul into my chapter each year, eventually becoming president my junior and senior years

and a member of the Student Advisory Board (SAB) my senior year. Without SADD, I would not be the person I am today. I have gained so much knowledge about important issues, had the ability and opportunity to pass that on to my fellow peers, made lifelong friendships, and gained a new family. SADD allowed me to see the value of life in a time when I thought life had no value. SADD also helped me break out of my shell, allowing me to do things I thought I could never do before, like speak in front of a crowd of people, branch out into new friendships, and publicly embrace the silliness of fun activities.

Being a part of the SAB was also life-changing. I traveled seven hours round trip each month for the SAB meetings, and each meeting was better than the last! We had the best time laughing, planning and growing closer each time we met. We became like family in just a matter of a few hours. I have confidence saying that I have made life-long friendships within the SAB. I talk to some of my fellow members almost every day. We share a special bond from across the state. We are truly like family. SADD has changed my life, and I will always hold it in a special place in my heart!

Note: Melanie received an award at the 2018 SADD Conference for Outstanding Contributions to NC SADD.



Melanie Gonzalez

