

2019

SADD Alberta

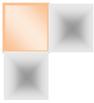
# Chapter Resource Manual

*Inspiring change, one person at a time.*

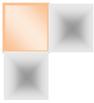


## Table of Contents

Section 1: About SADD Alberta.....	6
Part 1: History .....	6
Part 2: Mission Statement .....	6
Part 3: Philosophy .....	6
Part 4: Goal.....	6
Part 5: Attributes of Success .....	6
Section 2: How To Start A SADD Chapter .....	7
Step 1: Form A Core Group.....	7
Step 2: Recruit An Advisor .....	7
Step 3: Recruit Members .....	7
Step 4: Elect A Chapter Executive .....	8
Step 5: Register Your SADD Chapter .....	8
Step 6: Start Your Planning .....	8
Section 3: Support .....	9
Part 1: Community .....	9
Part 2: Provincial.....	9
Part 3: Marketing your Chapter/Events.....	9
Messages .....	10
Posters and Presentations .....	10
Section 4: Chapter Structure .....	11
Part 1: Advisors .....	11
Part 2: Students.....	11
Part 3: Provincial Organization.....	13
Section 5: Conferences .....	14
Part 1: Provincial.....	14
Part 2: National.....	14
Part 3: Regional.....	14
Section 6: Team SADD.....	15
Part 1: About Team SADD .....	15
Part 2: Process .....	15
Section 7: Events/Campaigns .....	16
Part 1: Campaigns .....	16
Contract for Life.....	16



SADD Ribbon Campaign .....	16
Liquor Bag Campaign.....	17
Part 2: Events .....	17
Check Stops & Ribbon Cards .....	18
Graduation Calling Card.....	18
Candle Light Vigil .....	18
Police Ride-A-Long.....	18
Parade Participant .....	18
SADD Strike.....	18
Mock Crash.....	19
Wrecked Car Display .....	19
Whiteout Day .....	19
Body Outlines.....	20
BYOB.....	20
SADD Dinner.....	20
Lollipop Day .....	20
Karaoke Contest .....	21
School /Community Murals .....	21
Open House.....	21
Friends Are Forever Chain.....	21
Coffin/Body Bag Display .....	21
Jive contest.....	21
Hershey Kisses.....	21
Limbo contest .....	22
Spring Break Blitz .....	22
Annual Tournaments .....	22
BINGO Night.....	22
Casino Night .....	22
Dance Lessons .....	22
Battle of the Bands .....	22
Halloween Fun .....	22
Skeleton Display.....	23
Birthday Message .....	23
Trash Can Decorations.....	23
Billboard Campaign.....	23
Part 3: Fundraising .....	23
Wake-A-Thon .....	24



SADD 'Sound off, Send off' Grad Week .....	24
Mocktails .....	25
Wreck-A-Car .....	25
SADD BBQ .....	26
Coin Harvest .....	26
Bottle Drive .....	26
Corporate Sponsorship .....	26
Bingos .....	26
Christmas Coat Check.....	26
Operation Red Nose .....	26
Sponsorship Opportunities .....	27
Section 8: Speakers .....	28
Section 9: Resources .....	29
Part 1: SADD Alberta Website .....	29
Part 2: Useful Links.....	29
Part 3: Mocktail Recipes .....	29
Bikini Breezer.....	29
Cardinal Punch.....	29
Creamsicle .....	29
Fruit Juice Cooler.....	29
Lovesicle.....	29
Martian Meltdown.....	29
Part 4: Poems.....	30
DEATH OF AN INNOCENT .....	30
Author Unknown .....	30
MOONLIGHT RIDE .....	30
Author Unknown .....	30
Section 9: Contact Information.....	33



Dear SADD Supporter,

On behalf of SADD Alberta, we would like to thank you for interest in striving toward change in your community. This applies to the attitudes toward drinking and driving, as well as the growing concern of drug impaired driving, and the subsequent tragic results.

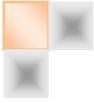
We are happy to provide you with this SADD Alberta Chapter Resource Manual, as a tool to aid to resources to assist in the success of your SADD Chapter, resources for activities and events and speaker information that will give you a starting point for your activities and events.

SADD Alberta is committed to ensuring that all schools have access to information and resources that will be beneficial to their students and SADD Chapters, and will contribute to successful messaging.

Should you require additional information, contact information is supplied in the package and you can also find additional resources on our website at [www.saddalberta.com](http://www.saddalberta.com)

SADD Alberta would like to extend our sincerest thanks to you for the support you have given to the organization.

**Friends Don't Let Friends Drink & Drive**



# Section 1: About SADD Alberta

## Part 1: History

SADD Alberta is a registered, non-profit, organization that had its beginnings in 1990.

## Part 2: Mission Statement

To inspire and motivate young people to stand up and eliminate the number one cause of death and injury among youth ... drinking and driving!

## Part 3: Philosophy



SADD Alberta is built upon the core philosophy of youth empowering youth. This philosophy is achieved through the dedication of our supporters, conferences, and every individual involved in SADD. Alberta's youth build working relations provincially, regionally, and municipally, with unity in mind, so they can stand together in the fight against impaired driving.

## Part 4: Goal

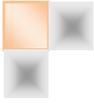
At SADD Alberta, our goal is to unite the youth of our province in the stand against impaired driving. Impaired driving is still predominant in today's society, so by uniting the province's future, its youth, we wish to eliminate the number one criminal cause of death. SADD Alberta strives to do this through inspiring and motivating the youth of the province, and by assisting them in reaching their individual Chapter goals.

It is also a provincial goal of the organization to have at least one Chapter per community in our province. With these Chapters, we hope to eliminate impaired driving amongst our youth, communities, and provinces.

## Part 5: Attributes of Success

The success of SADD Alberta may be attributed to many factors. Overall success may be broken down into the individual successes of each Chapter. SADD Alberta would not be able to be as successful as they are without the generous support of various donors.

There are also various individuals who contribute immensely to SADD Alberta, and therefore contribute to the overall success of the organization.



## Section 2: How To Start A SADD Chapter

There are no hard and fast rules for [starting and maintaining a SADD Chapter](#). Part of the beauty of SADD is that it is unique to every school and community. Each will present its own challenges and rewards.

We know that you are a true visionary. You have taken a stand and are taking the lead in dealing with a huge social issue that knows no age, but yet is still the #1 killer among young people in Canada. We know that you believe in what you are doing and care a great deal about the project you are undertaking. We know that you have chosen to participate in your SADD Chapter for all the right reasons and now you need to put in a genuine effort.

SADD Alberta congratulates you and will be here every step of the way to support and assist you.

Please give us a call or drop us a line. We love hearing about how things are going with your Chapter (both positive and negative) and we love being able to assist you with your SADD Chapter. We can give you many ideas on how to maintain an effective SADD Chapter. The time for ACTION is NOW!

### Step 1: Form A Core Group

Many Chapters start with only a handful of members. This core group will get the Chapter going. Don't be discouraged if your core group is small. All great things start small. These dedicated students will carry your group toward success and you will see the Chapter grow.



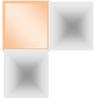
### Step 2: Recruit An Advisor

Your SADD Advisor should be an adult over the age of 21. Teachers, administrators, police officers and parents (just to name a few) will all make great SADD Advisors.

