

# Welcome From D.A.R.E. BC!



Dear Parents and Guardians,

Congratulations on your child's enrollment in the D.A.R.E. Program!

As a retired police officer and father of three adult children, I know some of the challenges your child will face as they navigate their way towards adulthood. Over the next ten weeks D.A.R.E. will empower your child with life skills that will help them to make wise and healthy decisions throughout their lifetime. A parent package that summarizes the ten-week program is available for download on our website at [www.darebc.com](http://www.darebc.com).

To help reinforce the important lessons taught by D.A.R.E., we have developed the Team D.A.R.E. Program. While you are visiting our website ([www.darebc.com](http://www.darebc.com)) to download the parent information package, I'd also like to invite you and your child to sign up for and remain connected to us through Team D.A.R.E.

In closing, I would like to issue a friendly reminder that the D.A.R.E. program is made possible largely through the generosity of individuals like yourself. Please consider making a donation to help ensure next year's round of kids also receive the benefits of the D.A.R.E. program. Tax receipts will be provided for donations of \$20 or more. Your support is sincerely appreciated!

Congratulations once again! For further information, or to receive the parent package by mail, please contact the D.A.R.E. BC office at 604-264-2765. All the best to you and your family.

Sincerely,  
Chuck Doucette (President)

**Yes, I would like to help ensure that next year's kids receive D.A.R.E.**

**Please accept my gift of:**

\$20     \$30     \$50     \$100     Other \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_



**Cheques payable to D.A.R.E. BC. Mail to: D.A.R.E. BC, 4949 Heather Street, Vancouver, BC, V5Z 1K6.  
Official income tax receipts will be provided for all donations of \$20 or more.**

**Phone: 604-264-2765**

**Email: [dare@darebc.com](mailto:dare@darebc.com)**

**Website: [www.darebc.com](http://www.darebc.com)**



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## Drug Abuse Resistance Education

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### WELCOME TO D.A.R.E.

Dear Parent/Guardian:

Welcome to the D.A.R.E. Program. We are excited about working with your child over the next ten weeks.

D.A.R.E is a social skills program. Students use a four-step decision making model to make healthy choices and take charge of their lives.

**D efine**

What is the problem, challenge or opportunity?  
What is the decision about?

**A ssess**

What are all your choices? (Explore all options.)

**R espond**

Use all the information available to make a choice.

**E valuate**

Was my response appropriate, respectful and responsible?  
Was it a good choice? Why?

This D.A.R.E decision making model is designed to help you and your child think critically. It affords the opportunity to analyze each decision and evaluate past choices. We encourage everyone to use this model daily.

You are important to your child's successful journey in life and D.A.R.E will be more effective with your participation. We ask you to take the time and talk to your child about what s/he learns each day. We believe D.A.R.E will be a topic you can share and build upon.

Please use this material as a guide to review the content of the lessons with your child following each D.A.R.E. class. If you have any questions, please contact me. Thank you for your support.

D.A.R.E. Officer



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## Drug Abuse Resistance Education

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### Lesson 1

## INTRODUCTION TO D.A.R.E.

Dear Parent/Guardian:

This week was our first lesson in D.A.R.E. Time was spent getting acquainted and outlining the expectations for the next nine weeks. Students received their Student Planners. At the end of the nine weeks, your child will be required to write and present a D.A.R.E report about the importance of being drug-free, avoiding violence, and making healthy choices.

Some topics to discuss with your child:

- ▶ What is the purpose of the D.A.R.E. program?
- ▶ What is your D.A.R.E. officer's name?
- ▶ The steps in the D.A.R.E. Decision making model.  
( **D**efine / **A**ssess / **R**espond / **E**valuate )

I look forward to working with your child.

Thank you for your cooperation and support.

D.A.R.E. Officer





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## Drug Abuse Resistance Education

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### Lesson 2

## TOBACCO AND YOU

Dear Parent/Guardian:

This week in D.A.R.E. your child learned some basic facts about the harmful effects of tobacco products. Students created a warning label with those facts.

Some topics to discuss with your child:

- ▶ What are some important tobacco facts.
- ▶ What are some harmful health effects?
- ▶ What are some parts of the body that are affected by tobacco use?
- ▶ What are some of the warnings on cigarette packages?

Did you know...

- ▶ The average age of first use of tobacco is 11 years old.
- ▶ Most smokers started before the age of 18
- ▶ Results of a Canadian survey show a large percentage of grade 8 students **do not** smoke tobacco.

Thank you for your continued support.

D.A.R.E. Officer





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## Drug Abuse Resistance Education

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### Lesson 3

### SMOKE SCREEN

Dear Parent/Guardian:

This week in D.A.R.E. your child learned how advertising promotes tobacco use. We also discussed some harmful effects of marijuana.

Some topics to discuss with your child:

- ▶ How do advertisers try to influence children?
- ▶ Discuss the harmful effects of marijuana use.
- ▶ What parts of the body are affected by marijuana use?  
(brain, lungs liver, heart, mouth, and throat)
- ▶ Compare a cigarette package warning with a tobacco advertisement.

Did you know...

Marijuana attaches itself to fat cells in the body. Your brain has a large concentration of fat cells. The Canadian Medical Association states marijuana is addictive. In Canada, the use of marijuana by youth is increasing ..... addiction is a reality.

Thank you for your continued support.

D.A.R.E. Officer





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## Drug Abuse Resistance Education

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### Lesson 4

## ALCOHOL & YOU

Dear Parent/Guardian:

This week in D.A.R.E. your child learned some facts about alcohol and how it affects the body. From a Canadian study, they learned that a large percentage of 8<sup>th</sup> graders **do not** drink alcohol.

