

LESSON 1

INTRODUCTION TO D.A.R.E.'s *keepin' it REAL* PROGRAM

Objectives

The students will be able to:

- Define what it means to be responsible
- Identify student responsibilities in their daily lives
- Name the steps in the D.A.R.E. Decision Making Model (**DDMM**)

Preparation

- Review the lesson plan.
- Review the lesson with the classroom teacher.
 - Creating **D.A.R.E. Teams**
 - **Parent letter** (optional) Check with school administration regarding this option. (Make copies if needed).
 - **Journaling**: These will be part of each lesson. Negotiate with your teachers for times that students may use their journal.

Materials

- Student Planner
- PowerPoint or Transparency Masters (If transparencies are used, a DVD player will also be needed.)
- Parent Letter (optional)
- D.A.R.E. Family Talk # 1 (optional)



Instructor Note: All lessons require the Planner and a PowerPoint projector, overhead projector or DVD player with monitor.

Key Terms

- **Responsible:** Being reliable and dependable; people can count on you and you can count on others to follow-through with a job or task.
- **D.A.R.E. Decision Making Model:** A way of making safe and responsible decisions using four steps (Define, Assess, Respond, Evaluate).

Lesson Structure

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| • Activity 1 | Officer and Student Introductions | 13 minutes |
| • Activity 2 | Responsibilities | 7 minutes |
| • Activity 3 | Decision Making Model Introduction | 8 minutes |
| • Activity 4 | Decision Making Model Practice | 12 minutes |
| • Activity 5 | Review / Journaling | 5 minutes |

LESSON 3

RISKS AND CONSEQUENCES

Objectives

Students will be able to:

- Define risks and consequences and apply to real life situations
- Assess the positive and negative consequences in the choices made about risky situations
- Use the **DDMM** to assess how to make responsible decisions involving risky situations

Preparation

- Review the lesson plan.
- Familiarize yourself with lesson objectives.
- Read today's story and note the concepts that are discussed.
- **NOTE:** Think about a time that you took a risk and be prepared to share this story in Activity 3, if needed.

Materials

- Student Planner
- D.A.R.E. Family Talk # 2 (optional)

Key Terms

- **Risk:** Taking a chance.
- **Consequences:** What happens as a result of something you choose to do or not to do. They can be positive or negative.

Lesson Structure

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| • Activity 1 | D.A.R.E. Box / Review | 5 minutes |
| • Activity 2 | Opening Story: Josh Takes Karate Class | 5 minutes |
| • Activity 3 | Risks and Consequences | 15 minutes |
| • Activity 4 | Making Safe and Responsible Choices | 15 minutes |
| • Activity 5 | Review / Journaling | 5 minutes |

LESSON 5

DEALING WITH STRESSFUL SITUATIONS

Objectives

Students will be able to:

- Identify possible signs of stress
- Recognize the physical and behavioral signs of stress
- Use the **DDMM** in evaluating stressful situations

Preparation

- Review the lesson plan.
- Familiarize yourself with lesson objectives.

Materials

- Activity 4: One sheet for each category: Almost Never, Sometimes, Almost Always, I Don't Know (It is suggested that you laminate each sheet for durability.)
- D.A.R.E. Family Talk # 3 (optional)

Key Terms

- **Stress:** Any strain, pressure, or excitement felt about a situation or an event.

Lesson Structure

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| • Activity 1 | D.A.R.E. Box / Review | 5 minutes |
| • Activity 2 | Opening Story: Michael Falls in the Cafeteria | 5 minutes |
| • Activity 3 | How Do You Know When You're Stressed | 8 minutes |
| • Activity 4 | What Situations Are Stressful | 10 minutes |
| • Activity 5 | Healthy Ways To Handle Stress (DDMM) | 12 minutes |
| • Activity 6 | Review / Journaling | 5 minutes |

LESSON 8

BULLYING

Objectives

Students will be able to:

- Define and recognize characteristics of bullying
- Identify bullying behaviors
- Differentiate between tattling and telling
- Use the **DDMM** to practice safe ways to report bullying

Preparation

- D.A.R.E. officers should review the officer instructional notes on bullying prevention prior to instructing this lesson.
- Read today's story and note the concepts that are discussed.
- Review school policy on bullying.
- Be prepared to assign "My Interview." Make copies of the "My Interview" sheet at the end of this lesson.

Materials

- D.A.R.E. Family Talk # 4 (optional)

Key Terms

- **Bullying:** An aggressive or unwanted behavior used again and again to isolate, harm, or control another person.
- **Bystander:** Someone who witnesses bullying who has the opportunity to help.
- **Tattling:** When you want to get someone in trouble for a harmless behavior.
- **Telling:** Providing information to a trusted adult to help someone or keep them safe.
- **Reporting:** When you need help from a trusted adult to keep someone safe from being bullied.

Lesson Structure

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| • Activity 1 | D.A.R.E. Box / Review | 5 minutes |
| • Activity 2 | Opening Story: Pat's Story | 5 minutes |
| • Activity 3 | What is Bullying? | 8 minutes |
| • Activity 4 | What we can do to stop bullying | 12 minutes |
| • Activity 5 | DDMM | 8 minutes |
| • Activity 6 | Review / Journaling | 5 minutes |
| • Activity 7 | Assignment | 2 minutes |

LESSON 9

HELPING OTHERS

Objectives

Students will be able to:

- Identify the importance of being a good citizen
- Recognize the importance of reporting bullying to an adult at school and at home
- Use the **DDMM** in reporting bullying behaviors
- Reinforce knowledge and positive behaviors to stop bullying

Preparation

- D.A.R.E. officers should review the officer instructional notes on bullying prevention prior to instructing this lesson.
- Familiarize yourself with Word Search activity.
- Officer needs to be prepared to tell a story about a time when someone helped them.
- Ask the classroom teacher if he/she will allow the remaining students to share their stories before the next D.A.R.E. lesson.
- Make copies of the “My Pledge to Stop Bullying” (Optional Activity)

Materials

- D.A.R.E. Family Talk # 5 (optional)

Key Terms

- **Good Citizen:** Someone who acts responsibly by helping someone who is in need.
- **Anonymous:** No one will know who made the report.

Lesson Structure

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| • Activity 1 | D.A.R.E. Box / Review | 5 minutes |
| • Activity 2 | Good Citizen Stories | 5 minutes |
| • Activity 3 | Word Search | 10 minutes |
| • Activity 4 | Becoming a Good Citizen | 10 minutes |
| • Activity 5 | DDMM | 5 minutes |
| • Optional | A Pledge To Help Others | 5 minutes |
| • Activity 6 | Review / Journaling | 5 minutes |