Try to keep in mind that having an Advisor that is also a teacher or administrator at your school is a great asset. Your SADD Chapter will benefit from having that contact when it comes time for approval for events, conference attendance, etc. They know the requirements, policies, etc. and will do their very best to support your Chapter. You can also have more than one adult Advisor if it works for your group.

### Step 3: Recruit Members

[Recruit](#) using personal contact. Advertise your meetings with posters, in the school newsletters, on the school website and on the school intercom system.



Make sure you let it be known that SADD is for EVERYONE! You do not have to be a straight A student, a star athlete or particularly articulate. You just have to believe in the cause - that FRIENDS DON'T LET FRIENDS DRINK & DRIVE!

Try to set your meetings for the entire semester right away. Make them consistent. (i.e. every Tuesday at lunch in Room 335). This way students and teachers interested in being involved can work SADD into their schedule and attend meetings on a regular basis.

## Step 4: Elect A Chapter Executive

To function smoothly you need to decide how your SADD Chapter will run. Some SADD Chapters like to elect an Executive team (See Executive duties for more info) and others have 2 Co-Chairs and set up a Board of Directors.

Talk to the people involved in setting up your SADD Chapter and come to a consensus on what is best for your group. Work on the strengths of those you have within your Chapter and be creative and flexible.

## Step 5: Register Your SADD Chapter

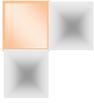
SADD Alberta asks that you [register your Chapter](#) through our website so we can recognize your group. You will receive resources such as newsletters, conference information, posters and various novelty items throughout the year.

## Step 6: Start Your Planning

Once these things are done it is time to start planning events. It is usually useful to plan for the entire semester or year.

Make a calendar and keep in mind when other school and community events are taking place so your functions don't conflict. Buddy up and have your events complement each other whenever possible. Don't compete with other groups within the school but rather work in conjunction with them to add to the success of the event. The possibilities are endless.





## Section 3: Support

### Part 1: Community

To be successful at reaching group goals, Chapters should attain, and maintain, the support of their communities. If a Chapter has a strong bond with their community, they will be received well, and have better turnouts at the events in which they host.

SADD Alberta encourages all Chapters to go out into their communities to establish a relationship with the people of their community. A relationship may be established through various ways. Chapters may invite community members to any events they are hosting, or print stories on their Chapter in the local paper.

Chapters may also work alongside other groups to help establish a rapport with other groups. In the past, some SADD Chapters have worked with such organizations as Santa's Anonymous, Operation Red Nose, or even the local food banks. It would also be beneficial to Chapters to establish a relationship with local politicians, and the local police force.

Remember the Mission Statement. Support will come in all varieties so embrace those who wish to help with your Chapter's success and don't be discouraged if not everyone you approach is willing to help.

### Part 2: Provincial

Part of what makes our Chapters successful is the support received from across the province. Chapters are able to keep in contact and share information through the use of our website, as well as networking opportunities such as our conferences.

Members of the provincial organization are also available for support to the individual Chapters, and have in the past traveled to different events held by these Chapters.

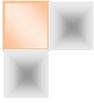


### Part 3: Marketing your Chapter/Events

The way in which you market your Chapter will play a huge part in marketing success. As a group, you want to leave a lasting impression on your audience.

Media and marketing has a huge impact on society, so it is best to use it as for your groups benefit. When carrying out your marketing, it is very important to always keep your audience in mind. Here are a few tips to remember when marketing an event, or your Chapter:

- Establish a visual identity. Many Corporate identities have logos you can think of with immediate visual identity (Google, Facebook, TSN, Telus, McDonald's, etc.).
  - Telus mobility is a good example of it. Through the use of vivid colours, and different animal representations, Telus has become known for their advertising. Telus has a



- very broad audience, and all are reached through their highly recognizable marketing campaigns.
- Use ideas such as these to make your marketing campaigns a success.
  - Remember, go within the confines of your group, and don't aim too low.
- Utilize variation and message repetition. Simply put, establish a message, and deliver it in different ways. This can be done through announcements, posters, radio spots, or an ad or article in the newspaper. Just remember, keep the message the same. The more times people hear or see it, the more apt they are to remember.
  - Use the appropriate media outlets for what you are marketing. Different media outlets include, but are not limited to; radio, television, newspaper, video presentations, and posters. If used properly, these can all benefit your group and/or event.
  - Keep your goals in mind when conducting your marketing. If you are marketing an event, use the group goals in your marketing plan. Let your audience know what the goal is, and they may be more willing to assist. If they don't, they will at least know what you are aiming for.

## Messages

Use variation and message repetition in your Chapter's communications. Simply put, establish a message and deliver it in different ways. This can be done through announcements, posters, radio spots, an advertisement or article in a local newspaper.

Remember to keep the message the same. The more times people hear or see it, the more apt they are to remember whose message it is.

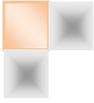
Use the appropriate media outlets for what you are marketing. Some examples of media outlets include radio, television, newspaper, video presentations and posters. If used properly, these can all be of benefit to your group and/or event.

Keep your goals in mind when conducting your marketing. If you are marketing an event, follow the groups' goals in your marketing plan. If you let your audience know what your goal is, they may be more willing to assist as they understand your vision. If they don't see the point in what you are trying to achieve, they don't know what you are aiming for.

## Posters and Presentations

When making up posters, or doing a presentation, here are a few tips that may help your group:

- **RED** is the best color to use for maximum recall of written items.
- Don't use **BLUE** for items you want people to concentrate on. Blue cuts down on a participant's attention, and should be used for items you want to play down.
- Use **YELLOW** to attract attention. Yellow objects are usually perceived first.
- Use **GREEN** markers on flipcharts when you are in a room with poor lighting. Green produces the maximum luminosity for the amount of energy used.
- The best combination for reading is **BLACK** type on Canary Yellow paper.



## Section 4: Chapter Structure

### Part 1: Advisors

Each Chapter must have at least one adult advisor, who acts as a meeting facilitator, or a general go to person if the Chapter members have inquiries.

Since SADD Alberta is a student-based organization, we believe the students should have the greatest roles. Although the students make up the Chapters, success may not be achievable without the assistance of their adult advisor. This means that the advisors are also an integral part of the success of each Chapter.

Advisors act as facilitators, mentors, as well as leaders. They are in place to guide the Chapters and to act as an additional resource of information. The advisor will keep the group focused and make sure they don't sway far from their goals. The advisor must be someone who the students like, and respect, as this will form a good working relation amongst the group.



The advisor must also be dedicated to the organization, the cause and to the students. The students must also be able to see, and appreciate the commitment from their advisors as they are often the ones who set the example. Advisors also have a huge impact on the success of recruitment and retention of their SADD members, and they act as liaisons between community members and the members of the individual group.

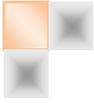
### Part 2: Students

Without students, SADD Chapters would not be possible. These students, mainly high school, are from across the province, and are what makes up the base of the organization.

There are many different roles for the students to be a part of in their Chapters. Most Chapters form an Executive consisting of the following positions: President, Vice-President, Activities Coordinator, Treasurer, Secretary, and grade Representatives. Some schools may choose to have these positions, or ones that slightly vary. Other Chapters have chosen not to form an executive, so that all members are viewed as equals in their group.

