

SADD Winter

INSIDE THIS ISSUE:

Prevention Summit	2
Easter Regionals	2
TATU	3
YAB members	3
Contact Info	4
State Conference	4

Upcoming NSSP Conference

By: Teleena Robinson

The upcoming NSSP (National Student Safety Program) conference will be held in Bronson, Missouri from June 17th to the 19th. The theme is "Survivor." The breakup groups will include air, fire, water and thunder.

One of the activities that will be happening is a canned food drive. Each participant is asked to bring two cans of food to the conference. At the end, the food will be donated to an organization.

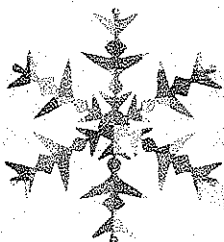
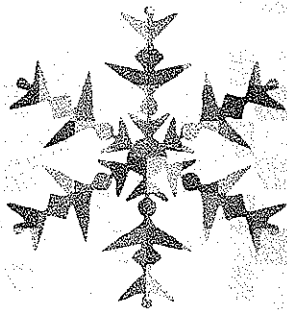
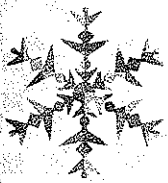
Next year the NSSP conference will be held in Spokane, probably at Gonzaga University. We hope to have a lot of Washington SADD club students attend this conference and be on the host committee.

Happy Tips from AAA Insurance

Safe driving is a full-time responsibility. Here are some tips on how to safely navigate your vehicle during winter:

- Slow down! Posted speed limits are for clear, dry, daytime conditions. When the weather turns bad, reduce your speed and increase following and stopping distances.
- To compensate for the weather, allow extra time to get where you are going.
- Turn on your headlights and remember to use low beams in fog or snow.
- Drive defensively! Use seat belts and don't allow distractions of any kind to affect your concentration.

Remember that a single traffic ticket or an at-fault accident can have significant financial consequences for you and your parents. Your insurance premium can go up between 15% and 100%, depending on the carrier. Your local AAA insurance agent can help you find the best auto insurance coverage for your vehicle. For the address of the AAA office nearest you, visit us online at www.AAA.com.



2007 Prevention Summit

By: Alana Koser

The Washington State Prevention Summit is an annual conference, sponsored by DASA and coordinated by CASAT, which teens as well as adults may attend. The conference is designed to promote awareness as well as the skills and motivation required to advance prevention in individual communities.

The Prevention Summit was unlike any of the conventions I've been to in the past. While the summit, like other conferences, had general assemblies and many smaller workshops to choose from, the overall focus was unique. Usually conferences focus on merely discouraging destructive behavior, but the Prevention Summit focused on the reasons why certain people tend to make destructive decisions and how we can target these causes. Some of the guest speakers also stressed that we should not judge our peers or look down on them even if we don't agree with the choices they make because we don't know what external factors may have influenced their decisions. Also, our peers will not likely accept help from someone they feel holds them in contempt. I thought this approach was extremely effective, because it provided students and adults a new perspective on how to make a difference in the community.

Another aspect of Prevention Summit that I especially liked was that it brought together teens and adults from several different clubs and organizations. Each club was allowed to set up a booth and share ideas, projects, posters and helpful information with each other. This sort of collaboration is conducive to the success of our programs, and I don't believe we see enough of it.

Overall, I felt the Prevention Summit was powerful and informational. The workshops were interactive and effectively conveyed their intended messages, and individual clubs were given the resources to pull together their own prevention activities.

Eastern Regional Conference

By: Rebecca Ashburn

This year's Eastern regional conference was held on November 10th at North Central High School in Spokane. It was dramatically different from any conference that had taken place before. They had all new keynote speakers, a couple new workshops, and personal testimonies from local citizens that were completely new to the conference. Of course, there were the same old ice breakers and introductions, but there were surprising new topics discussed, such as problem gambling, organ donation, and dealing with emotions.

Another session that had a more broad topic, but nonetheless effective, was put on by Washington's own Cara Filler. Her presentation was on how the choices we make can affect our entire lives. Even though her personal testimony didn't involve drugs or alcohol, she hit home with her humor, her real-life experience, and her ability to connect with youth. Kara will be a speaker at the state conference this year.

Towards the end of the conference, students were presented with personal testimonies. Ken Ziegler told about how his son died from using prescription drugs just ONCE. Shelly Mitchell explained that she's in a wheelchair because she was quite literally lit afire by a drug dealer, years after she quit using. Their words indicated how it can happen to anyone and that your choices will follow you throughout your life.

The Eastern Regional Conference left students feeling excited to go out in their community and high school to make a difference.

"It's a simple choice, just use your voice"

Teens Against Tobacco Use

By: Emily Larsen

Teens Against Tobacco Use (TATU) has begun to rise as one of the popular teen tobacco educating methods. It's a combination of interactive activities, demonstrations and visuals. TATU presents the facts, myths, and dangers of tobacco, while still keeping the students' attention and focus. The program really works to educate teens on the reality of tobacco and increase the potential for prevention according to a small poll given to the last few presentations I have given.

