D.A.R.E.’s *keepin’ it REAL*
An Effective Drug Prevention Curriculum

**Elementary School *keepin’ it REAL***

Evaluation demonstrates that the curriculum:
- makes it more likely that youth will resist pressure to use drugs
- increases their confidence in their ability to resist pressure to use drugs
- increases knowledge about decision making, communication, and relationships
- improves targeted skills of decision making, communication, and relationships
- improves attitudes toward police

The curriculum is based on social emotional learning theory (SEL). SEL is a powerful, new technology for improving the lives of youth. *keepin’ it REAL keepin’ it REAL* is recognized as an SEL program.

Source:

www.casel.org
Middle School *keepin’ it REAL*

Three, large scale studies have been conducted that demonstrate long term effects on reducing use of:

- alcohol
- tobacco
- smokeless tobacco
- marijuana

Effects have been demonstrated as long at 14 months after the program ends.

Reductions are observed even among youth who started using substances before participating in the program.

Main Sources:


High School *keepin’ it REAL*

**REAL messages**
Research demonstrates effects on:
- attitudes toward drug use
- intentions to use drugs
- ability to resist pressure to use

**myPlaybook**
Research demonstrates the following effects on:
- drug use norms
- attitudes towards drugs
- alcohol use
- marijuana use

Sources:


