

**COME
ON
IN!**

**D.A.R.E.
CLASS
TODAY**



Lift here for
your own D.A.R.E.
Decision-Making
Model.

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Decision-Making Model

DEFINE

Describe the problem, challenge, or opportunity.

ASSESS

What are your choices?

RESPOND

Make a choice.
Use the facts and information you have gathered.

EVALUATE

Review your decision.
Did you make a good choice?

INTRODUCING YOUR CAST OF FRIENDS



Michael



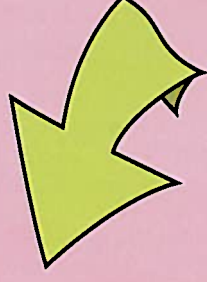
Josh



Sofia



Darryl



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Model.



keepin'
it...

REAL



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NAME: _____

ROOM: _____

TABLE OF CONTENTS



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D.A.R.E. Rules	1
Decision Making Model Practice	2
Did You Know?.....	3
Define the Problem	6
Risky Situations	6
Safe and Responsible Choices	7
Resistance Strategies	9
Responding to Pressure	11
Signs of Stress	13
Evaluating Your Decision	15
Communication Styles	17
Confident Communication	18
What Should They Do	19
Communicating Effectively.....	21
My D.A.R.E. Report	23
Five W's of Reporting Bullying	24
Responsibly Reporting Bullying	25
D.A.R.E. Word Search	27
Safe Reporting	28
Needing Help	29
My Help Network	30
My Journal	31
Crossword Puzzle	36
Glossary	37

D.A.R.E. RULES

- ⦿ Raise your hand so that only one person speaks at a time.
- ⦿ Be positive, responsible, and respectful. A put-down can hurt feelings and stop open discussion.
- ⦿ Observe and use the quiet signal.
- ⦿ Use the words “someone I know” instead of a person’s name when sharing a story.
- ⦿ Answer only questions that feel comfortable to you.



D.A.R.E. DECISION MAKING MODEL PRACTICE

Situation 1

You play on a soccer team. The team depends on you as goalkeeper. You are invited to your best friend's birthday party at the same time as the big game. You would have to miss the game to go to the party. How do you decide what to do?

DEFINE Describe the problem, challenge, or opportunity.

ASSESS What are your choices? What are the consequences of each choice?

RESPOND Make a choice. Use the facts and information that you have gathered.

EVALUATE Review your decision. Did you make a good choice?

DID YOU KNOW?

Facts About Alcohol Use

- Alcohol is illegal for anyone under the age of 19 years of age in Canada (18 years of age in Alberta, Manitoba and Québec).
- There are 6000 alcohol related deaths each year in Canada.
- Most teens don't drink alcohol.
- Mixing alcohol with medicine is dangerous.
- Teen bodies are still growing; therefore, alcohol affects them more severely than adults.

Health Effects of Alcohol Use

- Alcohol slows down the brain and body. Effects may include:
 - ✧ loss of coordination
 - ✧ poor judgement
 - ✧ memory loss
 - ✧ loss of self-control
 - ✧ slow reflexes
- Alcohol weakens the heart muscle, reduces the amount of blood pumped to and from the heart.
- Too much alcohol can slow down the body and lead to coma and death.
- Alcohol goes directly into the bloodstream and can damage every organ of your body.

ALCOHOL FILL IN THE BLANKS:

1. Alcohol is _____ for anyone under the age of 19 years of age in Canada (18 years of age in Alberta, Manitoba and Québec).
2. Mixing _____ with _____ is dangerous.
3. There are _____ alcohol related deaths each year in Canada.
4. Most teens _____ alcohol.
5. Alcohol slows down the _____ and _____.
6. Two health effects of alcohol are _____ and _____.

DID YOU KNOW?

