

D.A.R.E CURRICULUM AND OBJECTIVES

LESSON 1 – Introducing D.A.R.E: *Students will become acquainted with the D.A.R.E officer assigned to the school and will be able to define their roles and responsibilities as D.A.R.E. students.*

LESSON 2 – Understanding the effects of mind-altering drugs: *Students will understand basic facts about mind-altering drugs and the harmful effects that may result from the misuse of these drugs.*

LESSON 3 – Considering Consequences: *Students will be able to identify consequences of using and choosing not use tobacco, alcohol, and marijuana.*

LESSON 4 – Changing beliefs about drug use: *Students will be able to identify the major sources and kinds of pressure and to compare their estimates of the extent of drug use among adolescents with estimates reported in national surveys.*

LESSON 5 – Learning Resistance Techniques – Ways to say no: *Students will be able to demonstrate effective ways to say no in response to different kinds of peer pressure to use drugs.*

LESSON 6 – Building Self-Esteem: *Students will recognize positive qualities about themselves.*

LESSON 7 – Learning Assertiveness – A Response Style: *Students will be able to respond assertively in refusing offers to use drugs.*

LESSON 8 – Managing stress without taking drugs: *Students will be able to identify stressors in their lives.*

LESSON 9 – Reducing Violence: *Students will be able to identify nonviolent ways to deal with anger and disagreement.*

LESSON 10 – Combating media influence on drug use and violence: *Students will be able to recognize media influence in presentations about violence that encourage or discourage drug use and disagreement.*

LESSON 11 – Making decisions about risky behaviors: *Students will be able to apply decision-making skills in evaluating the risks in situations involving drugs and violence.*

LESSON 12 – Saying yes to positive alternatives: *Students will identify and participate in positive alternative activities which they may find interesting and in which they can achieve success.*

LESSON 13 – Having Positive Role Models: *Students will identify ways that successful high school students avoid the use of drugs by participating in a variety of positive activities.*

LESSON 14 – Resisting gang and group violence: *Students will be able to identify the negative consequences of gang and group violence and will suggest ways to avoid becoming involved.*

LESSON 15 – *Summarizing D.A.R.E. lessons:* Students will respond appropriately as a team to questions involving drug use and violence.

LESSON 16 – *Taking a Stand:* Students will take a positive stand to be drug-free and to avoid violence by putting their commitment in writing and reading aloud.

LESSON 17 – *D.A.R.E. Culmination:* Students will participate in an appropriate D.A.R.E. culminating activity which recognizes individual achievement of all participants and reinforces the values and skills they have learned.