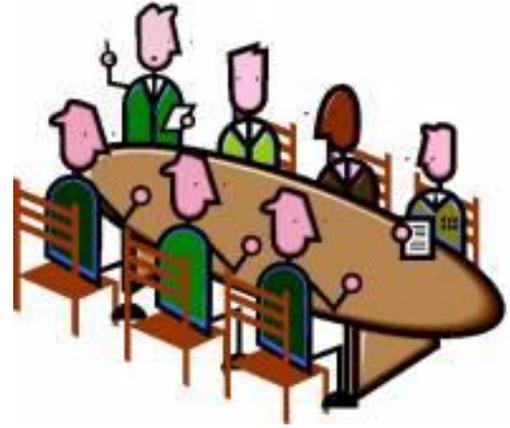
As long as every member has a role within the group, the Chapter will run successfully and in an organized manner.

Being on the Chapters Executive does not make person elite. This point should be stressed. The Executive positions are typically voted on, in election/campaign style but it is up to the Chapter to decide how their Executive is chosen. Some may chose to have their Executive volunteer for a role they feel they will be successful in.



In conjunction with the Executive positions, are the members of the SADD group. These members are extremely important to the functioning and success of each SADD Chapter.

The following gives a breakdown in descriptions for each of the Executive positions.



### **President:**

- The Presidents key responsibility is to ensure the group is running as effectively and efficiently as possible.
- He or she also acts as the go-between for the group and the groups Staff Advisor.
- The President is also responsible for acting as the head at any meetings the SADD Chapter hosts, and is also responsible for making sure the Executive carries out their outlined duties.
- The President may also act as a spokesperson for their SADD Chapter.
- He or she is also non-voting member, unless a vote is needed to break a tie.

### **Vice-President:**

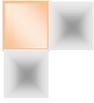
- The Vice-President may be assigned duties such as overseeing the production of the group.
- He or she also coordinates with the President to assign duties to the varying members of the group.
- The Vice-President is also responsible for recruiting members to their Chapter, as well as marketing their Chapter.
- In the event that the President is not available at an event, or to run a meeting, the Vice-President will step into that position for the time being.

### **Activities Coordinator:**

- The Activities Coordinator is responsible for planning activities, as well as coming up with these events.
- This does not mean that the Coordinator should be doing everything.
- He or she should take input from all members of the group, as well as seeking out assistance in the coordination of events.
- The AC should be a very motivated person, with the ability to motivate others to help out with the activities.
- He or she shall also seek out ways to reach a broad audience, and get support from as many people as possible.

### **Treasurer:**

- The Treasurer is responsible for all funds coming and going in the Chapter.
- This person should coordinate with either the Staff Advisor, or the schools Business Office to hold an account of all funds.
- The Treasurer may also be required to produce reports showing all transactions made by the group.
- He or she is also responsible for paying any outstanding bills for the SADD Chapter.



### **Grade Representatives:**

- The grade Representatives are responsible for communicating with their grade level.
- They are also responsible for coordinating events, and holding recruitment activities for their grade

### **Secretary:**

- The Secretaries main responsibility is to take minutes at each of the meetings.
- They may also keep a log of all minutes accumulated over the course of the school year.
- The Secretary also keeps a log of all the happenings of the SADD Chapter throughout the year.

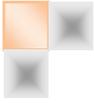


## **Part 3: Provincial Organization**

The Provincial organization of SADD is also structured with various positions.

SADD Alberta has a board of directors, as well as a team of volunteers who help in all aspects of the organization. Each person has a specific task or role that he or she looks after.

For a complete list of these positions, please visit us on the web!



## Section 5: Conferences

### Part 1: Provincial

In the fall of every year, SADD Alberta hosts the Provincial Students Against Drinking & Driving Leadership Conference. This conference is held in either Calgary or Edmonton and is open to all active SADD Chapters in Alberta, or students and advisors who wish to attend to learn more about our organization. SADD Alberta also welcomes delegates from the North West Territories and adjacent provinces SADD Chapters should they wish to join us.

The conference typically takes place from a Friday evening to Sunday morning. For information on upcoming and previous conferences, visit the conference link on our website!

Delegates who attend the conference will attend speaker sessions by numerous leadership and anti-impaired driving speakers. Delegates will enhance their skills, and learn new skills, that will help them not only within their SADD Chapters but also in their day-to-day life. These delegates are given a tremendous experience, one that may change their lives and views.

New contacts, friends, and relationships are all made at the conference. SADD Alberta encourages all eligible persons to attend the conference. Once you have attended one conference, you will want to keep returning year after year as you will see the value that it brings.

### Part 2: National

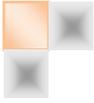
The Canadian Youth Against Impaired Driving (CYAID) National Conference takes place each spring.

Hosted by various provincial organizations similar to SADD Alberta, the location varies from year to year. The unique experience of this conference allows Alberta SADD Chapters and students to network with others from across the country. For details of this conference, visit the CYAID link on our website.

SADD Alberta is proud to have hosted the National Conference on numerous occasions.

### Part 3: Regional

In 2016, SADD Alberta also piloted holding 1-day regional conferences. We continue to host these sessions throughout the province, relying on the support of the schools and their administration in the region to support the day by having students attend. Cost is minimal and the students take away a full day of incredible learning after hearing from speakers and sharing with their peers from other schools in the region.



## Section 6: Team SADD

### Part 1: About Team SADD



Each year, in conjunction with the Provincial Conference, we encourage our SADD Chapters to have a member of their group apply for 'Team SADD'.

What is Team SADD you ask? Team SADD is a group of Alberta students who act as ambassadors and hosts at our Provincial Conference. They are responsible for ensuring that each delegate has the best experience possible, assist with planning and executing skits to be performed at the conference, introduce conference speakers and assist with all aspects of the conference as needed. We also then look to this team for assistance with as possible media liaisons and student representatives for SADD Alberta.

On occasion, there is also opportunity for the students to be a member of Team SADD for more than one year, as long as they are still in high school and a member of their SADD Chapter.

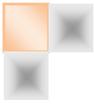
We have also had the opportunity to have some of the alumni members of Team SADD become involved with the provincial organization. This may be in a role where they are representing SADD Alberta at a school or community event, doing a speaking presentation at a school, volunteering as a Team SADD coach, etc.

### Part 2: Process

In order to become a Team SADD member, students must apply for the position.

Notifications will go to all SADD Chapters when applications are being accepted. Team SADD applications are then reviewed, a SADD Alberta representative will speak with the applicants that have been chosen and their work would begin prior to the conference.

Along with contacting SADD Chapters with Team SADD information, the details will also be on our website with all of the information required.



## Section 7: Events/Campaigns

### Part 1: Campaigns

#### ***Contract for Life***

The Contract for Life is an agreement between two parties to not drink and drive, or ride with someone who has been drinking. These 'contracts' are available for download from our website.

An important part of making this contract with another person is that you have a discussion about driving while under the influence of drugs or alcohol and also that you have strategies in place to not ride as a passenger with someone who is impaired. The Contract For Life allows both parties to have someone they can call on, no matter what the circumstances. Having this contract contact will ensure that nobody feels helpless or forced to be in a situation that they cannot remove themselves from but rather, they will feel that they have a solution to get home safely no matter what.

