

# DARE Keepin' it Real Program Lesson Plans

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WEEKS	LESSONS
WEEK ONE	Introduction to the DARE Keepin' it Real Program
WEEK TWO	Responsible Decision-making About Alcohol and Tobacco
WEEK THREE	Risk and Consequence
WEEK FOUR	Peer Pressure
WEEK FIVE	Dealing with Stressful Situations
WEEK SIX	Basics of Communication
WEEK SEVEN	Nonverbal Communication and Effective Listening
WEEK EIGHT	Bullying and How to Report It
WEEK NINE	Helping Others and the Importance of Being a Good Citizen
WEEK TEN	Developing a Help Network and Course Review

## Details About a Couple of the Lessons:

### Week One

Introduction of the DARE Keepin' it Real Program. During this lesson, the officer introduces himself or herself and asks each student to do the same with an activity. They discuss what "Keepin' it Real" means by emphasizing that the program is about the students and their experiences as well as that class participation is essential. Videos of students in their age group are shown to introduce each lesson and discussed. During this lesson, they introduce the something called the DARE box. This is where students can ask questions about anything, share concerns, or communicate with their DARE officer. These questions or concerns can be anonymous. The class creates the box and it will be used before the start of every lesson.

The class is then introduced to the DARE Decision Making Model (DDMM). The DDMM is a way to assist students in making safe and responsible decisions. Define the problem or opportunity; Asses choices and consequences of those choices; Respond to the choices by making a choice; Evaluate the choice made, was it a good choice. They do a few practical exercises using the DDMM to get students familiar with using it as it is used in every lesson moving forward. At the end of every lesson, they review the lesson, make journal entries about the lesson, with prompted questions about the lesson, and play a closing video. Lesson one's video introduces the characters/students that will be involved in the weekly videos.

### Week Two

Week two is focused on drug information for responsible decision-making. The lesson starts with answering questions from the DARE box. This will be the very first activity every week. A review of the prior week's lesson is discussed, as all of the lessons tie-in together. Next, an opening video introducing the subject matter is played for the class. This usually involves a situation one of the characters from the workbook has gotten into, as it is relatable to the students. A brief discussion is facilitated about the events of the video, which transitions into the lesson for the week. This week's lesson is about the health effects of alcohol and tobacco.

In the student's workbook they have activities that describe health effects of both substances and a discussion is had. The students are then given situations where alcohol and tobacco may be present or presented and they are to use the DDMM to make safe and responsible decisions. In this week's lesson, they have incorporated an enhancement lesson on vaping, as this has become a major issue in the elementary schools and society in general. At the end of the lesson, there is a lesson review, journal entries, and a closing video. The journal entries are important as the students use those to complete an essay at the end of the DARE class and one student will be selected for the class essay winner and receive a special prize at graduation.