



Chapter Activity Guide

December 2015



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Susie Lynch, Student of the Year

"Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give." ~ Eleanor Roosevelt

Community Service Project

Help the Needy this Christmas!

LP SADD has partnered with the Livingston Foster Adoptive Kinship Association for a service project. The project is to gather Christmas presents for boys and girls who are being fostered in Livingston Parish. If your chapter would like to participate in this project, **please contact Dylan at divy@lpsadd.org by Wednesday, December 2nd**. Students will be asked to collect items from a wish list.



Campaign

Tree of Life

Since the tree is a symbol of life, the Tree of Life activity focuses on the positive message of living a life free of the hazards and heartache of involvement with alcohol and other drugs. The activity can also be combined with a candlelight vigil to remember those who have died or have been injured in an alcohol-related crash and to remember others you wish to have a safe holiday season.

Ideally, a live tree, strung with white lights, would be used to signify life. A local florist or garden center may allow your SADD chapter to borrow one for this activity. If a live tree is not available, you could create a paper maché tree, a wall tree, or one of your own designs.

Choose a prominent place to display your tree, like the school foyer, library or cafeteria. A live tree outside on your school grounds would also work well. Many SADD chapters have done their Tree of Life and Candlelight Vigil in an outside area in their community, or a more public place like the local mall.

Be sure to display a large sign identifying yourself and your activity. To decorate your tree, you may choose to use the card shown here; there is space to include a message. You could also choose to use a candle or a star which may also be personalized. The gift of a lifetime activity may be used as a fundraiser by asked for a small donation for each card or item hung on the tree.

Do lots of publicity for your event. Invite the local media to visit the activity and to take pictures. Invite the mayor, school board members and other local officials to participate. Ask local elementary school students to make cards to bring to hang on the tree.

The Tree of Life and Candlelight Vigil are great ways to bring the issue of impaired driving to the forefront during one of the most dangerous times of the year. Remember: Every 33 minutes someone in this country dies in an alcohol-related crash. We must do everything possible to stop these senseless tragedies.

Activity

Gift of a Lifetime

Holidays are a time for giving and a time to tell the people close to us how much they mean to us. SADD encourages everyone to give the greatest gift of all - a commitment to being safe and drug-free during the holidays. With the SADD Gift of a Lifetime card, individuals can make promises to each other to celebrate safely and avoid tragedy during the holidays. Through the message of the Gift of a Lifetime card, teenagers promise to party substance-free during the winter and New Year's holidays. They also make a commitment to their friends and loved ones that they will not endanger their lives by riding with impaired drivers.



Parents and family members who are of legal drinking age promise not to drive while under the influence and not to ride with impaired drivers. Teens can give the gift to their friends at school or even parents at home.

SADD strongly suggests that your chapter create visible symbols of this commitment - pins decorated with gold braid or other holiday colored cord. Whoever gives the gift (card) also promises to wear the matching pin. In this way, each demonstrates a pledge to keep the season happy by using the power of caring and good judgment during holiday celebrations.

To make your own cards, feel free to photocopy the Gift of a Lifetime wording below. If you decide to design your own card, please do not change the message. The wording reflects SADD's commitment to a "no use" message to teens regarding alcohol and other drugs.

Dear _____,

This gift is a symbol of my respect for you and represents our promise to each other.

I will wear my pin to show my commitment to you that I will not endanger my life during this holiday season by drinking or doing drugs or by riding with anyone who is under the influence of alcohol or drugs.

Please wear yours as a promise that you will not endanger your life during this holiday season by drinking or doing drugs or by riding with anyone who is under the influence of alcohol or drugs.

Let's keep our promise alive...

SADD - Working to end death and injury due to impaired driving, underage drinking or drug use.

Event

Breakfast with Santa

Your club could host a breakfast with Santa! This fun event, recommended for kids between the ages of 3 and 12, gives teens the opportunity to deliver prevention messages to a much younger crowd. The event is also a fundraiser for the chapter, charging parents \$20 per child and a \$5 discount for siblings. The event consists of breakfast, arts and crafts, pictures with Santa, and Christmas games. The games and crafts have a prevention message or purpose.



Tips:

- Host the event at your school (cafeteria is usually best)
- Have parents register early so you can prepare
- Advertise through SADD club members, and get the word out to faculty members
- The ideal time of the event is from 8am-2pm
- Provide breakfast, but have children bring a bag lunch
- Get a Santa costume donated to avoid the expense
- Take pictures with Santa and send home (or mail home)
- Focus games/arts and crafts on holiday safety
- Topics to include in activities: bullying, self-awareness/esteem, refusal skills, alcohol and drug prevention (Just Say No!)

For more information about hosting a breakfast with Santa, contact Shannon Donze (DSHS JADD Sponsor) at Shannon.Donze@lpsb.org.

National Campaign

International Volunteer Day

December 5

The United Nations General Assembly designated December 5th as an annual celebration of voluntary action by people, communities, and governments of the world.

SADD chapters can do all sorts of volunteer activities around this time of year.

Here are just a few ideas:

- * Work with LP SADD to collect items for an adopted family.
- * Raise money or toys for a Toys for Tots campaign to give to a local charity.
 - Jason Ard's Christmas Crusade

<http://www.lpsb.org/community/Sheriff-Jason-Ards-Christmas-Crusade-1>

- * Volunteer at the Council on Aging to wrap Christmas presents for the elderly.
- * Work at a local food bank sorting and packing food.
- * Raise money or food to give to your local food bank.
- * Send a holiday card or letter to someone in the military.
 - o <http://www.amillionthanks.org>
 - o <http://www.anysoldier.com>
 - o <http://www.lettertosoldiers.org>
- * Visit a nursing home.

Activity

Greetings to the Military

During the holidays, we can't forget about the men and women who fight for our freedom. Your SADD chapter could write Christmas cards to those who are stationed overseas. Some members might even want to put together care packages, or gifts to send to the service members.

Below is a list of organizations you can visit online to get more information.

- United States Postal Service – instructions for how to ship to military bases
- Adopt a Platoon – support the troops through gifts and sponsored mail
- A Million Thanks – collects emails and letters of appreciation for the armed forces
- Any Solider – sponsor care packages to service members
- Army and Air Force Exchange Services – purchase gift certificates for active and hospitalized service members
- Cell Phones for Soldiers – donate your old cell phones, which pay for calling cards for our troops.
- Commissary Gift Certificates – give the gift of groceries, buy or donate gift certificates
- Letters to Soldiers (see websites above)
- Operation Gratitude – contribute to care packages sent to service members
- Operation Homefront Hugs – contribute to care packages, or adopt a service member
- Operation Troop Aid – provide care packages to deployed U.S. service members
- Operation USO Care Package – sponsor a care package for \$25
- Red Cross – Holiday Mail for Heroes