Facts About Tobacco Use

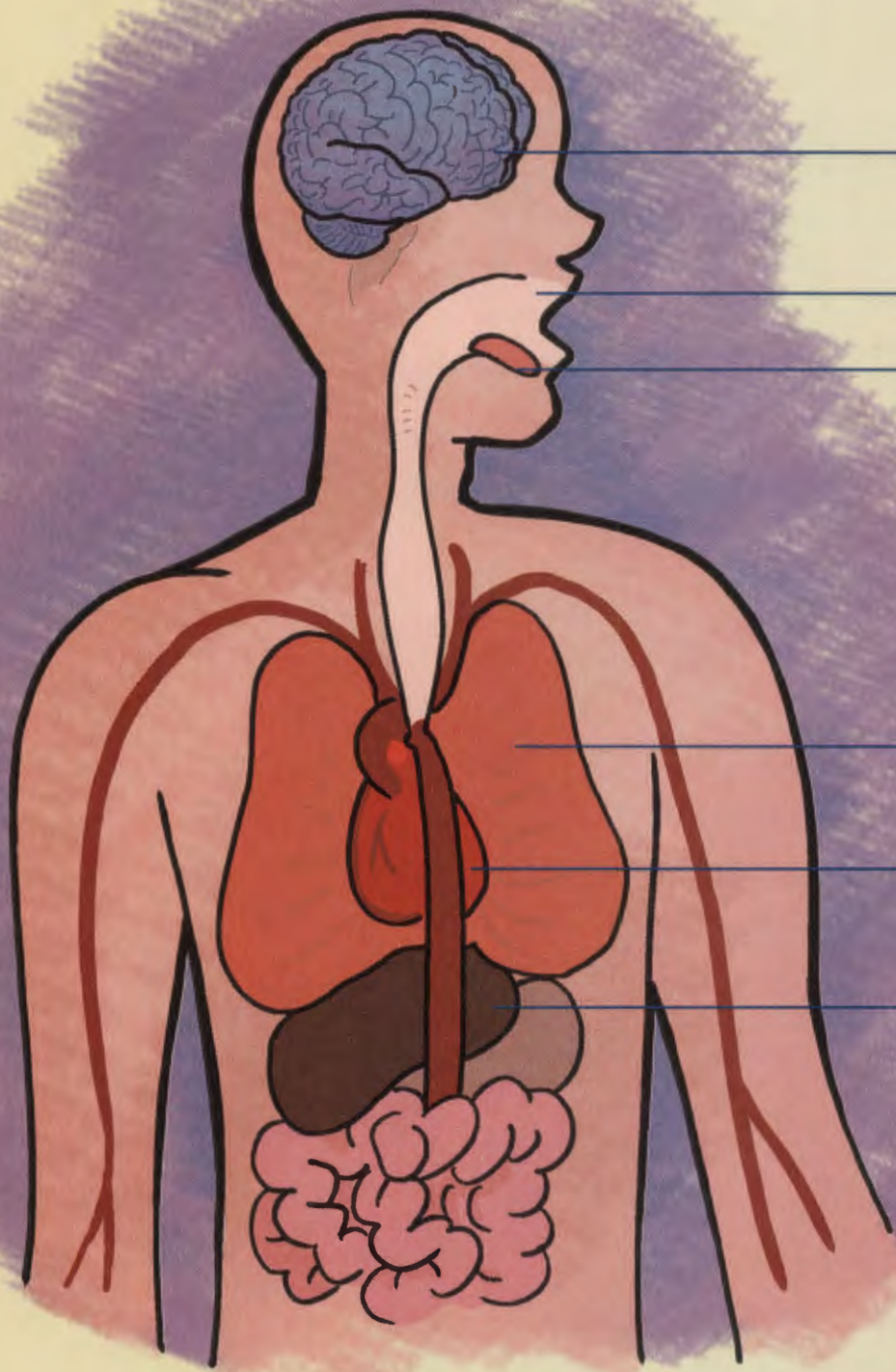
- In Canada, it is illegal to sell tobacco products to anyone under the age of 18 (19 in some provinces/territories).
- There are 200 known dangerous chemicals in cigarette smoke.
- Cigarettes contain nicotine, a powerfully addictive substance.
- Smoking is the leading preventable cause of death in this country.
 - ∴ More than 39,000 Canadians die from tobacco-related causes each year.
 - ∴ In Canada, more than 800 deaths a year can be attributed to secondhand smoke.

