



Forget Me Not Foundation

www.forgetmenotmission.com

A 501(c)(3) Corporation

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Dear Community Partner,

In an effort to fight underage drinking and impaired driving in more communities in Alaska the Forget Me Not Mission Outreach Program has been created. This new program will get the Soul Shaking Grief books and materials into the hands of the teens, students and educators in every corner of Alaska who need them to create their own Alcohol Awareness Presentations. This is meant to enhance any existing programs you may already have in place, not replace them.

The Soul Shaking Grief Teen Edition book project has been our primary focus in directing our efforts toward our goal to bring about changes in attitudes and decision-making with regard to underage drinking and impaired driving issues among our teens.

Within the 160 pages of Soul Shaking Grief Teen Edition you will find many heartbreaking accounts of tragedies caused by impaired and distracted drivers, as well as stories and comments about teen experiences with underage drinking. They all involve teens and young adults, either as victims or perpetrators, from all over Alaska. They have poured out their hearts to tell their stories. Our youth have the ability and power to bring about much needed changes in the way our society thinks about the use of alcohol and drugs in our daily lives. These young folks created a powerful message and an effective way to deliver it! We are so proud to have worked with many school students while they collected stories and comments from their peers. We also worked with journalism classes to edit the stories and do the design and layout of the publication. The teens that helped put this book together are confident it will have a positive effect on all who read it.

If you choose to become a part of the Forget Me Not Mission Outreach Program and want to plan an Alcohol Awareness Presentation, you will receive a kit with these items included:

- 1) Soul Shaking Grief Teen Edition books. On pages 36-37 you will see how Seward High and Valdez High Schools conducted their Alcohol Awareness Presentations. There are many ideas and I'm sure the students will have some great idea on what they want to do at their school.
- 2) The powerful book and video, "Safe Road Home" with the DVD of the award-winning HBO documentary "SMASHED Toxic Tales of Teens and Alcohol." This video can be shown in school wide assemblies or in individual classrooms.

- 3) Event t-shirts for the organizers.
- 4) Over 25 “handouts” such as FMNM logo pens, flashlights, button pins, light-up ice cubes, water bottles, squishy brains and Don’t Txt or Drink & Drive thumb rings are in the assortment. When we do presentations, we reward some of the students with one of these for paying attention and answering a question correctly. You can decide what to do with these handouts.
- 5) A copy of the Alaska Teen Underage Drinking Questionnaire to be filled out by the students anonymously. The school can make as many copies as they need. The results can be a real eye-opener!
- 6) A copy of the Forget Me Not Mission Pledge sheet for the students to sign that says, “I Pledge to my fellow human beings that I will not drive while under the influence of drugs or alcohol.” These can be hung up and displayed in classrooms or in the halls. OR some schools who have done the presentations prefer to have the students make their own 5’-6’ banners to hang in the hall with these words and have the students sign their name.

The possibilities for a presentation are endless. The teens will love having a hand in the planning, and execution of these presentations. We have seen schools have Poster Contests, Side Walk Chalk drawings, Talent Contest, Carnivals, Trivia Contests, and creating PSA’s to be played on morning announcements, all with the Alcohol Awareness theme.

We would like to ask that you share photos and comments with us so that we may profile your school on our website or even profile your school in our next book.

Join us to help put an end to impaired driving crashes, eliminate underage drinking, assist victims of impaired crashes and increase public awareness. Impaired driving can be prevented. Tackling it requires the involvement of every concerned citizen. You can take action to make your community a healthier and safer place.

Support the Forget Me Not Mission and make a difference in your community.

Sincerely,

Royal & Nancy Bidwell

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