The Contract For Life has been used for decades and continues to be a powerful resource for students, parents, siblings and friends in that it creates a conversation as to what can be done as a safe alternative.

#### ***SADD Ribbon Campaign***

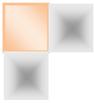
We encourage everyone to tie a SADD ribbon to their vehicle antenna to show that they stand up against impaired driving. This event is designed to create awareness by having motorists tie a ribbon on their vehicle antenna to show that they will not drink and drive. Remember that having a good time is what everyone wants. Just make sure you are having a good time responsibly and not putting others at risk.



SADD Chapters are encouraged to 'blanket' their school and community with SADD ribbons. Some great ideas that we have seen include:

- Participating at Check Stops with local law enforcement (RCMP and City Police) and handing out ribbons with a card thanking compliant drivers for not drinking and driving.
- Handing out ribbons and cards at gas stations while people are filling their vehicle.
- Handing out ribbons and cards from your float in a community Santa Claus Parade or similar.
- Setting up a display in local shopping centres or large grocery stores.
- Putting ribbons and cards in school staff mailboxes.
- Putting ribbons and cards under vehicle windshield wipers in parking lots. (Be sure to get permission from the affected businesses before proceeding).

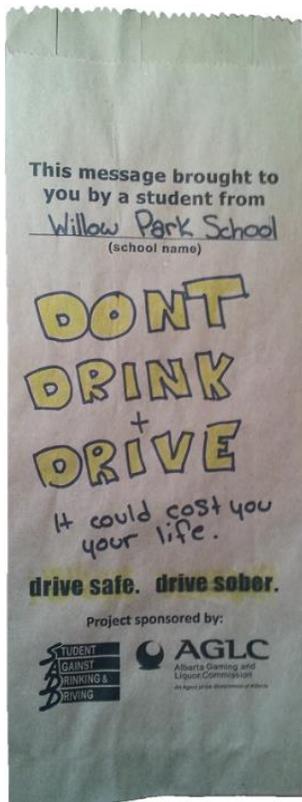
An important note for this event is that YOU DO NOT tie the ribbons on the vehicle antennas unless the driver is present and has requested you to do so. We hope that the drivers that you encounter are supportive of the ribbon campaign and that they themselves are someone who wants to put an end to impaired driving.



## Liquor Bag Campaign

SADD Alberta, along with the Alberta Gaming and Liquor Commission (AGLC) is very pleased to run an annual liquor bag campaign. Since its beginning, this campaign has grown to be so successful, that we are now pre-printing the liquor bags and distributing them to you by contacting SADD Alberta.

Full details for this campaign are on our website and additional information will go to all Alberta schools early in the school year.



This campaign sees students of any age, collect a paper liquor bag, or bags, from their school coordinator and decorate the bag with their personal message about impaired driving. Students will often add their artwork and messages to multiple bags. The artwork and messages by Alberta's youth have huge impact on the liquor store customers as, when they make the purchase of alcohol at the store, their purchase is placed into this paper bag with a message from an Alberta student.

The messages that the youth add to the bags are very diverse. The message is, if you are driving, do not drink. The message is not meant to bring judgment on those who are purchasing the alcohol or those who consume alcohol responsibly.

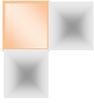
Students, elementary school especially, love to participate in this event with high school 'buddies'. With the support of your school and SADD Advisor, you can have your SADD Chapter contact the local elementary schools to see if you can set up a date and time when the students might work on decorating their bags together. Often, the elementary school will have the SADD students do a brief presentation on what SADD, and the campaign, is about before they begin their artwork. Sometimes the SADD Chapter will just drop the paper liquor bags off with the elementary school so they can complete the decorating within their schedule. Remember to give

your partner schools enough time to plan their art time, and get the bags back to you, before the holiday season begins.

Unfortunately, there are occasions when youth are passengers with adults who have been drinking. It is a difficult situation, a difficult conversation but more so – a situation were often a young person is unable to speak up when they feel they are in danger riding with someone who has been drinking.

## Part 2: Events

There are many different events that a Chapter may hold. These events are held for reasons such as fundraising, awareness, and publicity. This part will cover awareness and publicity campaigns. The part following this one will cover fundraising activities.



### **Check Stops & Ribbon Cards**

In partnership with the RCMP or City Police in your community do Check Stops. During the Check Stops give Ribbon Cards that thank the drivers for not drinking and driving. This makes some people think twice about getting behind the wheel of a vehicle while impaired.

### **Graduation Calling Card**

Have cards printed with a message such as "After Graduation, Arrive Alive, Don't Drink and Drive". Distribute the cards to a local formal wear rental shops (tuxedos and dresses, etc.) as well as to local florists to hand out. Many businesses will be happy to support sharing your message.

### **Candle Light Vigil**



The Candle Light Vigil is probably the hardest, and one of the most worthwhile, events you can hold. Gathering of people to light a candle for those that have been victims of drinking and driving crashes is both an emotional and powerful event.

Suggestions for locations to hold this event would be at your local city or town hall, or at a local park. Always ensure you have requested permission and/or advised them of your event.

You may wish to include the reading of a poem like 'Death Of An Innocent', someone singing a tribute song and of course the lighting of candles in memory of victims along with a moment of silence.

This touching event makes you realize that drinking and driving effects everyone, both young and old, whether or not they have a personal story to tell. You may wish to personalize this event in other ways as well. One recommendation is to be sure that you have been considerate of your audience as you may not always know if someone is present who has a tragic story and may be overwhelmed by this event.

### **Police Ride-A-Long**

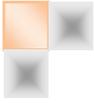
Again with the help of your local law enforcement, you have the opportunity to ride-along in their police vehicle while they are on duty. You will experience first-hand the procedures required when booking an impaired driver. The success of this activity will vary, in part based upon the support of the contacts you are able to establish in your community.

### **Parade Participant**

Does your community have a parade every year for Christmas? How about Canada Day? Why not build a float and show everyone your dedication! Every year SADD Chapters participate in Christmas parades and come out with bright smiling faces. The community is always very impressed and inspired by the unmatched spirit of SADD students.

### **SADD Strike**

For a SADD Strike you better be prepared to lose your voice, because trying to cheer over the honking of horns and whistling can get pretty hard. Make signs with messages like "Don't Drink and Drive" and "Drunk Driver's kill". Be very creative when coming up with your posters and signs, as they will catch more attention. It's a great way to show team spirit and create a bit of awareness within your community.



Some SADD Chapters have held SADD Strike's in front of a Court House or City Hall, with a march down a main street. This event is also a good way to get local law enforcement and media involved in your activities!

### **Mock Crash**

The Mock Crash is your way of bringing a drinking and driving incident to your school. With the support of your SADD Advisor and the schools administration, set up a crash scenario. Use fellow students and staff as FAKE victims to show what can happen in an impaired driving crash and the devastating effects. Typically, this even will stir emotion among the students who witness the 'crash' and see their friends, teachers, etc. as victims. It gives a feeling of how quickly things can happen and how dramatically lives are changed in an instant.