Some topics to discuss with your child:

- ▶ What are some important alcohol facts?
- ▶ What are some harmful effects of alcohol?
- ▶ What parts of the body does alcohol effect?
- ▶ Are you in the majority of youth if **do not** drink alcohol?

Did you know...

There are many teachable moments in a child's life. Take advantage of those moments to engage them in productive conversations about drugs. These conversations will assist your child to make healthy choices and stay in charge of their life.

Thank you for your continued support.

D.A.R.E. Officer





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## Drug Abuse Resistance Education

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### Lesson 5

## THE REAL TRUTH

Dear Parent/Guardian:

This week in D.A.R.E. your child learned how the media influences people to use alcohol, some basic risks associated to inhalants, and positive alternative activities to drug use.

Some topics to discuss with your child:

- ▶ Do advertisers target youth? How? Why?
- ▶ What are some risks associated to inhalant use?
- ▶ What are some drug free alternative activities that are fun to do?

Did you know...

Studies have indicated a parent's attitude plays a significant role in helping their children to develop a drug and violence free lifestyle.

Thank you for your continued support.

D.A.R.E. Officer





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## Drug Abuse Resistance Education

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### Lesson 6

## FRIENDSHIP FOUNDATIONS

Dear Parent/Guardian:

This week in D.A.R.E. your child learned to identify the qualities of a good friend. We worked through a scenario to identify the best ways to respond to peer pressure.

Some topics to discuss with your child:

- ▶ Describe the qualities of a good friend.
- ▶ Describe the qualities of a good friend.
- ▶ What are the types of Peer Pressure?  
(Friendly, Teasing, Indirect, Heavy and Positive)
- ▶ Practice role playing with your child using the D.A.R.E. Decision Making Model  
( **D**efine / **A**ssess / **R**espond / **E**valuate )

Did you know...

Your child's friendships are more important and influential in the years to come. Get to know their friends.

Thank you for your continued support.

D.A.R.E. Officer





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## Drug Abuse Resistance Education

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### Lesson 7

## PUTTING IT TOGETHER

Dear Parent/Guardian:

This week in D.A.R.E. your child learned and practised 9 confident ways to “stay in charge of their life.” They learned how to stay out and get out of risky situations.

Some topics to discuss with your child:

- ▶ What is a way to stay out of a risky situation?  
(avoid the situation, strength in numbers, walk away, cold shoulder)
- ▶ What is a way to get out of a risky situation?  
(say no, give reason or fact, change the subject, repeated refusal, humour)
- ▶ What are some behaviours of a confident response style?  
(eye contact, speaks clearly, calm, good posture)

Did you know...

Practice makes perfect. Have your child demonstrate a confident way to be in charge of a risky situation (Eg: drug offer, fight).

Thank you for your continued support.

DARE officer





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## Drug Abuse Resistance Education

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### Lesson 8

### PERSONAL ACTION

Dear Parent/Guardian:

This week in D.A.R.E. your child learned personal pressure can influence their decisions regarding risky behaviour. We discussed the D.A.R.E. report and pledge statement they would prepare for next week.

Some topics to discuss with your child:

- ▶ Some strategies to deal with personal pressure.
- ▶ What are some of the things they learned in D.A.R.E. that are important to include in their report?

Did you know...

You can offer support by having your child read their D.A.R.E. report and pledge statement to you.

Thank you for your continued support.

D.A.R.E. Officer





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## Drug Abuse Resistance Education

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### Lesson 9

## PRACTICE, PRACTICE, PRACTICE

Dear Parent/Guardian:

This week in D.A.R.E. your child practised the skills they learned in the past eight D.A.R.E. classes. Students were assigned scenarios and used facts and positive alternatives to make healthy choices.

Some topics to discuss with your child:

- ▶ Provide them with realistic scenario's and have them answer with ...

“**No because...**(fact here) **I'd rather...**(positive alternative).”

Eg: **Do you want to smoke?**

*No because there are 200 poisons in tobacco, I'd rather play soccer!*

Did you know ...

Your child will participate in a graduation ceremony. Check with your child for the date.

Thank you for your support throughout this program.

D.A.R.E. Officer



# Support Your Local D.A.R.E. Program Get Your D.A.R.E. BC Merchandise Today



Today's kids are faced with difficult choices and enormous peer pressure, especially when it comes to drugs and alcohol. Prevention works, and is most effective when it comes from every direction – parents, schools and community. Please do your part by supporting the work of D.A.R.E. BC. All proceeds from the sale of DARE BC merchandise go to support the D.A.R.E. program!



Click on [www.darebc.com](http://www.darebc.com).



### Air Glow Balls

Kids of all ages will enjoy playing with these balls that light up upon impact. Balls are available in red or blue. Batteries are non-replaceable.

Price \$ 4.99



### Fun Flyer

This 9" fun flyer is the perfect family toy. Only available in black.

Price \$3.88



### Deluxe Sports Bottle

This 17oz stainless steel water bottle is easy to carry with you everywhere. Water bottle includes Caribiner and is available in red.

Price \$9.88



### Ceramic Mug

This mug is ideal for holding your favorite beverage. Available in white with the D.A.R.E. BC logo on the front.

Price: \$5.99

For more information please call 604-264-2765, or email [dare@darebc.com](mailto:dare@darebc.com).

I would prefer to make a donation directly to the DARE BC Society. Please accept my gift of:

\$20    \$30    \$50    \$100    Other \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_



Cheques payable to D.A.R.E. BC. Mail to:

D.A.R.E. BC, 4949 Heather Street, Vancouver, BC, V5Z 1K6.

**TAX RECEIPTS WILL BE ISSUED FOR ALL DONATIONS OF \$20 OR MORE.**

Phone: 604-264-2765

Email: [dare@darebc.com](mailto:dare@darebc.com)

Website: [www.darebc.com](http://www.darebc.com)