

## Unit 7: Drugs

### Introduction

Students Against Destructive Decisions, or SADD, was originally founded in 1981 as Students Against Driving Drunk. Its mission at that time was to encourage young people to say no to drinking and driving. Today, that mission has expanded. SADD aims to help young people say no to all kinds of harmful behaviors, such as underage drinking, drug use, violence, and suicide. Through SADD, young people educate their peers about the risks of underage drinking and other harmful decisions.

### Links to Explore:

#### Students Against Destructive Decisions

<http://www.sadd.org/>

### Directions:

- Go to the SADD home page and click on “About SADD” at the top of the page.
  - Use the menu at the left of the page, to explore the sections labeled “History of SADD,” “Value of SADD,” “SADD by Numbers,” and “FAQs.”
  - After reading through all these sections of the site, answer the following questions:
1. In what year did SADD change its name, and what prompted the change?
  2. What age groups do SADD programs target?
  3. Identify the four main types of risk factors identified by SADD that increase vulnerability to substance abuse, and give one example of a risk factor from each category.
  4. How many SADD chapters exist in middle schools, high schools, and colleges?
  5. What percentage of all students are members of SADD?
  6. What is unique about SADD’s approach?

### Answers:

1. SADD changed its name in 1997 in response to requests from members.
2. SADD’s primary target audience is middle and high school students, but SADD activities can be customized for use by all students, including elementary-school and college students.
3. Family-based risk factors (possible example: Family history of alcoholism and/or other drug use), individual-based risk factors (possible example: First use of any substance during early teen years), school-based risk factors (possible example: transitions between schools), and community-based risk factors (possible example: easy availability of alcohol, tobacco, and other drugs)
4. 10,000

5. 8 percent
6. SADD involves young people in informing, supporting and assisting their peers to have the best tools to make healthy decisions.

**Additional Links to Explore:**

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

**MADD**

MADD's mission is to stop drunk driving, support the victims of this violent crime, and prevent underage drinking.

<http://www.madd.org/>

**Leadership to Keep Children Alcohol Free**

Leadership to Keep Children Alcohol Free is an initiative to prevent the use of alcohol by children aged 9 to 15. It is the only national effort that focuses on alcohol use in this age group.

<http://www.alcoholfreechildren.org/>

**Century Council**

The Century Council is a not-for-profit organization dedicated to fighting drunk driving and underage drinking. It works in partnership with a wide range of local, state and national organizations.

<http://www.centurycouncil.org/>

**Community Anti-Drug Coalitions of America**

Community Anti-Drug Coalitions of America (CADCA) works on behalf of over 5,000 community coalitions across the country to create and maintain safe, healthy, and drug-free communities.

<http://cadca.org/>

**National Families in Action**

National Families in Action (NFIA) works to help families and communities prevent drug use among children by promoting policies based on science.

<http://www.nationalfamilies.org/>