Contact local police, fire and emergency services to get them involved. This is a great opportunity for them to present scenario to the community that is close to the real thing. Some schools have been able to create such a detailed scene, that they have had the acting impaired drive arrested and victims flown away by medical helicopters and taken from the scene by ground ambulance. This event stirs emotion, anger and makes everyone think of their responsibility to drive safe, ride safe and drive sober.

### **Wrecked Car Display**

Placing a wrecked car in a high profile location at your school, or in a highly visible location in your community, with signs and banners, empty beer cans and alcohol bottles, even an acting person on top of the car bleeding (fake blood of course), is sure to get everyone's attention. This is another impactful way of showing the effects of an impaired driving crash.

Contact your local auto wrecker, scrap yard or towing companies well in advance and explain this event to them. Ask for their support for the event by donating the use of a crashed car and the towing to and from the site for the event. As with any supporter, always be sure to thank them for their support and the donation of their time and related costs to help make this event a success.

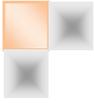
One caution for this event is to make sure you know the history of the wrecked vehicle that you receive. Have this discussion with your local supporter (auto wrecker, etc.) prior to selecting a vehicle to make sure that the vehicle on display was not involved in a local incident. You would not want the vehicle on display to be one that a fellow student or community members loved one had been in a collision with, making it have the appearance of a personal statement.

You also do require a vehicle specifically from an impaired driving incident. A vehicle that has sustained a great deal of damage makes a big impact, regardless of how it came to have the damage. Some schools were able to use a car that was used by the fire department in training or the auto wreckers will smash up a car for them.

### **Whiteout Day**

Recent statistics show that in North America, every 23 minutes an impaired driver takes another victim. To give students and staff the visual representation of just how many people this represents, SADD members from the school will 'white people out'.

SADD members will start in the school office, randomly picking names from a student list. Then every 23 minutes through-out the school day, the SADD students will go to the students class and 'white them out'. This involves painting their face white, perhaps having them put on a white



shirt, gown or clothing, and putting a sign around their neck indicating their time of death at the hands of an impaired driver.

If you chose, you can add further detail to their story with the students' assistance. This might include the names of their parents, names and ages of their siblings, the names of their best friends, etc. or those who will be greatly impacted by the loss.

Some SADD Chapters have made T-shirts for the victims, putting "I am the victim of an impaired driver! Please don't drink and drive!", and similar messages on the shirts. Often, part of this event will have the 'victims' attend class but not speak to anyone throughout the day, partake in 'fun' events, etc. so their presence is seen but they are otherwise noticeably missing and missed by their fellow students.

### **Body Outlines**



This is an event that is similar to White Out Day in theme. Roughly three lives are taken every hour (one every 23 minutes), therefore SADD students would place a body outline on the floor in the school using masking tape. Every hour, they would add three more outlines, in various locations in the school, until the end of the day when it should show the impact of how many lives would have been lost.

Inside the body outlines, the students will place a message. It can be in the format of a sign saying "I was killed by a drunk driver on my way home from school at 3:23pm", or such things as a description of the victim, their age, etc. It can be in the form of a photo and story, an obituary, etc. The options are only limited by your SADD students' creativity. High impact images are those of children, mothers with babies, and entire families. Unfortunately, none of these scenarios are fiction.

SADD students enjoy this event as they go around the school to create the outlines. You can spread the outlines throughout the school or place them in a high traffic area inside the school to give the full impact by the end of the day. Be sure to talk to the custodial staff at your school prior to planning this event, and be sure to remove all of the masking tape at the end of the day.

### **BYOB**

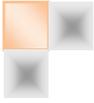
Yes – BYOB. Have a school event with the theme "BYOB". Of course the concept is that you 'Bring your own banana'! Students will BYOB and SADD will supply all the rest of the makings of banana splits. Nobody can resist the fun, or the temptation. You can work this event just for fun or for funds.

### **SADD Dinner**

As a year-end event, consider holding a dinner with SADD students and advisors. This is a great way to finish the year and thank everyone for their hard work and dedication. This is a good time for the SADD Executive to present any thank-you awards or gifts to the volunteers and advisors for their outstanding support and contribution.

### **Lollipop Day**

Purchase lollipops and add a paper message to them saying "Don't be a sucker -- drinking and driving kills!" You can give the lollipops away at a school event or you can chose to have a lollipop sale to raise funds for your SADD Chapter.



### **Karaoke Contest**

Love to sing? Maybe you have talent and maybe you don't but for this event, it doesn't matter. On the schools stage, have a contest to see who can sing out the best tunes! This event doesn't have to raise money but it definitely gets students pumped and full of energy. Give out some prizes like CD's, gift certificates or a cash prize to the winner.



Some SADD Chapters have Karaoke judges who hold up scoring cards to rate each performance. For the participants, it is not only who is chosen as the best singer but also who can get the audience going with the most participation. What a great event to just have fun and promote your SADD Chapter!

### **School /Community Murals**

Creating a mural with drinking and driving messages in the school or community sends a strong message. Ask each student in the school and/or Chapter to help out. Have a dedication with City or Town officials and school administration. How you create the mural can be decided with your SADD Chapter and Advisor as you may wish to create a permanent mural with paint, create a banner with personal messages, etc. There are many options for this event.

### **Open House**

Set up a safe driving/drug-free booth at your school's open house event. Have a variety of materials on hand for parents and students. You can ask for support from local health services, law enforcement, etc. for the provision of the printed materials and also, assisting with the booth if they would like to. Ask parents to take home a "Contract for Life" and sign it with their children. There are lots of options for having a table at local events, be creative.

### **Friends Are Forever Chain**

Create a chain with hundreds of handprints on the school sidewalk, a main street in the community or along the walls inside the school. Use a theme such as "Take a hand in friendship. Save a life, don't drink and then drive". The impact of these friendship chains shows how many people support your cause.

### **Coffin/Body Bag Display**

You can contact local businesses to obtain either a coffin or a body bag and have it on display a few days before Grade 12 graduation.

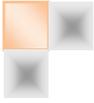
Place a mirror in the coffin so as students look at the display, they will be looking at themselves in the coffin or body bag. Highlight this display with a message such as "This could be you! Please don't drink and drive!"

### **Jive contest**

JUMP JIVE AN' WAIL! Get up and dance the... lunch hour away! Hold a Jive-A-Thon at lunch, or maybe after school, and give prizes to the students who are judged the best jivers, or who can last the longest!

### **Hershey Kisses**

February is the month of love! So for Valentine's Day show how much SADD really loves everyone by giving out Hershey Kisses. Purchase big bags of Hershey kisses and give them out at lunch.



Some SADD Chapters have put up a big banner in a busy hall that had been kissed with bright red lipstick by SADD members. The banner said "FREE KISSES IN THE CAFETERIA TODAY!" When they arrive, they are in for their surprise chocolate kiss.

### **Limbo contest**

Tell the participants it is not only who can go the lowest, but also who gets the audience going the most. Be sure to give great prizes for this event as well.

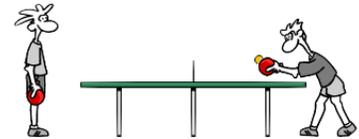
### **Spring Break Blitz**

Set up a large area with sand as a 'beach'. Host volleyball during lunch, a swimsuit fashion show by local business, free ice cream, etc. This may turn into an annual event as everyone will have so much fun. Come up with a slogan that supports your SADD messaging as well. Be creative and most of all – have fun!

