

CALLING ALL SADD CHAPTERS AND OTHER YOUTH HEALTH AND SAFETY ORGANIZATIONS!

WHAT: SADD YOUTH EMPOWERMENT CONFERENCE

WHERE: GREAT WOLF LODGE CHARLOTTE/CONCORD

WHEN: NOVEMBER 22-24, 2019

welcome



to our new advisor



Virgil Flint

We extend a warm SADD greeting and welcome to **Virgil Flint**, the new advisor at **Southwest High School in Jacksonville** (Onslow County). Flint is originally from Jacksonville, FL. He is an inclusion teacher at Southwest High. He has a wife—referred to as “my beautiful bride, Becky”—and three boys, two of whom are teenagers. He retired from the United States Navy in July 2018 and has just completed the first of what he hopes will be many more years of teaching.

“I am looking forward to getting our SADD Club up and running,” Flint said. “I met with a few students

prior to the end of the school year to determine the interest in the club, and several of the students were very excited. I expect the membership to grow substantially once school resumes.”

We look forward to working with Mr. Flint and his students to rebuild Southwest SADD to the active, involved and committed chapter we know and love. Many thanks to former advisors **Diane Dail** and **Valerie Williams** for providing guidance, support and encouragement to the new advisor. **GO STALLIONS!**



LEGAL DOES NOT MEAN HARMLESS

Currently, recreational marijuana use is legal for adults over age 21 in 11 states and the District of Columbia. Hopefully, this development will not encourage the thinking of some teens that “weed is no big deal” or negatively impact the work by the prevention community to stem

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Ideas? Questions? Concerns?

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adolescent drug use. The teen years are naturally a time of rapid growth, exploration, and risk taking. Some risk behaviors, such as using marijuana, can have harmful and long-lasting effects on a teen's health and well-being. The teenager's brain is still developing, and marijuana use during this period may cause harm to their brains. Research has shown that teens and young adults who use marijuana experience difficulty thinking and problem solving, problems with memory and learning, impaired coordination, and difficulty maintaining attention.



Marijuana use can make it difficult for students to concentrate or focus.

Marijuana use by youth can have negative effects on their school and social life, including declines in school performance. Students who smoke marijuana may get lower grades and be more likely to drop out of high school than their peers who do not use. A range of mental health problems in teens has been linked to marijuana use, including depression and anxiety. Psychosis has also been seen in teens at higher risk, such as those with a family history of mental illness.

“One in six teens who repeatedly use marijuana can become addicted.”

Research also shows that about one in six teens who repeatedly use marijuana can become addicted, which means that they may try unsuccessfully to quit using or may give up important activities with friends and family in favor of continuing to use. The National Survey on Drug Use and Health, which is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), found that about four million people 12 and older meet the classification for a marijuana use disorder.



Driving while impaired by any substance, including marijuana, is dangerous. Marijuana negatively affects skills required for safe driving, such as reaction time, coordination, and concentration. Drugs and alcohol interfere with the brain's ability to function properly. THC, which is the main active ingredient in marijuana, affects areas of the brain that control body movements, balance, coordination, memory, and judgment. It can slow reaction time and the ability to make decisions. It can also distort perception. The risk of impaired driving associated with marijuana in combination with alcohol appears to be greater than that of either by itself.

(Source: *Center for Disease Control and Prevention*)

HAVE A TOWN HALL MEETING ON SAMHSA

Nearly eight million American youth drink alcohol, illegally and dangerously, and underage drinking costs communities billions of dollars a year. Because underage drinking affects the entire community—drinking and driving, injuries, suicide, sexual assault, high risk sex—we need to educate and motivate our communities to take action. SAMHSA is providing stipends for chapters to participate in the Communities Talk: Town Hall Meetings to Prevent Underage Drinking initiative. Funds are available to cover the costs of holding the meeting, such as site rental, printing, and advertising. This is an opportunity to involve parents and students, local officials, law enforcement, emergency personnel, the faith community and others in your efforts to prevent underage alcohol use. If you need assistance with planning your town hall meeting, please contact the state coordinator at hsoutherland@ncsadd.org or 919-807-4408. Find out all you need to know to host a town hall meeting with the [Quick Start Planning Guide](#).