Health Effects of Tobacco Use

- Nicotine in cigarettes and chewing tobacco reduces the amount of blood that flows to the brain.
 - ∴ This interferes with the way the brain works.
- Smoking causes heart disease.
- Smokers have more colds and upper respiratory problems.
- Smoking causes lung cancer.
- Chewing tobacco can cause mouth cancer, tooth loss, and other health problems.
- Smoking can:
 - ∴ Yellow your teeth and cause bad breath.
 - ∴ Dry your skin and cause wrinkles.

TOBACCO FILL IN THE BLANKS:

1. There are more than 200 known _____ in cigarette smoke.
2. Cigarettes contain _____, a powerful substance that causes addiction.
3. More than _____ Canadians die from tobacco-related causes each year.
4. In Canada, more than _____ deaths a year can be attributed to secondhand smoke.
5. Smokers have more _____ and _____ problems.
6. Smoking can cause yellow _____ and smelly _____.
7. It is _____ to sell tobacco to anyone under the age of 18 (19 in some provinces/territories).



DEFINE THE PROBLEM

SITUATION 1 Michelle is waiting for a ride home and notices some of her older sister's friends smoking cigarettes. They ask her to smoke with them.

DEFINE What is the problem, challenge, or opportunity?



How do you know that it's a problem? _____

Why is it important? _____

SITUATION 2 Travis is visiting with his friend, Charley. He sees Charley's older sister taking a beer out of the refrigerator to share with her friends at a party. What is Travis' problem?

DEFINE What is the problem, challenge, or opportunity?

How do you know that it's a problem? _____

Why is it important? _____

SITUATION 3 Jack's parents were out for the evening. Jack's older brother, Sam, and his friends were smoking in his bedroom. Jack knows the health effects of smoking and knows he should tell his parents. What is Jack's problem?

DEFINE What is the problem, challenge, or opportunity?

How do you know that it's a problem? _____

Why is it important? _____

RISKY SITUATIONS

DIRECTIONS: Work with a partner to identify "risky" situations.

1. _____

2. _____

3. _____

MAKING SAFE AND RESPONSIBLE CHOICES

Situation 1

Your best friend had to practice for a play last night and was late getting home. Your friend did not have a chance to complete their homework and is worried about getting in trouble. You are asked for a copy of your homework.

DEFINE _____

ASSESS _____

What are the positive consequences of your choices? _____

What are the negative consequences? _____

Situation 2

Jamal has a science project that is due tomorrow. He has a new video game and really wants to beat the top score of his friends. He does not have time to do both.

DEFINE _____

ASSESS _____

What are the positive consequences of your choices? _____

What are the negative consequences? _____

Situation 3 Natalie is with a group of friends who are smoking cigarettes. She is afraid that someone will see them and tell her parents that she was also smoking.

DEFINE _____

ASSESS _____

What are the positive consequences of your choices? _____

What are the negative consequences? _____

Situation 4 Jeremy practices basketball all the time with his friends in the neighborhood. His good friend, Terrell, is going to try out for a team. Jeremy would like to play on the team, but isn't sure that he is as good a player as his friend.

DEFINE _____

ASSESS _____

What are the positive consequences of your choices? _____

What are the negative consequences? _____

RESISTANCE STRATEGIES



AVOIDING THE SITUATION:

If you know of places where people often use drugs, stay away from those places.



STRENGTH IN NUMBERS:

Hang around with nonusers, especially where drug use is expected.

**WALKING AWAY:**

"I found a cigarette in my mom's purse, wanna smoke?"

Say no and walk away.

**SAYING NO, WHILE GIVING A REASON OR EXCUSE:**

"Would you like a beer?"

