



## Sailor Gram

### News you can use from Navy Total Force

*Educating our Sailors for Success! – Fleet Master Chief Benning*

#### Coalition of Sailors Against Destructive Decisions (CSADD) 2012 Monthly Topics

Shipmates, CSADD has proven to have an enormous impact over the past year. This can all be accredited to the efforts of our most junior Sailors taking a proactive leadership role in preventing bad decision making. As CSADD continues to grow, so will the success of our navy team's success. NAVADMN 394/11 announces the 2012 Monthly Topics as listed below:

- January - PLANNING A FAMILY AROUND YOUR NAVY CAREER
- February - FLEET AND FAMILY SUPPORT CENTERS
  - (1) FINANCIAL WELLNESS
  - (2) TRANSITION ASSISTANCE
  - (3) COUNSELING ASSISTANCE
  - (4) OTHER SERVICE SUPPORT
- March - MOTORCYCLE SAFETY
- April - SEXUAL ASSAULT PREVENTION AND AWARENESS
  - (1) BYSTANDER INTERVENTION
- May - SUICIDE AWARENESS ACT (ASK, CARE, TREAT).
  - (1) HOW SUICIDE AFFECTS THOSE LEFT BEHIND
  - (2) OPERATIONAL/PERSONAL STRESS MANAGEMENT
- June - OFF DUTY RECREATION
  - (1) SPORTS SAFETY
  - (2) BOATING/WATERSPORTS SAFETY
  - (3) FIREARMS/HUNTING SAFETY
  - (4) CAMPING/HIKING SAFETY
- July - SAFE DRIVING PLANNING (S.A.F.E.T.Y.)
  - (1) SPEEDING
  - (2) ALCOHOL
  - (3) FATIGUE
  - (4) EJECTION (SEATBELTS)
  - (5) TEXTING
  - (6) YOU (HOW YOU CAN AVOID THESE SITUATIONS)
- August - NEW AGE DRUG/"SPICE" AWARENESS
- September - ALCOHOL USE AND RESPONSIBLE DRINKING
- October - DOMESTIC VIOLENCE PREVENTION AND AWARENESS
  - (1) ANGER MANAGEMENT
  - (2) FAMILY ADVOCACY AND ASSISTANCE
- November - SAILOR READINESS (HEALTH, PHYSICAL, AND DEPLOYMENT READINESS)
  - (1) OPERATIONAL STRESS MANAGEMENT
  - (2) GREAT AMERICAN SMOKEOUT AND CESSATION CLASSES
  - (3) NAVY OPERATIONAL FUELING AND FITNESS SERIES (NOFFS)
  - (4) PAGE 2 UPDATE
  - (5) NAVY FAMILY ACCOUNTABILITY AND ASSESSMENT SYSTEM (NFAAS) UPDATE
  - (6) POWER OF ATTORNEY/WILL
- December - VOLUNTEER OUTREACH MONTH

Announcement for the CSADD Chapters of the Year are expected to be announced in January. A special thank you to all of our CSADD Sailors across the Navy, your individual and team efforts continue to make our navy team ready and enable us to focus on war fighting first and operate forward.

#### CSADD Facebook

#### NAVADMIN Link for CSADD Topics

Have you heard about the Coalition of Sailors Against Destructive Decisions? Check out what our Shipmates are doing around the Navy to lead and enable Sailor success?

<http://www.facebook.com/#!/pages/Coalition-of-Sailors-Against-Destructive-Decisions-CSADD/299642495316>

NAVADMIN Message Link:

<http://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2011/NAV11394.txt>