# Skill-Building Challenge Worksheet: Promoting an Alcohol-Free Lifestyle

Name: Blank Class: Blank Date: Blank

Advocate for your school to set up their own chapter of Students Against Destructive Decisions (SADD) if you don’t already have one. Conduct online research of the national chapter of SADD organization. From the website’s Resources tab, click on the Initiatives and Programming and choose a topic you are interested in. Once you have decided on a topic, determine how you can get your school involved.

Using the information you gained from the SADD website, explain how you would use the health skill of advocacy to advocate for having a chapter of SADD at your school. Use the questions below to help get started.

1. What is the issue you need to advocate for?

2. What solutions can you brainstorm to help create answers for the issue?

3. Who will help you create and support your solutions?

4. How will you put your plan into action? Who will help you put your plan into action?