



D.A.R.E. – The Program

By all accounts, **D.A.R.E.** is the preeminent drug prevention education program in the world. As such, many experts in education, science and medicine believe substance abuse prevention and anger management techniques must begin early in life. **D.A.R.E.** targets students when they are first exposed to violence and are most vulnerable to peer pressure to try drugs, tobacco and alcohol. **D.A.R.E.** helps children build their self-esteem, manage stress and anger, foresee behavioral consequences, resist pro-drug media messages and identify alternatives to alcohol and drug use. It doesn't just tell them to say "no", it teaches them how to say "no". The **D.A.R.E.** program accomplishes this by:

- Providing students with accurate information about drugs, alcohol and tobacco.
- Teaching students ways to resist drugs and violence while providing alternatives to drug use;
- Teaching students decision-making skills and the consequences of their behavior; and
- Building students' self esteem while teaching them how to resist peer pressure and make responsible choices.

The D.A.R.E. Program is divided into five (5) primary components:

K through 4th Grade Visitations: This component acquaints children with the **D.A.R.E.** officer and lays the groundwork for the classroom lessons they will receive in the elementary program with a strong emphasis on personal safety.

Elementary School Curriculum: As the foundation of the **D.A.R.E.** program, the elementary curriculum is taught at the 5th or 6th grade level and provides students with the skills they will need as young adults to avoid gang violence and to resist the temptations of alcohol, tobacco, marijuana and inhalants. This newly developed ten (10) lesson program includes strong student interaction and classroom participation by using facilitation instructional techniques.

Middle School Curriculum: These ten (10) lessons introduce new content, which is age, and environmentally appropriate for middle school students. Students actively participate in this state-of-the-art prevention education program through role-playing, small group projects and other active learning techniques. This curriculum is taught at the 7th or 8th grade level.

High School Curriculum: These seven (7) lessons are directed at 9th or 10th grade students and combine all the previously learned values and experiences applying them to real life situations by teaching these young adults the value of staying drug free. Officers use interactive teaching methods to instruct most of lessons while some lessons may be taught by classroom teachers.

Parent Program: This program consists of five (5) two-hour sessions that are presented to parents, caregivers and family members in the prevention effort. Lessons focus on effective caregiver/child interaction, understanding peer pressure, identifying warning signs, and reducing the risks of drug abuse and violent behavior.