

SADDCares Planning Guide

What is SADDCares?

SADDCares is a program that promotes the new focus of SADD, emphasizing the importance of self-care and no judgment towards others. This weeklong awareness event will take place February 6-10th.

Engagement

The most important part of this program is that your students and community involved. Here are some ideas on how to get elementary students, high school students and community members involved:

Elementary School

For the elementary school students, it is most effective to reach out to them in the classroom directly. On page 4 there is a lesson plan and coloring sheet that can be used on page 3.

High School

For high school students, there are different opportunities to be involved either directly in school or on social media.

- Instagram Photo A Day: During SADDCares week, we will be encouraging people to post a photo every day of the week on their Instagram account using the hashtag: #SADDCares. The best posts will be shared on the Northern Lights SADD Account.
- Pay it Forward Contest: This contest will occur the week before SADDCares week and will be monitored and judged by your SADD students. Your chapter will choose a hashtag and rules for the contest. Participants are to show how they are paying it forward on either Twitter or Instagram. Some of the best posts will be showcased on Northern Lights SADD's social media accounts!
- "Warm and Fuzzies": The NLYS office will be providing pads of sticky notes that say "I care about..." this will give your students and school staff to place these notes throughout the school to share what they care about.

Community

Members of your community can easily get involved with the social media posts but there are other options for uniting them with the high school and elementary school students.

- Power of You Parties – Collaborate with local businesses to put on a community event entitled “Power of You” parties. With the local businesses, try and bring in a special musical group, comedy troop or activity for the community. Planning list will be on pages 5 and 6.
- ‘I Care About’ Wall – At a local school event (i.e. play, basketball game, concert) have those taking tickets or handing out programs, pass out the “I Care About...” sticky notes to place on a wall that everyone can see in the school. This could also be an opportunity for your chapter to accept funds. For instance, you could ask someone putting up a sticky note to donate a dollar to your chapter!

I care about...



SADD Cares Elementary Lesson

Introduction:

Tell the students your names, what grade you're in and why you're in the classroom today. Ex: "My name is Rachael, I'm in 11th grade and today we're here to talk to you about SADD Cares which is a week where we learn about self esteem and self image."

Story

"There was once a boy named Tommy. Tommy was in 2nd grade and loved to play with his toy tractors and ride the tire swing. One day at recess, a boy in Tommy's class told him that toy tractors are silly and weird. Tommy felt sad about what he found fun."

Why do you think Tommy is sad?

If you were Tommy's friend, what would you say to Tommy?

Questions:

1. Do you know what self-esteem is? *Confidence in yourself*
2. Do you know what self-image is? *How you see or picture yourself*
3. What do you like about yourself?
4. Do you think other people can change your self-esteem or self-image?
5. How can we make each other feel good about themselves?

Take Away

Sometimes people are mean to us and we are hard on ourselves, but it is important to remember that we are all special and have qualities that make us all unique. When we draw a picture, we usually don't just use one color. We all make the world a better place!

When you are older, you can be apart of SADD and help your friends and yourself do the right thing!

Coloring Sheet

Hand out the coloring sheet and have the students draw and color a picture of what they care about. Encourage them to draw their families, friends, themselves, and their hobbies.

Power of You Party Planning

Set A Date

The first step in planning your Power of You Party is figuring out a date that will work for your chapter. The week of SADDcares is February 1-7, so it would be preferred that your event take place in that timeline but it is not necessary. What's most important is that you engage with your community.

Date:

Partner With Local Businesses/Organizations

Once you have established a date for the party, establish a list of businesses or community organizations (banks, Kiwanis, elevators, restaurants, etc.). Once you have a list made up, divide the list. You can call the local businesses or go in with a prepared letter stating why you need their help. A template will be made available on page ____.

List of Businesses:

Point People:

Location

Brainstorm possible locations for your event such as a community center, school gymnasium, armory, etc.

List of Locations:

Point People:

Activities

Now, figure out what activity or activities you want to have at your party. There are a variety of possibilities including:

- Concert
- Comedy Show
- Talent Show
- Community Wide food/clothing drive for the homeless
- Movie night
- Dodge ball, basketball, volleyball tournament

Activity:

Promotion

To promote your event, discuss the possibility of placing an ad in your local newspaper, community calendar, church bulletins, school announcements, announcement at school activities and posters around the community, including school. SADD Cares logos will be made available on the website for use.

Point People: