keepin’ it... REAL

DARE

NAME: ___________________________  ROOM: ___________________________

DARE.ORG
Introducing Your CAST OF FRIENDS

Dare.E
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?

Michael
Josh
Sofia
Darryl

Define the problem, challenge, or opportunity. Assess your choices. Respond by making a choice based on the facts and information gathered. Evaluate your decision to determine if you made a good choice.
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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.
Lesson 1

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 21.
- There are 75,000 alcohol related deaths each year in the U.S.
- 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, and 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 21.
2. Mixing _________________ with _________________ is dangerous.
3. There are _________________ alcohol related deaths each year in the U.S.
4. Most teens ________ ________ alcohol.
5. Alcohol slows down the _______________ and _________________.
6. Two health effects of alcohol are _______________ and _________________.

---

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Lesson 2

1. There are more than 200 known _____________________ in cigarette smoke.
2. Cigarettes contain _____________________, a powerful substance that causes addiction.
3. More than __________ Americans die from tobacco-related causes each year.
4. Smokers have more ___________ and ___________ problems.
5. Smoking can cause yellow _____________________ and smelly _____________________.
6. It is _____________________ to sell tobacco to anyone under age of _______.

**TOBACCO FILL IN THE BLANKS:**

**Facts About Tobacco Use**
- In the United States, it is illegal to sell tobacco products to anyone under the age of 18 (19 in some States).
- There are more than 200 known harmful chemicals in cigarette smoke.
- Cigarettes contain nicotine, a powerfully addictive substance.
- Smoking is the leading preventable cause of death in this country.
  - More than 400,000 Americans die from tobacco-related causes each year.
  - Almost 50,000 deaths per 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.

**DID YOU KNOW?**

**Facts About Tobacco Use**
- In the United States, it is illegal to sell tobacco products to anyone under the age of 18 (19 in some States).
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**TOBACCO FILL IN THE BLANKS:**

1. There are more than 200 known _____________________ in cigarette smoke.
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3. More than __________ Americans die from tobacco-related causes each year.
4. Smokers have more ___________ and ___________ problems.
5. Smoking can cause yellow _____________________ and smelly _____________________.
6. It is _____________________ to sell tobacco to anyone under age of _______.

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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 outside. 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. ____________________________________________________________
Lesson 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.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
Lesson 4

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 ________________________________________________________________

______________________________________________________________
Lesson 4

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?

______________________________ _________________________
WHAT ARE SOME POSITIVE ACTIVITIES YOU ENJOY?

Draw a picture, write a poem or write a 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
Casey sends an email to her friends asking them to go to the mall on Saturday. All of her friends reply to her email 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**
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 how you 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 decides 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 email 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.


Lesson 8

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 3

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
BULLYING
BYSTANDER
COMMUNICATION
CONFIDENT
DAREOFFICER
GOODCITIZEN
PAUSE
PLEDGE
REPORT
RESPONSIBLE
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.

**DEFINEx**

____________________________________________________________________________________

**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?
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...

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
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...
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

1. ____________: Being reliable and dependable; people can count on you and you can count on others to follow through with a job or task.

2. ____________: A way of making safe and responsible decisions using four steps (Define, Assess, Respond, Evaluate).

3. ____________: Any substance other than food that affects the way your mind and body works.

4. ____________: Something that can be proven to be true.

5. ____________: What happens as a result of using a drug.

6. ____________: Taking a chance.

7. ____________: What happens as a result of something you choose to do or not to do. They can be positive or negative.

8. ____________: A force or influence that acts on you to do something.

9. ____________: When people about your age try to get you to do something.

10. ____________: The refusal to accept others’ influence.

11. ____________: Any strain, pressure, or excitement felt about a situation or an event.

12. ____________: When people express their thoughts or feelings with each other.

13. ____________: Acting in a way that communicates your opinion while still respecting others.

14. ____________: Being uncertain or unwilling to stand up for yourself.

15. ____________: Acting in a way that is hostile; attacking or harming others without regard for their feelings.

Key Terms

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

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

18. ____________: Understanding how other people feel.

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

20. ____________: Someone who witnesses bullying who has the opportunity to help.

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

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

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

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

25. ____________: No one will know who made the report.

26. ____________: 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
keepin' it ... REAL