



ASYNCHRONOUS OPTIONS NOW AVAILABLE

THE BEST RESOURCE FOR REALITY
BASED EDUCATION FOR DYNAMIC
EDUCATORS LIKE YOU.



ARRIVE ALIVE CALIFORNIA INC.

OCTOBER TAKE A REVERSE FIELD TRIP WITH YOUR STUDENTS

OCTOBER EVENTS

National Teen Drivers Safety Week is the 18th-24th of this month! We encourage everyone to sit down and have a conversation with their teens about the dangers of the road, and how they can prevent terrible outcomes. Linked below are some useful fact sheets that can help!

[Click for Helpful Information!](#)

#THINKB4UDRINK

Our #thinkB4Udrink campaign, where we bring industry specialist and subject matter experts and community partners straight to you. This month we are highlighting SADD (Students Against Destructive Decisions) interview with California State Manager, Lynne Brown

[Watch Here!](#)

The "Virtual" Real DUI Court in Schools Program compliments your curriculum while providing students a opportunity to take a field trip from home. Our self-run program is a two-pronged approach of educating students on the dangers of impaired driving, the roles of the judicial branch and the interworkings in the courtroom after an arrest has been made. After the sentencing of a first time DUI offender, members of the court will make a brief presentation and then invite the students to participate in the interactive Q&A. We will coordinate all the details with the court and provide you the zoom link to share with your students.

[Request More Information Here!](#)

SOBERING FACTS OF

HALLOWEEN

- During the Halloween nights of 2013-2017 there were **158** people killed in drunk driving crashes
- During the Halloween nights of 2013-2017, **42%** of those killed were in traffic crashes that involved at least one drunk driver

Facts brought to you by NHTSA



Self Care Tips:

Zoom fatigued? This phrase has become all too common recently, here's some friendly tips on how to combat it! Try to avoid multitasking. Next, build in breaks! Staring at a computer screen can cause fatigue. Reduce your onscreen stimuli; this allows for better concentration! For more useful tips and tricks, check out this webpage!

[READ MORE](#)



A Message From Our CEO

Angela Kellogg

Evolve or Dissolve

In my experiences, life is a constant series of cycles, paths, circumstances, people and events. Everything is an evolution, if you will, where there is a beginning and an end. At the very time you are reading this, new cells are being produced in your body, millions of cells are growing and the old cells die off. No single cell can live and stay the same forever. This can be applied to all areas of our lives (relationships, business, career, etc.) and in order for there to be stimulation, enjoyment, and satisfaction there needs to be a sense of progression and growth, which requires CHANGE.

But change is often the one thing we fight most against. Change challenges our comfort zone yet is the main component in order to move forward. At times it is uncomfortable, frustrating, and painful but equally it can be opportunistic and enlightening. To say the last 6 months have been full of change is an understatement. As a

society we have adapted and overcome many challenges in both our personal and professional lives. And if one thing 2020 has collectively shown us, it is how to become resilient and preserve no matter what comes our way. For some resilience is a natural reaction to challenges for others we may need to work at pushing through some mental barriers. Remember to take the time to examine your thought patterns and find some space to nudge your thinking towards resilience should you become overwhelmed. Remind yourself about transitions and challenges you successfully navigated in the past. By focusing on your strengths instead of your weaknesses, you will feel more empowered to meet what lies ahead. Continue to embrace transition and see challenges as opportunities to thrive because stagnancy is a recipe for momentum lost. And friends...we have come so far!

Resilience is not just for surviving the worst day of your life it's for thriving every day of your life. Feel Stuck? You are committed to certain patterns of behavior because they helped you in the past. Now those behaviors have become more harmful than helpful. The reason why you can't move forward is because you keep applying an old formula to a new level in your life. Change the formula to get different results.

Bottom line....if we aren't evolving we are dissolving.

Best,

Angela

