

## Overview of D.A.R.E. Elementary Lessons

### **Lesson #1: Purposes and Overview of D.A.R.E. Program**

Students are introduced to the D.A.R.E. program and the D.A.R.E. Decision-making Model.

Students practice skills used in decision-making and reflect on their learning in their *D.A.R.E. Planner*.

### **Lesson #2: Tobacco and You**

This lesson focuses on normative beliefs about the use of tobacco by youth. Tobacco facts are used to design tobacco-warning labels, which are shared with the class. Journal entries reflect the learning.

### **Lesson #3: Smoke Screen**

Students apply tobacco and marijuana facts in a variety of situations using D.A.R.E. Decision-making Model.

Students are introduced to the purpose of advertising. Journal entries reinforce discussions of the affects tobacco has on the body.

### **Lesson #4: Alcohol and You**

Students work through a normative belief activity about the use of alcohol by youth. Decision-making skills are reinforced as students work together solving a variety of situations. Student journal entries in *D.A.R.E. Planners* reinforce skills.

### **Lesson #5: The Real Truth**

Students are given the opportunity to examine alcohol ads in their environment and apply their learning in a relay race. Inhalants and their danger are examined. Journaling processes the new learning.

### **Lesson #6: Friendship Foundations**

In teams, students examine friendship and peer pressure in situational dilemmas using the **D.A.R.E.** Decision-making Model. Journal entries in *D.A.R.E. Planner* reinforce new learning.

### **Lesson #7: Putting It Together**

Students work with partners to apply assertiveness skills in a think/pair/share methodology. *D.A.R.E. Planner* journaling is used to process new skills.

### **Lesson #8: Personal Action**

Student teams practice decision-making skills as they examine the role of personal peer pressure in their lives. Students review their *D.A.R.E. Planner* entries to assist in creating a personal **D.A.R.E.** report.

### **Lesson #9: Practice! Practice! Practice!**

Students have the opportunity to apply assertive refusal skills along with facts in a spiraling competition. Personal affirmations about healthy choices are shared from **D.A.R.E.** reports.

### **Lesson#10: Culmination**

Students are given the opportunity to make a public statement about their choices to resist drugs and violence in a group assembly. Students receive **D.A.R.E.** graduation certificates and celebrate their accomplishments.