



News & Updates

Thank you to the teams who have sent in their November activity reports: Lake Erie PRIDE, Noble County PRIDE, PRIDE of Newaygo County and Rochester PRIDE!

From the Training Team

Hello Pridesters! I'm sure most of you are either done with school for the New Year or are nearing finals, so good luck and keep your head up! Just think it's almost Christmastime! As Aaron said, we should all get into the holiday spirit and put others ahead of us-ones who are less fortunate. Help a friend in need or go to a local shelter and serve some food. Even think about donating some unwanted clothes or blankets. Think about giving, not just taking, this Christmas season! And while you aren't in school, think of new ways to keep yourself busy. I'm sure there will be plenty of opportunities to give in to peer pressure and not stay strong to your PRIDE background so find new activities to do with friends. Try ice-skating, building a snowman, having a game night or movie night and make Christmas cookies and hot chocolate, or go sledding! There are a ton of activities that the winter season brings, so seize the chance while you have it. Make new memories and take pictures to remember the great times you are having. Also, even though you may be drug-free, others are not, so make sure you watch the roads while you are out having fun. Be careful especially in icy conditions, do not be a distraction to a friend driving, and please stay off your phones while you are driving. Stay safe this holiday season, everyone! –Harley Rohrbacher

Drunk & Drugged Driving Prevention Month

December is National Drunk and Drugged Driving Prevention Month, designated to raise awareness about the consequences of driving under the influence of drugs or alcohol. Here are a few facts:

- About one-third of all crash fatalities in the U.S. are alcohol-related. ([CDC](#))
- In 2010, approximately 4 million U.S. adults reported at least one episode of alcohol-impaired driving. Rates are higher among young men, binge drinkers and those who do not always wear a seat belt. ([CDC](#))
- There is no agreed-upon limit for illicit drugs like the 0.08% BAC limit for alcohol and no simple way to test levels. Seventeen states have "per se" laws, making it illegal to drive with any detectable level of a prohibited drug. ([NIDA](#))
- More than 11% of weekend, nighttime drivers tested positive for illegal drugs. ([NIDA](#))
- In 2007 more than 12% of high school seniors admitted to driving under the influence of marijuana. One survey found that, among teens, driving after marijuana use was more common than driving after alcohol use. ([NIDA](#) & [DEA](#))
- Like alcohol, drugs can affect coordination, vision, reaction time and judgment – all crucial to driving ability.

Writing a Workshop Proposal

While preparing for and presenting a workshop is a lot of work, it is also a great way to share knowledge and ideas. Here are a few tips for writing your own proposal:

- Pick a catchy title that will appeal to your target audience. Keep it simple and make sure it connects to your topic. Try playing with alliteration, rhyming words and appropriate humor.
- Keep your workshop description clear and concise. Open with a clear statement or question that lets attendees know what to expect, and give clues to the format of your session in the description. Will the session be interactive, informational, hands-on, include activities or discussions? Let participants know.
- Let attendees know exactly what they will take away from your session with clear objectives. Start each objective with a word like identify, understand, compare, discover, implement, evaluate or develop.