### **Annual Tournaments**

Just for fun, sponsor tournaments using other clubs, classes, or teachers to have games during lunch. Give out a trophy to the winning team, provide donuts one morning or pizza at lunch. This could be an annual event.

This is a great way to get people involved in SADD who may not have yet joined. It can be a sports tournament, a board game (Scrabble perhaps) tournament, Monopoly, ping pong, etc. The choices are limitless. I like the thought of a creative version of ping pong – how about you?



### **BINGO Night**

Have your SADD Chapter sponsor a Bingo Night where members will run several Bingo games and offer prizes to the winners. SADD mugs, T-shirts, pens, etc., could be several of the prizes. Check the SADD Alberta website for SADD swag as well.

### **Casino Night**

Have the Chapter, with the help of adult and parent sponsors, have a fun casino night. Gambling tables and wheels can be set up to be played with fun money. With that money, participants can purchase a variety of prizes that have been collected. You can also serve (or sell) Mocktails at this event which is always a huge hit.

### **Dance Lessons**

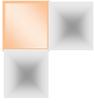
Sponsor dance lessons as a fund-raiser for your Chapter (i.e. country, hip-hop, club, etc.).

### **Battle of the Bands**

Sponsor a 'Battle of the Bands' at the school and have the bands promote impaired driving awareness. You can invite local radio, media and professional musicians to get involved as well. This event could ROCK!

### **Halloween Fun**

Sponsor a costume party for a younger age group in the community. With your SADD Chapter, create a haunted house that the youngsters can go through. Serve Mocktails as an added extra at this event.



You can also sponsor a pumpkin-carving contest or visit local hospitals and take treats/small toys to youth who can't go trick or treating.

### **Skeleton Display**

Use the science department skeleton and display it in a prominent location in the school with a strong message such as "Think twice when a drunk driver offers to take you with them".

The topic of riding with a driver who is impaired needs to be addressed as well. MOST of our SADD students are not of legal age to drink and MOST are also not of legal age to drive. Riding with an impaired driver often sees innocent lives lost in tragic circumstances.

### **Birthday Message**

Deliver a birthday card and SADD 'swag' item to students in the school when they turn 16 and can get their driver's license. The message should remind them to be a safe and responsible driver, don't participate in high risk activities and never drink and drive. Motor vehicle collisions remain the number one killer of youth in Canada and in over 30% of those collisions, alcohol may have been involved. It is common for youth to believe 'It won't happen to me', however, statistically they are in the highest risk age category for something to happen. Drive safe, ride safe, drive sober.

### **Trash Can Decorations**

Paint community trash cans, etc. in local parks, schools and playgrounds with a message such as "Trash drunk driving" can also have an impact on those enjoying the area. Continued reminders and education will sometimes make people think twice.

### **Billboard Campaign**

Look at having a local business sponsor your use of a billboard in the community for a specified period of time. You can put a drinking and driving message on the billboard, along with your school name and the SADD logo. This will get your reminder out to the community in a big and bold way.

*Some of these events may also be turned into fundraising activities.*

## **Part 3: Fundraising**

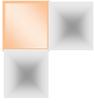


Fundraising is important to help a SADD Chapter achieve maximum exposure. While it should not be the focus of your Chapter's existence, fundraising will be beneficial to your Chapter in many ways.

Good fundraisers can help your Chapter market itself, publicize its message and create good relationships with members of the community and local businesses.

At the beginning of the school year, your SADD Chapter should set out their goals and make a plan on how to achieve those goals. Fundraising will help you to reach your goals but don't make all of your goals reliant on funds. A fundraising event must be thoroughly planned in order to be successful.

Your SADD Chapter should cover the who, what, when, where, how and why's when planning a fundraiser. Some of these include, but are not limited to:



- Who are we trying to reach?
- Who will do what for the event?
- What type of event will maximize our group objectives?
- What needs to be done in order for this event to be successful?
- When will this event take place?
- When should our planning deadline be?
- Where this event should be held?
- Where will this event get our group?
- How can we get maximum exposure for the event?
- How can this event help our group achieve our goals?
- Why is this event a good choice?
- Why is good communication essential?

Your SADD Chapter must also remember that it is up to them to plan the event and your advisors are there to support you. This does not mean that one person on the Executive has to plan every event. Events should be planned so everyone member of your SADD Chapters involved. Make sure you set realistic goals.

Always start by getting permission from your school, school board, or whoever is affected, before you plan the event. Advertise your event so people know the who, what, when, and where's.

Send notes of thanks to anyone who helped to make your event a success. Supporters appreciate the gesture of appreciation! The most important thing to remember at any fundraising event is to have fun!

Here are a few ideas to get you started.

### **Wake-A-Thon**

This event can be used as a fundraiser for SADD, and also as a recruitment tool for members. Some SADD Chapters will host a Wake-A-Thon early in the year and open it up to all students. Set a minimum amount that students need to raise to come to the Wake-A-Thon (between \$30 - \$50). The SADD Chapter does up the pledge sheets and a letter saying that SADD is holding the event. Be sure to sign out every pledge sheet and be sure that they are returned at the end of the event, both with or without pledges.

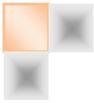


Have movies, games, sports, contests and food ready for this one. Stay up all night for the money you raised and be sure to include your messaging about impaired driving as part of the event.

### **SADD 'Sound off, Send off' Grad Week**

We spend our school years looking forward to an exciting day- GRADUATION! You worked hard and deserve to celebrate this milestone in your life. Don't let this be the last day of your life by making poor choices.

SADD Week is the first big set of events that the new SADD Executive at your school will be in charge of organizing (SADD Elections should take place near the middle to end of April for the next school year). The out-going executive plays an active role in the events, but as advisors and facilitators while mentoring the new Executive. SADD Week takes place the week before



the graduation events at your school. Events for this week are geared toward congratulating the Graduating Class of your high school and community and wishing them a SAFE and EXCITING Graduation weekend.

A major event that will be happening provincially during this week is 'Sound off, Send off'. At a time selected to fit your schools timetable, on the Wednesday before your school graduation, all students are gathered in a general area outside of the school (usually triggered by a planned fire alarm test). Once all students and staff are gathered in the designated area, they will see things such as: Fire trucks, Police, Ambulance, the school band, a local Radio Station LIVE on location, a DJ with LOUD speakers, media and lots of noise makers for students.

Your selected SADD Chapter representative comes to the microphone and explains to your school what 'Sound off, Send off is' and why they have been asked to participate. Then with a countdown, make as much noise as possible to creative awareness for impaired driving and to wish the grads of your school a safe celebration.

You can also get the rest of your community involved through assistance from a local Radio Station who is broad casting live and encourages vehicles to pull over and HONK THEIR HORNS for support. Ask the Mayor of your community to make a proclamation for the week.

### **Mocktails**

Exactly like a 'Shirley Temple", Mocktails are non-alcoholic drinks. Make them and give them away to students at lunchtime. Mocktails are easy to make and YUMMY to drink. The message your SADD Chapter will be sending is that you don't have to have alcohol to have a good time or enjoy yourself.