"No thanks, my parents would ground me for life."

**CHANGING THE SUBJECT:**

"I have some cigarettes. Have one?"

"No, let's go play ball instead."

RESPONDING TO PRESSURE

DIRECTIONS: Define, Assess, and Respond to the following situations. Remember to think of the positive and negative consequences when you assess the situations.

Situation 1

Oscar saw his best friend take money off the teacher's desk. His friend said it was only \$5.00 and the teacher probably wouldn't notice. Oscar's friend threatened to say that Oscar stole the money if he told.

DEFINE _____

ASSESS _____

RESPOND _____

Situation 2

Yoko is shopping for clothes with her mother. Yoko and her mom are looking at clothes when she sees popular girls from school. The girls say, "When are you going to grow up? Come with us!" Yoko really wants to go with the girls.

DEFINE _____

ASSESS _____

RESPOND _____





Situation 3

Your friends are talking about bringing wine coolers from home to the soccer match this afternoon. They ask if you want them to bring you one.

DEFINE _____

ASSESS _____

RESPOND _____

Situation 4

Reggie goes over to Derrick's house after school. Derrick wants to play video games. All his games are violent and rated **M** for Mature. Reggie knows he is not allowed to play those kinds of games.

DEFINE _____

ASSESS _____

RESPOND _____

SIGNS OF STRESS



What are the possible ways your body feels when you are stressed?

Frustration _____

What are some possible actions that might show you are feeling stress?

Start to act differently _____

What are some possible ways to relieve stressful feelings?



WHAT ARE SOME POSITIVE ACTIVITIES YOU ENJOY?

Draw a picture, write a poem or song.



EVALUATING YOUR DECISION

DIRECTIONS: Work in a group and evaluate your decisions. Remember to use the Pause when deciding how to Respond to each situation.

Situation 1

You are trying out for a club or competition. You are worried you won't make the cut. How do you handle the situation?

Situation 2

You and some other kids go to another friend's house to hang out. The friend suggests getting some of her parents' prescription medicine out of the bathroom. If you get caught, you will be in trouble even if you aren't using the drugs. The friend is heading into the bathroom.

Situation 3

You and your best friend have an argument at recess because your friend said something that hurt your feelings. You feel bad about the argument and are worried you won't be friends again. Another friend wants you to start saying mean things about your best friend.

Situation 4

Tomorrow you have to read your book report in front of the class. You are worried that the class might laugh at you.





SITUATION # _____

PAUSE (what could you do or say to yourself) _____

DEFINE _____

ASSESS _____

RESPOND _____

EVALUATE _____

COMMUNICATION STYLES



CONFIDENT COMMUNICATION

DIRECTIONS: Work with a partner. One of you will make an offer or request and the other will use confident communication to respond. Watch your partner for signs of confident communication. Switch roles for the next situation.

Situation 1

You really need help with a project for school. You want to do well and it will take two people to work on it. Ask your friend to help you with your project.

Situation 2

Your friend took a pack of cigarettes from his parents without them knowing. He wants to smoke them after school in the park and asks if you want to go. Confidently give your friend a reason you are not going to smoke.

Situation 3

It's a beautiful day outside, but your friend would just like to hang out and play video games. Confidently convince your friend to go outside and play.

WHAT SHOULD THEY DO?

Situation 1

Kim's friends are sending mean emails about her. They say that she doesn't wear cute clothes. Another friend shows her these emails. The next day in the hallway, she sees them looking at her and whispering. What should she do?

DEFINE _____

ASSESS _____

RESPOND _____

EVALUATE _____

Situation 2

Robert has just moved and is attending a new school. He doesn't know anyone. What can he do to make new friends?

DEFINE _____

ASSESS _____

RESPOND _____

EVALUATE _____



Situation 3

Noah's mom started to work so he will be home alone. At first he thought it was cool to stay by himself, but the first afternoon he felt uncomfortable. How could Noah communicate with his mom how afraid he is to be alone?

