

# D.A.R.E. Family Talk # 1

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**Welcome to D.A.R.E.!** Your child is joining millions of other young people who have benefited from the D.A.R.E. program. D.A.R.E. is all new – based on research and science – and incorporates interactive discussions and student role-playing.

**Research confirms** that students whose parents talk with them about the dangers of drugs are less likely to start using drugs. For this reason, we are asking you to participate in five FAMILY TALK papers that reinforce five specific D.A.R.E. lessons. We hope that these five FAMILY TALK activities present an opportunity for you to TALK and TALK and TALK with your child about making healthy choices.

**LET'S GET STARTED!** Decision-making is Priority #1.

Your child just learned the D.A.R.E. Decision-Making Model in the first lesson.

1. ASK your child to use an example and explain the D.A.R.E. decision-making model to you.

**D-Define:** describe the problem, challenge or opportunity.

**A-Assess:** what are your choices?

**R-Respond:** make a choice. Use the facts and information you have gathered.

**E-Evaluate:** review your decision. Did you make a good choice?

2. NOW, each of you think of a time when you wish you had used the D.A.R.E. decision-making model and discuss why.

3. NOW, ask your child to think of two situations where they might use the D.A.R.E. decision-making model in the future. List them below.

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4. Reinforce with your child the importance of thinking through all your choices before making a decision.

**CONGRATULATIONS!** YOU HAVE NOW COMPLETED YOUR FIRST FAMILY TALK FROM D.A.R.E. AMERICA.

# D.A.R.E. Family Talk # 2

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**Prevention** of abuse increases when families learn and discuss the dangers of drugs together. In the next few weeks, your child will be learning the effects of tobacco, alcohol, marijuana and inhalants on the body.

**PLEASE POST THIS ON YOUR REFRIGERATOR OR BULLETIN BOARD!! AFTER EACH WEEK'S D.A.R.E. CLASS, WORK WITH YOUR CHILD TO FILL IN ALL THE BLANKS.**

**ASK** your child to teach you a fact they learned in D.A.R.E. about each of the following substances and a health effect of each. Discuss your family rules about each substance and explain why your family has these rules.

## 1. TOBACCO:

**FACT:** \_\_\_\_\_

**FAMILY RULE:** \_\_\_\_\_

## 2. ALCOHOL:

**FACT:** \_\_\_\_\_

**FAMILY RULE:** \_\_\_\_\_

## 3. MARIJUANA:

**FACT:** \_\_\_\_\_

**FAMILY RULE:** \_\_\_\_\_

## 4. INHALANTS:

**FACT:** \_\_\_\_\_

**FAMILY RULE:** \_\_\_\_\_



# D.A.R.E. Family Talk # 3

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**In D.A.R.E. class,** your child has been learning about alcohol advertising and its influence on our world. Take a look around your community with your child and notice the many ways alcohol is advertised.

Discuss the following questions with your child:

1. In your neighborhood or community, where do you see the most alcohol advertisements or sales promotions? Why do you think these locations were chosen, and how might they influence you?
2. How do the advertisers try to get your attention? Give examples that you have seen in your community. Why do you think these would appeal to young people? Which ads did you find that surprised you? Why?
3. Discuss the importance of knowing the truth behind advertisements and using this information to make wise decisions about alcohol. Be sure to discuss your family rules, especially about underage drinking.



# D.A.R.E. Family Talk # 4

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## DECISIONS • DECISIONS • DECISIONS:

During D.A.R.E. class today, students learned ways to confidently refuse drugs. The following situations are practice for both you and your child.

USE THE D.A.R.E. DECISION-MAKING MODEL to discuss appropriate responses to the following situations. Take the time to discuss your family rules as you provide your response.

- D- Define the problem
- A- Assess your choices
- R- Respond (make a choice)
- E- Evaluate your choice



1. A friend's older brother gave him two beers for you to try. You say:

Child: \_\_\_\_\_ Why? \_\_\_\_\_

Parent: \_\_\_\_\_ Why? \_\_\_\_\_

2. Some older kids offer tobacco and say, "everybody smokes." You say:

Child: \_\_\_\_\_ Why? \_\_\_\_\_

Parent: \_\_\_\_\_ Why? \_\_\_\_\_

3. Your best friend has started smoking marijuana. You really like them. You say:

Child: \_\_\_\_\_ Why? \_\_\_\_\_

Parent: \_\_\_\_\_ Why? \_\_\_\_\_

4. On the way home from school, your friends have started bullying the younger kids for their candy as you all leave the store. You say:

Child: \_\_\_\_\_ Why? \_\_\_\_\_

Parent: \_\_\_\_\_ Why? \_\_\_\_\_

# D.A.R.E. Family Talk # 5

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Kids often think that most kids use drugs, and may feel pressure to try them. Research shows that this is NOT true, and that most kids DO NOT use drugs. Research also shows that parents have more influence on their children than anyone else.

1. Share with your child a time that you were present when someone was pressured to do something (a risky situation) and what you did to avoid it. If you cannot think of a time, maybe think of a scene from a movie that had a risky situation in it.

2. In the spaces below, join your child and fill in the blank spaces. When you have both finished, discuss the situation together thinking of how your family rules

## PARENT

The situation was: \_\_\_\_\_

How I avoided it: \_\_\_\_\_

Ways I will avoid it next time are: \_\_\_\_\_

## STUDENT:

The situation was: \_\_\_\_\_

How I avoided it: \_\_\_\_\_

Ways I will avoid it next time are: \_\_\_\_\_



Parents: Thank you for participating in D.A.R.E. Family Talk activities with your student.