

SAID DAY Morning Announcements



Generic #1

Students Against Impaired Driving Day is May 14, 2026.

We support student leadership and encourage everyone to never drive impaired and never ride with an impaired driver. Remember: Be the Driver, Not the Danger.

Generic #2

(Your school name here)

Supports Students Against Impaired Driving Day.

We wish you and your family a safe and enjoyable holiday weekend.

Remember: Be the Driver, Not the Danger.

TRIVIA OPTIONS. During the announcement, one of these questions could be read each day leading up to SAID Day.

Lead each trivia question with:

"May 14th is SAID Day" - Students Against Impaired Driving Day. Show your support by never driving impaired or riding with an impaired driver.

1. What is the distance a car travels at 90 KPH during five seconds of distraction by your phone?

- A. The length of a football field
- B. The length of five houses
- C. The length of four transport trucks
- D. The length of two cars

A. Length of a football field – or 110 yards. Never Text and Drive.

2. Which of these activities will help you sober up faster?

- A. Take a Cold Shower
- B. Eat a greasy meal
- C. Drink Coffee
- D. Throw up
- E. All of the above
- F. None of the above

F. None of the above. Only time will sober you up. Never Drink and Drive.

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3. How much of your driving awareness do you lose while on the phone?

- A. 10%
- B. 25%
- C. 40%
- D. 50%

D. 50%. Your awareness of your surroundings is reduced by 50% when you talk on a cell phone while driving, and you are five times more likely to crash. Never Text and Drive.

4) How much does the risk of crashing increase when a person texts and drives?

- A. 10% lower
- B. 10% higher
- C. 15% higher
- D. 23 times

D. 23 times (23x). 23% higher than if they were not texting. Never Drive Distracted.

May 14, 2026, is SAID DAY



Sources:

1. <https://www.rapidtables.com/convert/length/km-to-yard.html?x=.125>
2. <https://www.wikihow.com/Sober-Up-Fast>
3. <https://safetydriven.ca/resource/distracted-driving-and-your-brain/>
4. https://en.wikipedia.org/wiki/Ontario_Students_Against_Impaired_Driving
5. <https://www.nytimes.com/2009/07/28/technology/28texting.html>

For more information or if you have any questions, please do not hesitate to contact us at www.osaid.ca or email us at info@osaid.ca