DEFINE _____**ASSESS** _____**RESPOND** _____**EVALUATE** _____**Situation 4**

Rosa and her friend are with some older girls who are smoking. She is afraid when she gets home she will smell like smoke. Her mother will be angry. How does she explain the smoke smell to her mother?

DEFINE _____**ASSESS** _____**RESPOND** _____**EVALUATE** _____

COMMUNICATING EFFECTIVELY



Situation 1

Casey sends an email to her friends asking them to go to the mall on Saturday. All of her friends reply to her e-mail that they want to go. Brittany's response said she really hoped that Michelle would not be going because she smokes. By mistake, Brittany sent a reply to everyone, including Michelle.

DEFINE _____

ASSESS _____

RESPOND _____

EVALUATE _____

Situation 2

Roberto needs to talk with Dion about his homework that is due tomorrow. While he is talking, Dion keeps texting. Roberto is annoyed that Dion is not listening.

DEFINE _____

ASSESS _____

RESPOND _____

EVALUATE _____

Situation 3

A science class project requires a report and research on the internet. Mia, Jasmine, and Carlos are to work together and receive the same grade. Mia forgets to look up her part and Jasmine and Carlos need to talk to her about this.

DEFINE _____

ASSESS _____

RESPOND _____

EVALUATE _____

MY D.A.R.E. REPORT

This is the time for you to review your **D.A.R.E.** notes and to think about all the things you have learned in **D.A.R.E.** Take a few minutes to look through your **D.A.R.E.** Planner and to read your Journal Entries. Think of the things your officer has taught you and what you have learned about being safe and responsible. Think about what you have learned to make safe and responsible decisions for yourself. You have learned a lot!

Now, you will be writing a report or essay about your own experience in **D.A.R.E.**

Be sure to express your thoughts and ideas:

- What I learned during **D.A.R.E.**
- How I have used the **D.A.R.E.** Decision Making Model.
- How I plan to use what I have learned to make safe and responsible choices.

The following guidelines will help you prepare for your **D.A.R.E.** Report. There are three sections.

Introduction: Start with a great first sentence. Your first sentence should interest your reader so they will want to keep reading. You may want to begin with a thought, a question or a surprising statement or fact.

Body: Use the topics above to develop three well-organized paragraphs. Give details and specific examples about what you have learned, how you are using those skills, and plan to use them in the future.

Conclusion: Summarize or restate your ideas and thoughts. This is a good place to make a personal statement.



FIVE W'S OF REPORTING BULLYING



Who _____

What _____

When _____

Where _____

Why _____

SAFE AND RESPONSIBLE WAYS TO REPORT BULLYING

RESPONSIBLY REPORTING BULLYING

Situation 1

A group of girls decide they did not like Jenny because she plays sports with the boys. They make fun of her when she walks by and will not let her be in their group.

Situation 2

Antonio gets an e-mail from someone he knows in his class. The message asks him to come to a campout at Jacob's house on the weekend. Antonio knows that some of the boys that will be there have been making fun of him at school.



**Situation 3**

Every time Donovan goes to the cafeteria, students tell him all the seats at their table are taken. He asks one boy, who is sitting alone, if he could sit at his table. The boy said, "I don't want you at my table, go find somewhere else to sit."

Situation 4

Tanisha is new at school and wants to make friends. She finds out that the other girls are sending emails saying mean things about her. They start sending her nasty emails and texts saying they won't talk to her at school.

D.A.R.E. WORD SEARCH



ANONYMOUS
BYSTANDER
CONFIDENT
GOODCITIZEN
PLEDGE
RESPONSIBLE

BULLYING
COMMUNICATION
DAREOFFICER
PAUSE
REPORT
SAFE





Every day, for the past month, when Kane gets on the bus the older students push or shove him into a seat. Today he was late getting on the bus and one of the boys tripped him as he was going down the aisle. He fell on his face and the kids started to laugh.