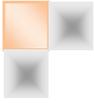
### **Wreck-A-Car**

In order to do this event, you must get proper insurance through your school and the local town/city. It is also good to work with local police, fire and rescue, as well as local media on this event.

First, you will need a vehicle to wreck. Contact a local scrap yard, or auto body shop, and see if they have a vehicle that is not in working condition but not totaled from a collision. Next, have the vehicle hauled to your school parking lot (make sure it is clear of all other vehicles). Get a couple of sledgehammers, and sell hits on the car for a pre-determined amount (like a loonie). You will be surprised at how many people will want to take a turn in destroying the car.

Advertise this event throughout the school well in advance. When the event is over, take pictures of the vehicle and use that for future advertising for your SADD Chapter. Come up with some catchy slogans that relate to impaired driving to use throughout the event.

Another version of this event is a car-drop. You will require extra planning and permissions for this high impact, literally and visually, event. You will set a defined dollar amount for every foot that the car is raised above the ground. Once you reach your maximum target, the car will be dropped, plummeting to the ground and being totally destroyed. As you can imagine, you will need to ensure the required vehicles, equipment (crane, etc.) as well as that you have taken the personal safety of all of your observers into consideration. This is a phenomenal event that leaves the observers awe-struck, and your SADD Chapters funds higher.



### **SADD BBQ**

Have your SADD Chapter host a BBQ. Approach local businesses for donations of both the food and the prizes for the BBQ and you may also try to get prizes donated. You can hold activities to give away the prizes or have door prizes for those who attend and purchase food.

### **Coin Harvest**

Advertise your event, wear your SADD clothes and go classroom to classroom, or door to door in your community, doing a coin harvest. Bring a letter from your school and/or SADD Chapter explaining the event in case some are hesitant to donate. You should also bring information you can leave behind to thank those who donate. This coin harvest can bring in quite a bit of money for your SADD Chapter. Make sure you have asked all the related questions to successfully hold this event before you proceed. Plan well.

### **Bottle Drive**



This requires the coordination of either parents with vehicles, or participants with vehicles. Advertise your event and then go door-to-door collecting bottles for your SADD Chapter. You can also set up a station at the school, etc. where community members can drop their bottles off if they wish to do so. Not only is your SADD Chapter making money, but you are recycling too!! Talk to your school administrators and see if you can have the bottles from the bins at the school for this event as well.

### **Corporate Sponsorship**

Write a letter to local businesses about sponsorship opportunities. Remember to outline specifics like what you will do with the money and how they will benefit in return. Some companies require additional information, so be prepared to answer the questions and do some paperwork if required!

### **Bingos**

Get in touch with your local charities board, or the local gaming board, and find out if your Chapter qualifies to volunteer at bingo. This is a good event for your SADD Chapter, but you may be required to have a great deal of parental/adult assistance. This event helps to get your name out in the community and can raise a substantial amount of money for your Chapter.

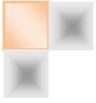
### **Christmas Coat Check**

This may work better in larger communities, but if you live in a small community, use this for similar events. If there is a Christmas party coming up in your community, offer to hold and work a coat check for donations. Your positive presence at the party will make people think twice about getting behind the wheel if they have consumed alcohol.

This fundraiser may also be held with the cooperation of the local Operation Red Nose program. Check out their website for more information or contact us at [info@saddalberta.com](mailto:info@saddalberta.com) for the Alberta liaison's contact information.

### **Operation Red Nose**

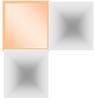
The best time for this events success is over the Christmas holiday season. Your SADD Chapter can be set up as the proceeds recipient for a local Operation Red Nose supported event. There are currently three Operation Red Nose organizations operating in Alberta. Contact us at [info@saddalberta.com](mailto:info@saddalberta.com) for more information and details about the Alberta Operation Red Nose organizations.



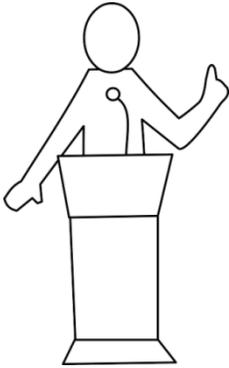
### ***Sponsorship Opportunities***

Write a letter to local businesses about sponsorship opportunities. Remember to outline specifics like what you will do with the money, and how they will be benefited. Some companies require additional information, so be prepared!





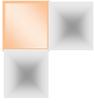
## Section 8: Speakers



SADD Alberta has had the opportunity to resource a number of speakers over the years. This includes both speakers with an impaired driving story/focus as well as youth motivational speakers.

We always welcome your feedback regarding speakers and also are happy to have a referral to a speaker who we might not have met.

For a full list of available speakers, check out the [Speaker Bureau](#) on our website.



## Section 9: Resources

### Part 1: SADD Alberta Website

We are pleased to provide a number of resources to Alberta high schools. This might be printed material, promotional material or items that are available for download from our website. Visit [saddalberta.com](http://saddalberta.com) and check out our resource page for the complete list of resources available to you. Visit us at [saddalberta.com](http://saddalberta.com)

### Part 2: Useful Links

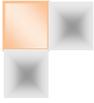
SADD Alberta is proud to partner with Alberta Transportation. You will find many current facts and statistics on their website at [saferoads.com](http://saferoads.com). We also support the Alberta Traffic Safety Plan by continuing to encourage safe driving in many aspects for Alberta's young drivers. You will find that we have materials that focus on the importance of seatbelt use, distracted driving, pedestrian safety, etc.

Visit our website for links to a variety of sites you might find useful when running your SADD Chapter. These will range from sites where you can find current impaired driving statistics to sites where you can find additional resources from similar groups around Canada. There are also endless sites with event ideas that will help you in planning your SADD Chapter events. We are here to help as well so please contact us if you need assistance.

### Part 3: Mocktail Recipes

Mocktail recipes are in abundance on the web. Here are just a few to get you started.

<p><b>Bikini Breezer</b> 3/4 cup non-fat strawberry yogurt 1/2 cup skim milk 1/2 cup orange juice 1 medium banana (ripe) 1 tsp honey handful crushed ice throw everything in a blender and whirl away until smooth. <b>Serves 1-2</b></p>	<p><b>Cardinal Punch</b> 1 can frozen cranberry juice 3 cans water 2 cups orange juice 2 oz lemon juice (the juice of 2 lemons) 4 litres ginger ale combine juices and chill. pour into punch bowl over block of ice and add ginger ale. <b>Serves 20-24</b></p>
<p><b>Creamsicle</b> 1 can 355ml of frozen orange juice 2 litres ginger ale 1 litre vanilla ice cream let frozen orange juice thaw. pour all ingredients into a large punch bowl and mix well. variations: substitute ginger ale with 7-up or sprite for a slightly different taste. <b>Serves 18-24</b></p>	<p><b>Fruit Juice Cooler</b> 1 can frozen fruit punch (355 ml) 2 litres 7-up or sprite 1 litre vanilla ice cream 8 strawberries cut in half (to look like hearts) let frozen fruit punch thaw. pour all ingredients into a large punch bowl and mix well. add strawberries in once it is mixed well. <b>Serves 18-24</b></p>
<p><b>Lovesicle</b> 1 can frozen fruit punch (355 ml) 2 litres 7-up or sprite 1 litre vanilla ice cream 8 strawberries cut in half (to look like hearts) let frozen fruit punch thaw. pour all ingredients into a large punch bowl and mix well. add strawberries in once it is mixed well. <b>Serves 18-24</b></p>	<p><b>Martian Meltdown</b> 1 cup non-fat plain yogurt 1 cup skim milk 1/4 cup pistachio-flavored instant pudding mix 1 medium banana (ripe) handful crushed ice throw everything in a blender and whirl away until smooth. <b>Serves 1-2</b></p>



## Part 4: Poems

The poems given at the end of this manual may be used for various events. The most common use of these poems is at Candle Light Vigils, and at school assemblies. They are typically read out by a SADD Member to get people listening to the message of the words.

