



### *What's SADD??*

SADD, known at that time as Students Against Driving Drunk, was formed in 1981 and has its headquarters in Marlborough, Massachusetts. SADD's primary mission was to curb the number of young people dying in alcohol-related accidents. Thanks in large part to the alcohol-awareness efforts of chapters across the country, the mission has worked. SADD isn't just about drinking and driving, though. Its policy toward alcohol and drug use is very simple – *No use. Period.*

In 1997, SADD National took an important new step – changing its name to Students Against Destructive Decisions. This opened the door to help young people address a wide range of issues they are faced with today, such as suicide, teen pregnancy, violence, sexually transmitted diseases, and much more.

For more information, visit our Northern Lights SADD website at: [www.nlsadd.com](http://www.nlsadd.com) and the national SADD website, [www.sadd.org](http://www.sadd.org). Northern Lights SADD is a regional effort including the states of North Dakota, South Dakota and Minnesota.

### *What's in it for me??*

Plenty. In addition to helping make a difference in your own hometown, it gives you a sense of purpose and a way to network with other like-minded kids in your own school, throughout the state, and across the nation.

Besides sponsoring awareness events in their schools, chapters are encouraged to have *fun*. It doesn't take long to realize that you can have a lot of fun without involving alcohol and drugs. SADD is a great source of positive peer pressure. We fight against drug and alcohol *use*, but not the *users* themselves. We want to be there for them, to be an inclusive group, not an exclusive one.

Helping to save lives is important, of course. But, there are more immediate benefits to belonging to SADD. SADD is a way for its members to stand up for what they know in their hearts to be right. Along with this comes a reason for kids to feel *good* about themselves. And, better yet, SADD chapter members have the peace of mind that comes from knowing they are not alone in their commitment.

One of the great benefits of belonging to SADD is an overall enhanced sense of *self-esteem*. It also results in being respected by the school and community, and being looked up to by younger people.

### ***What's going on in other chapters??***

The ultimate goal of SADD, naturally, is to save lives. Therefore, each chapter involves itself in awareness projects related to issues of importance in your school and community, such as traffic safety, underage drinking or suicide. Remember, though, that one of your goals is to have a good time! That's why chapters also sponsor dances, have movie nights, bowling and roller skating outings, bonfires, lock-ins, pizza parties, progressive suppers, and on and on. And, because the number of chapters across the region is growing dramatically, there are lots of opportunities for regional and inter-chapter events.

### ***What's happening on a regional basis??***

Northern Lights SADD had a reputation for developing cutting-edge programming and passionate youth leaders. NL SADD utilizes original programming such as Reality Check, Get Real and Open Your Eyes to provide young people with real opportunities to make a difference to their peers and younger students, as well as their schools and communities.

Northern Lights SADD has the honor of producing three recent National SADD Students of the Year, Katie (Hultin) Paulson from Hillsboro, ND in 2000-2001, Jessica Billings from Bloomington, MN in 2005-2006, and Jessica Roscoe from New Rockford, ND in 2010-2011. We also regularly produce students who serve on the National SADD Student Leadership Council.

### ***How do we form a chapter??***

It's easy. All you need is a core group of students who want to make a difference in their own lives and that of their friends, and start from there. Each chapter is free to address "destructive decisions" as they see fit. Other than maintaining the no-use philosophy (after all, it *is* illegal), there is really no right or wrong way to run your chapter. Find an advisor (It doesn't have to be someone from within the school. Many new chapters are community-based.), elect officers, and start planning projects and fun events.

As the Northern Lights State SADD Coordinator and Field Services Director, please contact us for help in setting up your chapter, with any questions or concerns, and to be added to the rapidly expanding list of chapters across the region. We encourage you to join with the thousands of students in the Northern Lights SADD region who are making a difference!

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