Use the DDMM to decide two safe ways to report this bullying?

DEFINE _____

ASSESS _____

RESPOND _____

Safe Reporting 1 _____

Safe Reporting 2 _____

EVALUATE _____



NEEDING HELP

Think about a time you needed help from someone.

1. What was happening in the situation? _____

2. What type of help did you need? _____

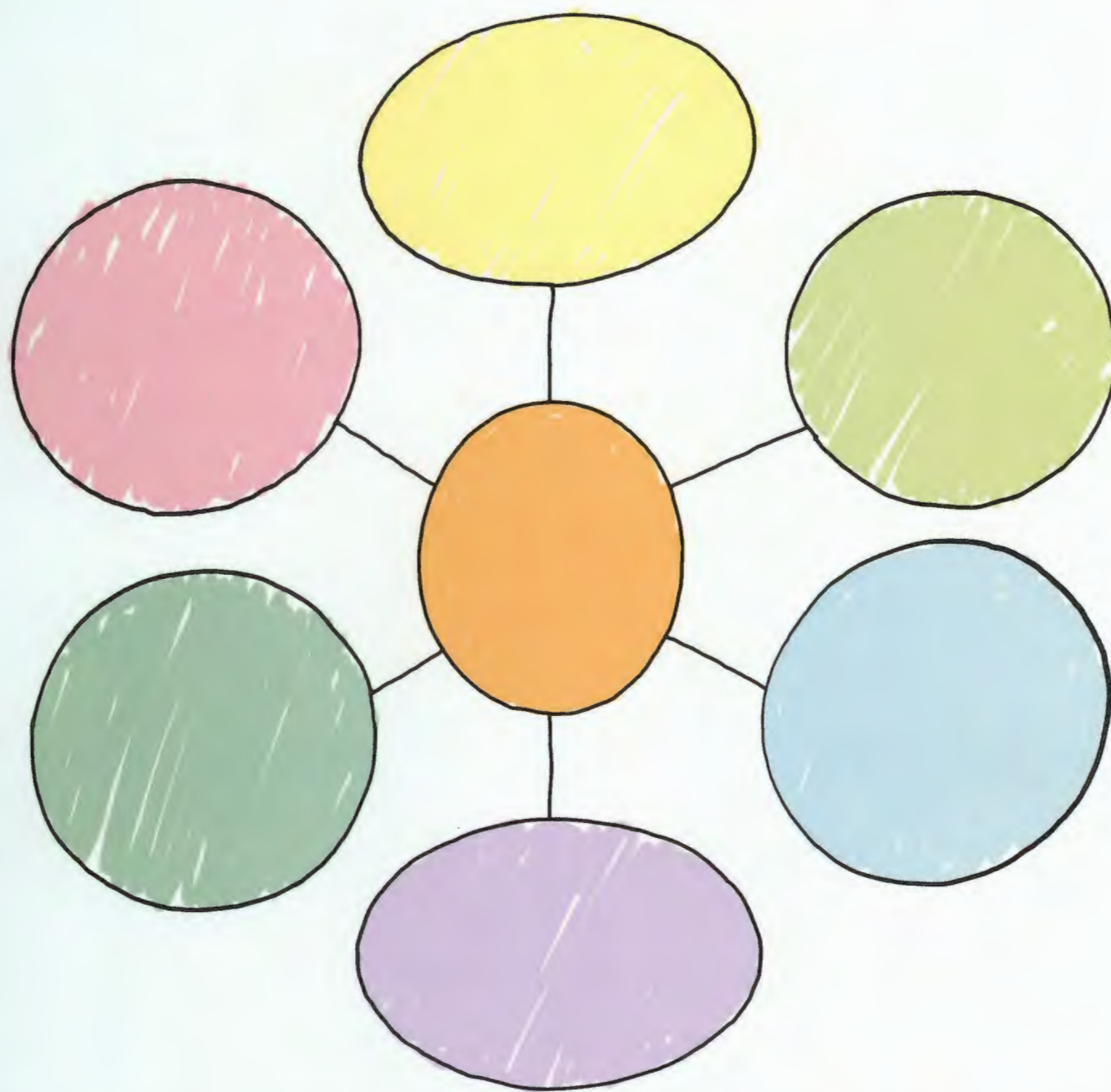
3. How did you get assistance? _____

4. What are some positive characteristics of people who might help? _____

5. Why is this important? _____



MY HELP NETWORK



MY JOURNAL: WHAT I LEARNED TODAY

Lesson One

The most important responsibility I have is...

