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## Drug Abuse Resistance Education

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### WELCOME TO D.A.R.E.

Dear Parent/Guardian:

Welcome to the D.A.R.E. Program. We are excited about working with your child over the next ten weeks.

D.A.R.E would not be effective without your participation. We recognize you are the key to your child's successful journey in life. We ask you to take time and talk to your child about what they learn each day. We believe D.A.R.E will be a topic you can share and build upon.

D.A.R.E is a social skills program. Students use a four step decision making model to make healthy choices and take charge of their lives.

**D efine**

What is the problem, challenge or opportunity?  
What is the decision about?

**A ssess**

What are all your choices? (Explore all options.)

**R espond**

Use all the information available to make a choice.

**E valuate**

Was my response appropriate, respectful and responsible?  
Was it a good choice? Why?

The D.A.R.E Decision Making Model helps you and your child critically think. It affords the opportunity to analyze each decision and evaluate past choices. We encourage you to use this model daily.

This booklet is provided to you as a guide. If you have any questions don't hesitate to contact me. Thank you for your support.

D.A.R.E. Officer



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### Lesson 1

### INTRODUCTION TO D.A.R.E.

Dear Parent/Guardian:

This week was our first lesson in D.A.R.E. Time was spent getting acquainted and outlining the expectations for the next nine weeks. Students received their Student Planners. At the end of the nine weeks, your child will be required to write and present a D.A.R.E report about the importance of being drug-free, avoiding violence, and making healthy choices.

Some topics to discuss with your child:

- ▶ What is the purpose of the D.A.R.E. program?
- ▶ What is your D.A.R.E. officer's name?
- ▶ The steps in the D.A.R.E. Decision making model.  
(**D**efine **A**ssess **R**espond **E**valuate)

I look forward to working with your child.

Thank you for your cooperation and support,

D.A.R.E. Officer



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### Lesson 2

## TOBACCO AND YOU

Dear Parent/Guardian:

This week in D.A.R.E. your child learned some basic facts about the harmful effects of tobacco products. Students created a warning label with those facts.

Some topics to discuss with your child:

What are some important tobacco facts?

What are some harmful health effects?

What are some parts of the body that are affected by tobacco use?

What are some of the warnings on cigarette packages?

Did you know...

The average age of first use of tobacco is 11 years old.

Most smokers started before the age of 18

Results of a Canadian survey show a large percentage of Grade 8 students **do not** smoke tobacco.

Thank you for your support,

D.A.R.E. Officer



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### Lesson 3

## SMOKE SCREEN

Dear Parent/Guardian:

This week in D.A.R.E. your child learned how advertising promotes tobacco use. We also discussed some harmful effects of marijuana.

Some topics to discuss with your child:

How do advertisers try to influence children?

Discuss the harmful effects of marijuana use.

What parts of the body are affected by marijuana use?

(Brain, lungs liver, heart, mouth, and throat)

Compare a cigarette package warning with a tobacco advertisement.

Did you know...

Marijuana attaches itself to fat cells in the body. Your brain has a large concentration of fat cells. The Canadian Medical Association states marijuana is addictive. In Canada, the use of marijuana by youth is increasing ..... addiction is a reality.

Thank you for your continued support,

D.A.R.E. Officer



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### Lesson 4

## ALCOHOL & YOU

Dear Parent/Guardian:

This week in D.A.R.E. your child learned some facts about alcohol and how it affects the body. From a Canadian study, they learned that a large percentage of 8<sup>th</sup> graders **do not** drink alcohol.

Some topics to discuss with your child:

- ▶ What are some important alcohol facts?  
What are some harmful effects of alcohol?
- ▶ What parts of the body does alcohol effect?
- ▶ Are you in the majority of youth if **do not** drink alcohol?

Did you know...

There are many teachable moments in a child's life. Take advantage of those moments to engage them in productive conversations about drugs. These conversations will assist your child to make healthy choices and stay in charge of their life.

Thank you for your cooperation and support,

D.A.R.E. Officer



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### Lesson 5

## THE REAL TRUTH

Dear Parent/Guardian:

This week in D.A.R.E. your child learned how the media influences people to use alcohol, some basic risks associated to inhalants, and positive alternative activities to drug use.

Some topics to discuss with your child:

Do advertisers target youth? How? Why?

What are some risks associated to inhalant use?

What are some drug free alternative activities that are fun to do?

Did you know...

Studies have indicated a parent's attitude plays a significant role in helping their children to develop a drug and violence free lifestyle.

Thank you for your cooperation and support,

D.A.R.E. Officer



## **Lesson 6**

### **FRIENDSHIP FOUNDATIONS**

Dear Parent/Guardian:

This week in D.A.R.E. your child learned to identify the qualities of a good friend. We worked through a scenario to identify the best ways to respond to peer pressure.

Some topics to discuss with your child:

Describe the qualities of a good friend.

What are the types of Peer Pressure?

(Friendly, Teasing, Indirect, Heavy and Positive)

Practice role playing with your child using the D.A.R.E. Decision Making Model

(**D**efine / **A**ssess / **R**espond / **E**valuate)

Did you know...

Your child's friendships are more important and influential in the years to come. Get to know their friends.

Thank you for your continued support,

D.A.R.E. Officer



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### Lesson 7

## PUTTING IT TOGETHER

Dear Parent/Guardian:

This week in D.A.R.E. your child learned and practised 9 confident ways to “stay in charge of their life.” They learned how to stay out and get out of risky situations.

Some topics to discuss with your child:

What is a way to stay out of a risky situation?

(avoid the situation, strength in numbers, walk away, cold shoulder)

What is a way to get out of a risky situation?

(say no, give reason or fact, change the subject, repeated refusal, humour)

What are some behaviours of a confident response style?

(eye contact, speaks clearly, calm, good posture)

Did you know...

Practice makes perfect. Have your child demonstrate a confident way to be in charge of a risky situation. (ie drug offer, fight)

Thank you for your support,

DARE Officer



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### Lesson 8

### PERSONAL ACTION

Dear Parent/Guardian:

This week in D.A.R.E. your child learned personal pressure can influence their decisions regarding risky behaviour. We discussed the D.A.R.E. report and pledge statement they would prepare for next week.

Some topics to discuss with your child:

Some strategies to deal with personal pressure.

What are some of the things they learned in D.A.R.E. that are important to include in their report?

Did you know...

You can offer support by having your child read their D.A.R.E. report and pledge statement to you.

Thank you for your support,

D.A.R.E. Officer



## **Lesson 9**

### **PRACTICE, PRACTICE, PRACTICE**

Dear Parent/Guardian:

This week in D.A.R.E. your child practised the skills they learned in the past eight D.A.R.E. classes. Students were assigned scenarios and used facts and positive alternatives to make healthy choices.

Some topics to discuss with your child:

Provide them with realistic scenario's and have them answer with ...

“**No because...**(fact here) **I'd rather...**(positive alternative)”

Eg: **Do you want to smoke?**

*No because there are 200 poisons in tobacco, I'd rather play soccer!*

Did you know...

Your child will participate in a graduation ceremony. Check with your child for the date.

Thank you for your support throughout this program,

D.A.R.E. Officer