### **DEATH OF AN INNOCENT**

*Author Unknown*

I went to a party Mom,  
I remembered what you said.  
You told me not to drink, Mom,  
So I drank soda instead.  
I really felt proud inside, Mom,  
The way you said I would.  
I didn't drink and drive, Mom,  
Even though the others said I should.  
I know I did the right thing, Mom,  
I know you were always right.  
Now the party is finally ending, Mom,  
As everyone is driving out of sight.  
As I got into my car, Mom,  
I knew I'd get home in one piece.  
Because of the way you raised me,  
So responsible and sweet.  
I started to drive away, Mom,  
But as I pulled out into the road  
The other car didn't see me, Mom,  
And hit me like a load.  
As I lay there on the pavement, Mom,  
I hear the policeman say,  
The other guy is drunk, Mom,  
And now I'm the one who will pay.  
I'm lying here dying, Mom.  
I wish you'd get here soon.  
How could this happen to me, Mom?  
My life just burst like a balloon.  
There is blood all around me, Mom,  
And most of it is mine.  
I hear the medic say, Mom,  
I'll die in a short time.

I just wanted to tell you, Mom,  
I swear I didn't drink.  
It was the others, Mom.  
The others didn't think.  
He was probably  
At the same party as I.  
The only difference is  
He drank and I will die.  
Why do people drink, Mom?  
It can ruin your whole life.  
I'm feeling sharp pains now.  
Pains just like a knife.  
The guy who hit me is walking, Mom,  
And I don't think it's fair.  
I'm lying here dying  
And all he can do is stare.  
Tell my brother not to cry, Mom.  
Tell Daddy to be brave.  
And when I go to heaven, Mom,  
Put "Daddy's Girl" on my grave.  
Someone should have told him, Mom,  
Not to drink and drive.  
If only they had told him, Mom,  
I would still be alive.  
My breath is getting shorter, Mom.  
I'm becoming very scared.  
Please don't cry for me, Mom.  
When I needed you,  
You were always there.  
I have one last question, Mom,  
Before I say good-bye.  
I didn't drink and drive,  
So why am I the one to die?

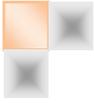
---

### **MOONLIGHT RIDE**

*Author Unknown*

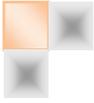
Jenny was so happy  
About the house they had found.  
For once in her life  
'Twas on the right side of town.  
She unpacked her things  
With such great ease.  
As she watched her new curtains

Blow in the breeze.  
How wonderful it was  
To have her own room.  
School would be starting,  
She'd have friends over soon.  
There'd be sleepovers, and parties,  
She was so happy.  
It's just the way  
She wanted her life to be.  
On the first day of school,



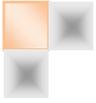
Everything went great.  
She made new friends  
And even got a date.  
She thought, "I want to be popular  
And I'm going to be,  
Because I just got a date  
With the star of the team!"  
To be known in this school  
You had to have clout,  
And dating this guy  
Would sure help her out.  
There was only one problem  
Stopping her fate.  
Her parents had said  
She was too young to date.  
"Well, I just won't tell them  
The entire truth.  
They won't know the difference;  
What's there to lose?"  
Jenny asked to stay  
With her friends that night.  
Her parents frowned  
But said, "All right."  
Excited, she got ready  
For the big event.  
But as she rushed around  
Like she had no sense,  
She began to feel guilty  
About all the lies,  
But what's a pizza, a party,  
And a moonlight ride?  
Well the pizza was good,  
And the party was great,  
But the moonlight ride  
Would have to wait.  
For Jeff was half drunk  
By this time.  
But he kissed her and said  
That he was just fine.  
Then the room filled with smoke  
And Jeff took a puff.  
Jenny couldn't believe  
He was smoking that stuff.  
Now Jeff was ready  
To ride to the point.  
But only after  
He'd smoked another joint.  
They jumped in the car  
For the moonlight ride,  
Not thinking that he  
Was too drunk to drive.  
They finally made it  
To the point at last,  
And Jeff started trying  
To make a pass.

A pass is not  
What Jenny wanted at all?  
(And by a pass, I don't mean  
Playing football).  
"Perhaps my parents were right....  
Maybe I am too young.  
Boy, how could I ever,  
Ever be so dumb."  
With all of her might,  
She pushed Jeff away:  
"Please take me home,  
I don't want to stay."  
Jeff cranked up the engine  
And floored the gas.  
In a matter of seconds  
They were going too fast.  
As Jeff drove on  
In a fit of wild anger,  
Jenny knew that her life  
Was in real danger.  
She begged and pleaded  
For him to slow down,  
But he just got faster  
As they neared the town.  
"Just let me get home!  
I'll confess that I lied.  
I really went out  
For a moonlight ride."  
Then all of a sudden,  
She saw a big flash.  
"Oh God, Please help us!  
We're going to crash!"  
She doesn't remember  
The force of impact.  
Just that everything  
All of a sudden went black.  
She felt someone remove her  
From the twisted rubble,  
And heard, "Call an ambulance!  
These kids are in trouble!"  
Voices she heard...  
A few words at best.  
But she knew there were two cars  
Involved in the wreck.  
Then wondered to herself  
If Jeff was all right  
And if the people  
In the other car were alive.  
She awoke in the hospital  
To faces so sad.  
"You've been in a wreck  
And it looks pretty bad."  
These voices echoed  
Inside her head,  
As they gently told her



That Jeff was dead.  
They said "Jenny,  
We've done all we can do.  
But it looks as if  
We'll lose you too."  
"But the people in the other car?"  
Jenny cried.  
"We're sorry, Jenny,  
They also died."  
Jenny prayed, "God, forgive me  
For what I've done.  
I only wanted to have  
Just one night of fun."  
"Tell those people's family,  
I've made their lives dim,  
And wish I could return  
Their families to them."  
"Tell Mom and Dad I'm sorry  
That I lied.  
And that it's my fault  
So many have died.

Oh, nurse, won't you please  
Tell them that for me?  
The nurse just stood there ~  
She never agreed.  
But took Jenny's hand  
With tears in her eyes.  
And a few moments later  
Jenny died.  
A man asked the nurse,  
"Why didn't you do your best?  
To bid that girl  
Her one last request?"  
She looked at the man  
With eyes oh so sad.  
Because the people in the other car,  
Were her mom and dad.  
This story is sad  
And unpleasant but true,  
So young people take heed,  
It could have been you.



## Section 9: Contact Information



saddalberta.com



403.313.SADD



[info@saddalberta.com](mailto:info@saddalberta.com)



@sadd\_alberta