This week I will try to be responsible by...

Lesson Two

Three health effects I did not know...

In the coming week, two important facts I will share with someone...



MY JOURNAL: WHAT I LEARNED TODAY

Lesson Three

It is important to think about the consequences of our choices because...

In the next week, a choice I might make that will have a positive consequence is...

Lesson Four

It is sometimes difficult to say "no" to our friends because...

One response to pressure that I might use in the future is...

MY JOURNAL: WHAT I LEARNED TODAY

Lesson Five

Three signs of stress I learned today...

In the upcoming week, two positive ways that I will deal with stress...

Lesson Six

To communicate confidently I will...

The confident communication skills I will practice this week...



MY JOURNAL: WHAT I LEARNED TODAY

Lesson Seven

Nonverbal communication is...

In the next week, I will demonstrate that I am listening by...

Lesson Eight

The 5 W's of safely reporting are...

If I see someone being bullied, I will remember to...

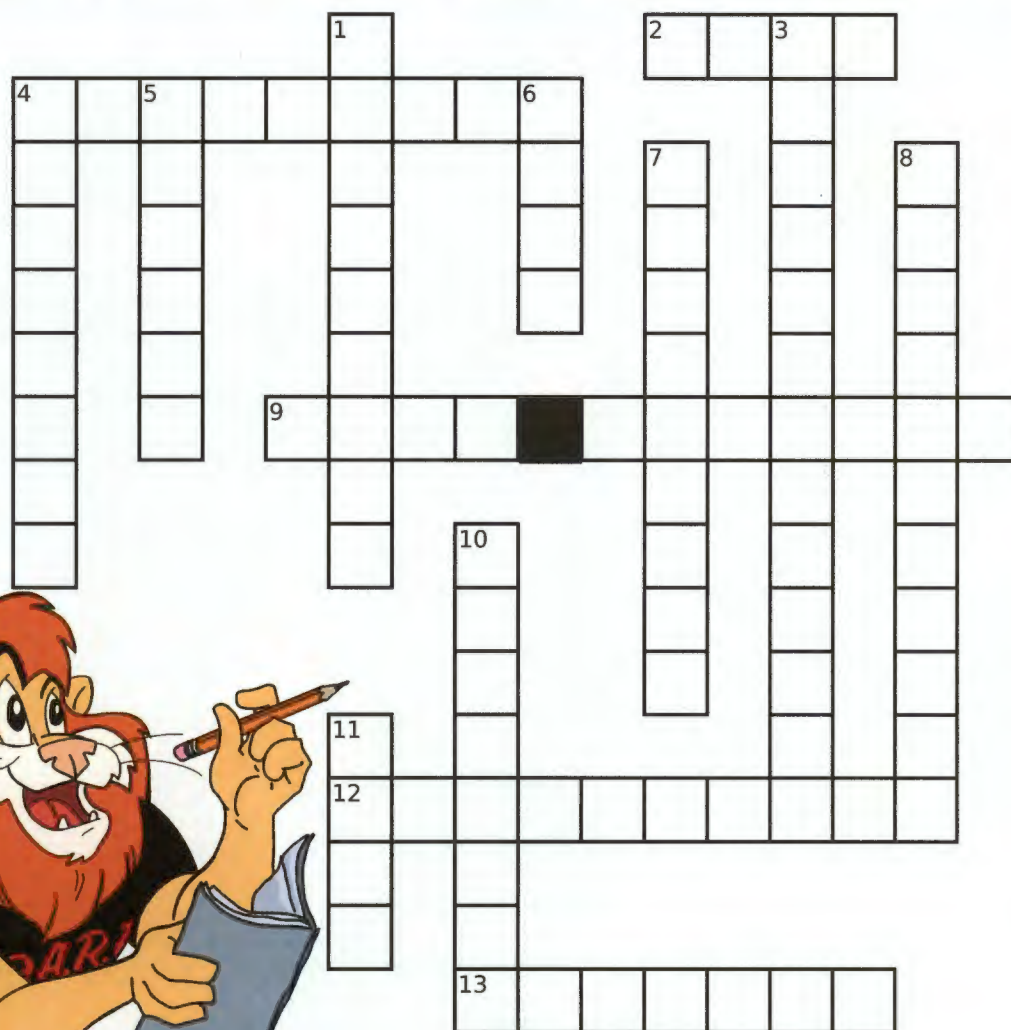
MY JOURNAL: WHAT I LEARNED TODAY

Lesson Nine

When my friends help me, I feel...

As a good citizen, it is up to me to...





ACROSS

- 2 Something that can be proven to be true
- 12 The refusal to accept others' influence
- 13 Understanding how other people feel
- 4 Someone who witnesses bullying who has the opportunity to help
- 9 Someone who acts responsibly by helping others

DOWN

- 1 No one will know that you provided the information
- 3 When people express their thoughts with each other
- 4 An aggressive behavior that is usually repeated
- 5 Any strain, pressure, or excitement felt about a situation
- 6 Taking a chance
- 7 Acting in a way that communicates your opinion while still respecting others
- 8 What happens as a result of something you do
- 10 A force or influence that acts on you to do something
- 11 Any substance other than food that affects the way your mind and body work

GLOSSARY

- _____ : Being reliable and dependable; people can count on you and you can count on others to follow through with a job or task.
- _____ : A way of making safe and responsible decisions using four steps (Define, Assess, Respond, Evaluate).