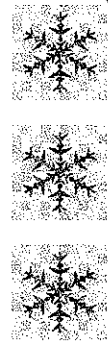
Prevention is one of the programs biggest focuses. Many of the presentations take place in health classes, both Jr. high and high school, where prevention is already being taught. Prevention should be taught to students of all ages. I have found, however, that this program works better the younger the students

are. TATU is still appropriate for high school students, but is not as effective. Prevention has a higher success rate at younger ages, one reason being that the younger students are less likely they to have already started. If you can reach a student at a younger age, you have more of an opportunity to get them before they start and it help them to make the decision now that they are not going to start.

TATU covers many other areas of tobacco education as well. It works with distinguishing between the myths and the fact of tobacco so students don't get caught in the web of lies. Students also get to see the effects of tobacco first hand. In one of the activities, they are able to experience what its like to have emphysema. One of the students' favorite portions of the presentation is

the advertisement activities. These activities show them how tight of a grip advertisement has on them and how careful they need to be so that they are not sucked in by the tricks. They are also able to see that the tobacco industry truly advertises to teens, not adults.

Teen Against Tobacco Use is a great program. I for one am grateful to be a part of it. In fact, I will have the honor of completing my 15th TATU presentation in the next couple of weeks. Tobacco is an ever increasing industry and a deadly one too. The industry has to recruit 5,000 new smokers EVERY DAY to replace the ones who die or quit. More programs like TATU are needed to keep young kids, teens, and adults from getting hooked. Don't let tobacco hook you or your friends.



"The industry has to recruit 5,000 new smokers EVERY DAY to replace the ones who die or quit."



FEATURED YAB MEMBERS

Chaz Hipple

I go to Cle Elum Roslyn High School and am now a senior. Some of my interests in life are sports like wrestling, baseball, snowboarding, and lots of outdoor activities. I love working with kids/peers and helping in any way I can. I've helped my school put on the Mock Car Crash which had a pretty big impact on my peers. I'm always trying to be a good role-model for friends and family.

Teleena Robinson

I am a senior at Shelton High School and the president of our SADD club. I am also an ordinance officer in my local NJROTC unit, youth chair for McDAP (Mason County Drug Alcohol and Prevention) and the Northwest representative for NSSP. I have attended two national SADD conferences, two NSSP conferences, three state SADD conferences and four regional SADD conferences. I encourage all of you to go to the state SADD conference as well as a national conference.

Kortnee' Miller

I'm a Senior at Raymond High School. I have two sisters and one brother. My hobbies include cheerleading, shopping, hanging out, and watching Hannah Montana. I have been in SADD club for two years. This is my first and last year on the Youth Advisory Board. Hope to see you at the 2008 state conference!



Both Mr. Apple and Sam would love to answer any questions you have, so feel free to contact them.

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The 2008 State Conference

By: Sam Metcalf

The state conference is coming up! I hope you all are as excited as I am. It will be taking place on April 11th-13th at Camp Berachah. As some may know it is the same location as the 2006 State SADD Conference, but it will be completely different.

The theme of the conference will be "It's a jungle out there, make the right decision." It's an obvious jungle theme with tigers, monkeys, vines and much more.

Besides decoration changes, there will be almost entirely new speakers. One speaker will be Kara Filler. She spoke at both the Eastern and Western Regional Conferences. Kara has many topics she can speak on, so don't for one second think she will tell the same story numerous times. Another speaker is Sergeant Mike Buckingham. I met him at a Teen Driving Symposium and he is very passionate speaker. There are others in which have never been featured at the state conference, but there are still some who will be returning. Kay Dalton will be bringing back her energy and of course leading us all in ice breakers. The National Guard will return as a crowd favorite as well as being very informative.

Another point we are trying to stress is student empowerment. This is the whole concept behind SADD, therefore we are hoping to get a great deal of student-led workshops. The workshops can be about anything SADD related. Maybe your SADD chapter does a project that really affects the students or a fundraiser that worked well. You would be surprised what ideas your SADD chapter has that others may not. We have decided to make a deal for SADD chapters who are going to put on a student-led workshop: one student gets free registration when their chapter puts on a student-led conference. That is a \$94 value! The student-led workshop registration form will be due on March 7th.

We hope that all chapters send an estimated number of attendees and their shirt sizes also by March 7th. This will help us decide how many shirts to buy for the conference. Sorry if it is inconvenient to send this before hand, but this is one of the changes we think will help the conference run more smoothly.

Don't think that we forgot recreational activities. Camp Berachah has loads of fun things for students to go: go-karts, indoor pool, rock-climbing wall, basketball courts, ping-pong and much more. There will also be a talent show, dance, movie, ice cream social and much more put on by the conference.

The Youth Advisory Board has been working hard planning this conference making it the best it can be. We are hoping that we have a balance between education, entertainment and making friends.