

PROGRAM AND PROJECT IDEAS

The following is a list of projects, presentations, and activities for consideration. They are just ideas! What you do, and how you go about it should be determined by what we know is effective, what the needs are in your school or community and by what resources can be made available to support your efforts. Again, these are just ideas. We hope they are useful. In very random order . . . here we go.

Have an alcohol and other drug Trivia Bowl competition.

Sponsor a coloring contest for elementary school students. Have them color a drinking and driving poster that your team has designed and duplicated. Hang them someplace in the community that lots of people visit (a popular place to eat, store windows downtown, etc.).

Stage a mock crash in the school parking lot.

Have a safety belt usage check in the morning as students enter the parking lot.

Illustrate BAC (blood alcohol content) by adding equal amounts of food coloring to three different size jars of water.

Hold a candlelight vigil in memory of local DUI victims.

Hold mock trials in school for DUI cases.

Sponsor a “white out” or “grim reaper” day at your school.

Develop posters about alcoholism or drinking and driving. Have a school contest with a prize for the winner.

Make a chart or cartoon showing the reasons people drink.

Find out what your city, county, and state are doing about drivers who drink then drive.

Develop a skit or play concerning youth and the alcohol problem. Talk with your sponsors and administrator about performing it for your school or for younger students in your school district.

Poster Nights – Students meet at school in an evening or after school and make posters to put up around the school or community. Spread butcher paper out all over the floor and design various themes. Pizza might help bring a crowd to participate.

Balloon Days – Many schools have balloons printed with either a special slogan or maybe the school logo. You can sell these much like groups sell “candy grams” or flowers for special occasions. They can be delivered to a student in class, possibly with a note attached.

Red Ribbon Campaign – Join the Mothers Against Drunk Driving “red ribbon” holiday campaign and tie red ribbons on car antennas.

Party Ideas – Have special parties or end team meetings a fun way: a BYOB (bring your own banana – to make ice cream sundaes), a WPA (women pay all) party, a POOP (pig out on pizza) party, bring your favorite sandwich and share with three others, and on and on.

Community Survey – Determine what recreational activities are available in the community for alcohol-free relaxation and enjoyment.

Use a drawing or diagram to illustrate the effects of alcohol on the brain and central nervous system.

Make a drawing depicting the needs, which people try to fill through drinking. Examples may include feelings of security, feelings of importance, etc.

Discuss why people drink. Point out some reasons for drinking that you feel are not valid.

Discuss why you have chosen to remain alcohol and other drug free.

Get alcohol and other drug literature for your school library. Obviously, you will need to work with the school librarian about what material is appropriate and about effective ways for the material to be displayed and used.

Call attention to current newspaper articles, magazine articles, movies, or music and television programs that mention or discuss alcohol. Post these on a bulletin board as conversation starters.

Discuss ways to feel good without the use of chemicals.

Discuss what a party host or hostess could do that doesn't involve alcohol.

Develop an assembly concerning the alcohol problem. Prepare a written description of your program and present it to your sponsors. Rework it with them and present it to your principal. Make sure to ask the principal what she/he believes the problems are and what they would like to see done about them.

Collect recipes for non-alcoholic beverages and create a recipe scrapbook for ideas that could be served at a party.

Crazy Olympics – Come up with silly games like drinking jello through a straw, frosting cupcakes with Redi-Whip (someone has to hold the cupcake in his/her mouth while the decorator stands at a distance), baby bottle emptying contest, and so on. Get creative with the games.

Lock-Ins and All-Night Parties – These seem to be a favorite. Spend the night in the school with all kinds of fun activities going on. Be sure the rules are clear about when people leave and how they get home, etc.

Holiday Parties – A holiday buffet is a fun activity. Have food donated by parents and businesses in town. Decorations may be donated or borrowed. A local DJ (if there is one) may be willing to help. A lot of times the Elks or another service club will donate a room for the evening. You can invite the school or the community. Take a few minutes to tell them why you're hosting the party and give them some information about hosting alcohol-free parties.

Season Dances – “Care About Your Sweetheart”, “Snowball”, and all kinds of special dances for special times of the year.

Movie Night – Rent some movies and a big screen TV or two for an evening of fun. Make some popcorn and bring some pop and snacks and have some fun. Maybe make it a movie marathon.

Student Resource Services – Set up a file in your school with information on any number of subjects that teens might want/need to know more about: peer support, how to talk to your parents, self-esteem, AIDS prevention, pregnancy, etc. Collect pamphlets and booklets from different agencies that deal with these issues and file into categories so that students may look things up when they need assistance.

Parade Floats – Enter a float in the homecoming parade, the county fair parade or some other community celebration.

Parent Prom – Yes, a Parent Prom. Make the “old folks” dress up and go out for the evening. The students do the chaperoning, waiting on the tables, and so forth.

Media Blitz – Check into your local cable TV or your local radio station. You might have some good ideas for public service announcements, awareness programs, talk shows, etc. The local newspaper, whether it's a daily or a weekly, could be contacted as well.

County Fair Time – Set up some type of booth to raise money...selling pop, popcorn, ice cream or something. Or you might just want to hand out information about your organization, drinking and driving, etc.

Billboards – Often your community has billboards outside of town that can be donated to convey your message. Make sure you know what your message is before you schedule an appointment.

Potluck Dinners – Have everybody bring in some food and eat up. Invite parents to participate. This may be an excellent opportunity for parents to hear from students as a group about concerns and challenges. It might also be a good time for parents to talk a little about some of their concerns.

Teen Panels – Organize a panel of speakers. Go out to community groups and service organizations and present your message. Again...you've got to know what that message is before you head out. Know what you want to say and how you're going to get it said. Teen panels can also be very effective with younger students in discussing issues such as “how to say no”, self-esteem, personal safety, etc. Again, make sure you know what you want to say.

Bulletin Boards – Decorate a bulletin board monthly. The board might be for your organization only, or for the entire student body.

Store Windows – Lots of towns decorate store windows for homecoming. Some stores might do it for other special occasions. We don't want to sound like a broken record, but make sure you know what you want to say in that store window before you approach the store owner.

Health Fairs – Have special displays or presentations in conjunction with your school or community health fair.

Special Holiday Ideas – a pumpkin carving or decorating contest, a “design a wreath” contest, a haunted house, special treats to shut-ins or people in hospitals, decorate a tree, etc.

And the list goes on...

What can you add to it? What can you do to make a positive contribution to your school or community?

Graduation and/or Prom Week

- Have a special breakfast for all the soon-to-be graduates.
- It's a good time to put up a billboard or posters in the windows of the school or local stores congratulating graduates and asking them to have a safe graduation.
- Put a safe ride phone number and “don't drink and drive” reminders in flowers for prom, tuxedo rentals, or graduation caps and gowns.
- Bring in a wrecked car to put in front of the school as a reminder not to drink and drive. Have a sledge hammer available and allow students to hit it for 25 cents a whack. At the end of the day announce on the school intercom system that it's taken them all day to wreck the car, but that a drunk driver can do it in a split second.

FINAL NOTE: Seek out new ways to be of service to others in your school and/or community. Sometimes, if you're volunteering for an agency or group, it may be a good idea to ask for a job description before hand so you'll know what is expected of you and whether or not you think you will be making a valuable contribution. Whatever you do...jump in and contribute. Best wishes.