



# D.A.R.E. FAMILY TALK #1

**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. keepin' it REAL** is all new, based on research and science, with the goal of teaching young people skills to lead safe, responsible and drug-free lives.

Research confirms the importance of family discussions and guidance regarding situations students face in their daily lives or may face in the future, such as drug abuse. We are asking you to participate in the **Family Talk** activities that will provide a connection between what is learned in class and provide for conversations at home on these important topics.

In class today the **D.A.R.E Decision Making Model** was introduced and will be used throughout the lessons to practice how to think through situations, make safe and responsible choices, and become good citizens.

The D.A.R.E. Decision Making Model steps are:

**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?

We talked about the importance of being **RESPONSIBLE**.

Discuss with your child what it means to be responsible both at home and school.

Give some examples of those responsibilities.

**Responsibilities:**

Home

School

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it... **REAL**

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## D.A.R.E. FAMILY TALK #2

In class we have discussed the importance of being safe and responsible about the choices we make regarding our health, as well as the risks and consequences of our choices. Facts and information help us to know the possible health effects of **drugs** on the body.

Ask your child to tell you one or two **facts**, something that can be proven to be true, that they learned about alcohol and tobacco. Also, one or two possible **health effects**, what happens as a result of using a drug, on the body. Add any facts or health effects that you think are important to remember.

### Alcohol :

Facts: \_\_\_\_\_

\_\_\_\_\_

Health Effects: \_\_\_\_\_

### Tobacco:

Facts: \_\_\_\_\_

\_\_\_\_\_

Health Effects: \_\_\_\_\_

We also have talked about **risks and consequences** of our choices, as we learn to make safe and responsible decisions. Have your child share what they have learned about taking risks and possible consequences that might be positive or negative.

List two situations, or examples, that using the **D.A.R.E. Decision Making Model** might be helpful at home and school. Think about how you could make wise choices.

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## D.A.R.E. FAMILY TALK #3

Kids sometimes feel pressure from their peers regarding choices they make.

**Peer pressure** can be both positive and negative.

1. Ask your child to give you an example of a time they might have felt pressure from someone about their age and how they responded.
2. Share a time when you or someone you know was pressured to do something that was a risky situation and what happened as a result of the decision.

When faced with pressures it is important to think about **positive** ways to respond and make **safe** and **responsible** choices.

Five ways that we shared in class are:

- **Avoiding the situation**
- **Strength in numbers**
- **Walking away**
- **Saying no while giving a reason or excuse**
- **Changing the subject**

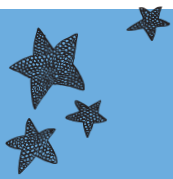
What are some ways or examples of how these could be used in real life situations in the future?

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Children, as well as adults, may face situations or events that cause them to feel anxious or stressed. Discuss with your child possible **positive ways** to deal with their **feelings** to help keep them healthy and safe.





## D.A.R.E. FAMILY TALK #4

During our D.A.R.E classes we have learned about the importance of **communication** in our daily lives.

We discussed that **confident communication** means expressing thoughts or feelings with each other that communicates your opinion while still respecting others.

We also learned about **nonverbal communication** and actively listening to what others are saying.

- Ask your child to give an example of a situation where they might need to use confident communication.
- Have them demonstrate the way they would respond and discuss how you knew they were practicing good communication skills.
- How did you show you were actively listening to what was being said? What are some nonverbal ways that we communicate our feelings?

Think of a time or situation that using the steps of the D.A.R.E. Decision Making Model would help solve a problem and improve communication.

### **Define, Assess, Respond, and Evaluate**

**D – DEFINE** Define the problem

**A – ASSESS** Assess your choices

**R – RESPOND** Make a choice. Use the facts and information you have gathered.

**E – EVALUATE** Evaluate your choice

As a family, share several ways you might practice good communication skills in daily situations both at home and at school.



## D.A.R.E. FAMILY TALK #5

In our D.A.R.E classes we talked about **bullying, helping others, being a good citizen**, and knowing where to go when we need help.

One way we can be a good citizen is to help stop bullying. In class we learned about using the 5 W's to help safely report bullying.

Having talks with your child helps them learn safe and responsible ways to deal with situations they may face in their daily lives. The following questions will help to begin the conversation on ways to help stop bullying.

1. **What** are two ways that you might know someone is being bullied?
2. **Who** are the people that just "stand by" and do nothing when they observe bullying?
3. **When** should you take action and what should you do if you observe bullying or you are being bullied?
4. **Where** or how could you safely report bullying?
5. **Why** is it important to **report** bullying to a **trusted adult**?
6. Name someone you could call on if you need help, advice, protection or guidance.

**Parents: Thank you for participating in D.A.R.E. keepin' it REAL Family Talk activities!**