- _____ : Any substance other than food that affects the way your mind and body works.
- _____ : Something that can be proven to be true.
- _____ : What happens as a result of using a drug.
- _____ : Taking a chance.
- _____ : What happens as a result of something you choose to do or not to do. They can be positive or negative.
- _____ : A force or influence that acts on you to do something.
- _____ : When people about your age try to get you to do something.
- _____ : The refusal to accept others' influence.
- _____ : Any strain, pressure, or excitement felt about a situation or an event.
- _____ : When people express their thoughts or feelings with each other.
- _____ : Acting in a way that communicates your opinion while still respecting others.
- _____ : Being uncertain or unwilling to stand up for yourself.
- _____ : Acting in a way that is hostile; attacking or harming others without regard for their feelings.

KEY TERMS

Demanding , Unsure, Confident, Communication, Stress, Resistance, Peer Pressure, Pressure, Consequences, Risk, Health Effect, Fact, Drug, D.A.R.E. Decision Making Model, Responsible

_____ : Physical actions or body language that goes along with what we are saying.

_____ : Showing the other person through verbal and nonverbal communication that you are paying attention.

_____ : Understanding how other people feel.

_____ : An aggressive or unwanted behavior used again and again to isolate, harm, or control another person.

_____ : Someone who witnesses bullying who has the opportunity to help.

_____ : When you want to get someone in trouble for a harmless behavior.

_____ : Providing information to a trusted adult to help someone or keep them safe.

_____ : When you need help from a trusted adult to keep someone safe from being bullied.

_____ : Someone who acts responsibly by helping someone who is in need.

_____ : No one will know who made the report.

_____ : A person or a group of people you can call on for advice, help, encouragement, or guidance.

KEY TERMS

Help Network, Anonymous, Good Citizen, Reporting, Telling, Tattling, Bystander, Bullying, Empathy, Effective Listening, Nonverbal Communication



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