BE A CHANGE MAKER

Ford Driving Skills for Life has teamed up with SADD to recognize SADD chapters for their efforts to promote highway safety. During the 2019-20 school year, any registered SADD chapter that completes an event around drugged, drunk, distracted or drowsy driving prevention will be eligible to enter their activity in the Change Maker Competitive Events Series. As part of the competition, award submissions will be based on Empower. Engage. Mobilize.

The application period begins September 1, 2019, and all projects must be completed and the applications entered in the SADD Portal by April 17, 2020. The top three chapters in each category (drugged, drunk, drowsy, distracted) will be selected to send two students and an advisor to the 2020 SADD National Conference with all expenses paid by Ford Driving Skills for Life. At the conference, the finalists will present their project and results to a review committee who will select a First, Second and Third Place winner in each category. Prizes will be: 1st Place \$1,000; 2nd Place \$500; and 3rd Place \$250. To find out about the project qualifications and what you need to do to get started, contact Elizabeth Vermette in the SADD National office at evermette@sadd.org.

NRSF IS OUR PARTNER



The National Road Safety Foundation (NRSF) has partnered with SADD to offer our chapters free traffic safety programs and the opportunity to win

funds for chapter activities. They are providing us with tool kits on distracted, drowsy and impaired driving, speed and aggression, occupant protection, driving skills, and other issues important for teens. There are contests throughout the year with cash prizes of \$1,500, \$750, and \$500. The prizes are for short PSA videos submitted on topics such as *Stay Awake! Stay Alive!*, *Pass on Passengers*, and *We're Walking Here*. NRSF has information available for you to download, or you may contact them for kits and materials. For more information and to download tool kits, visit <http://www.nrsf.org/>.

As an added bonus for us, the NRSF has informed us that they would love to attend the upcoming NC SADD Conference! We are looking forward to having them visit us in November.

Advisors, please encourage your students to get involved with the opportunities our partners are offering. All it takes is creativity and having fun. We want to take advantage of these excellent resources.

2019 STATE SADD CONFERENCE

This year's SADD conference will be one of our most exciting ever. We will be at the Great Wolf Lodge where, during their free time, students will get to have fun in the water park. Our banquet keynote speaker will be Trudi Lacey, athletic director at Johnson and Wells University in Charlotte. We will also have the ever positive and energetic Rick Birt, SADD CEO. The conference will feature workshops on highway safety, substance abuse prevention, leadership, teen pregnancy prevention, and other important issues. You will receive more information and the conference registration materials in late August.

Some schools have already started their conference fundraising. You can get great fundraising ideas from your students. Students can also seek sponsors from the community. Businesses that benefit from youth patronage are also great resources. If you need to know the registration fees before you receive the new registration packet, see the [2018 Conference Registration Form](#). The 2019 fees will be similar.

If you have students who can sing, play an instrument, dance, or do spoken word and would like to be a part of the conference, please inform the state coordinator at hsoutherland@ncsadd.org or 919-807-4408.

REMEMBER TO REGISTER YOUR CHAPTER

All chapters must register or reregister at the beginning of each school year. Each year's registration is only for the current school term. The only way we can know how many SADD chapters we have each year is if all chapters register. The advisor will register themselves and each member. The membership fee is \$5.00 per person. Your registration entitles you to SADD scholarships and other benefits not available to unregistered chapters. You will need to register on the [SADD Portal](#). If you have questions or you need help registering, contact the state coordinator at hsoutherland@ncsadd.org or 919-807-4408.



Have a wonderful school year!

SEE YOU AT THE LODGE!