COME ON IN!


D.A.R.E. CLASS TODAY
DARE
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

TABLE OF CONTENTS

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**
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?

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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
DIRECTHlNS: 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**
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

What __________________________________________

When __________________________________________

Where _________________________________________

Why ___________________________________________

SAFE AND RESPONSIBLE WAYS TO REPORT BULLYING

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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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.
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
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...
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...
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...

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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...
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

___________: 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
D.A.R.E.®

keepin' it... REAL

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