

“I DONUT” IDEA



MEDIUM

Planning Hours: 2-4

Event Hours: 1 MINIMUM

Best Time to Conduct: At lunch

BRIEF DESCRIPTION OF EVENT – TDS members talk about extracurricular activities and hobbies with their peers. Ask if they know of people who consumed alcohol before or while driving (or engaged in other risks). After participating and pledging not to drink and drive, teens receive a donut.

Items Needed

- TDS volunteers
- Drunk goggles
- Stackable plastic cups
- TDS Pledge
- Markers or pens
- Donut cutouts
- Tape
- Real donuts (if permitted)

Steps

1. TDS team members set up a table during lunch with donut cutouts and impaired goggles activity.
2. Ask your peers about their drinking and driving habits. They can *Stack Against Time!*, which is an activity where teens wear drunk goggles and stack cups as fast as possible, making them realize the visual impairment caused by consuming alcohol.
3. Ask peers to read the pledge and the “I Donut” cut-out with their name and an activity they like to do; promising not to drink and drive (or engage in the other risky behavior).
4. Tape the paper donut on a bulletin board or the way to display everyone’s pledge.
5. Receive Donut once all steps have been completed (if food is permitted).

Don’t Forget

- Make an announcement ahead of time.
- Promote TDS and tell other students about the programs goals and purpose.
- Submit your activity form online to received TDS Cup points.

Make it GREAT

- Take a picture with your pledge and paste on your social media accounts. Hashtag #IDonutDrinkandDrive (or appropriate risk) and add TDS handles.
- Request photo booth props for your school.

