

D.A.R.E. Parent & Community Program:

The prevention triangle includes police and schools, but parents (family) remain the foundation. Much of the success of prevention programs rests in the reinforcement of concepts. Parents and family have more influence on a child's behaviors than any other source. These sessions are designed to assist parents in preventing unhealthy destructive behaviors among children, and establish those protective factors that enable children to grow up healthy despite negative influences.

Family Talk:

The new "Family Talk" take home activities are designed for parents and caregivers to reinforce and continue lessons learned in the classroom. They include five take home activities that correspond to the elementary lessons.

Law Enforcement:

D.A.R.E. has the "gold standard" delivery system in the prevention field. Seasoned law enforcement officers, who are specially trained, bring their experience and expertise into the classroom. Agencies that scrutinize the selection of their D.A.R.E. officer provide an exemplary role model who is seen as teacher and confidant by students. Maryland has approximately 120 such D.A.R.E. officers representing 34 agencies from the majority of its sub-divisions. Many agencies blend D.A.R.E. with other initiatives such as S.R.O., Outreach, or Patrol. For many agencies, D.A.R.E. initiatives are the perfect augmentation to their Community Policing efforts.

Education:

In Maryland, D.A.R.E. is provided in the majority of counties/cities through public and/or private schools. The program has the overwhelming support of teachers and administrators. D.A.R.E. aligns with health education learning outcomes and performance indicators approved by the Maryland State Department of Education. The curricula fulfill the requirements of a variety of cross-curricular outcomes. This allows D.A.R.E. to be incorporated into local school curriculums and augment instructional goals.

Training:

D.A.R.E. Officer Training (DOT) is an 80+ hours course provided free of charge to all Maryland law enforcement. Graduates are certified in three core program areas: Elementary, Middle and High School; as well as K-4 and special enhancement lessons. The curricula design focuses on student centered active learning strategies. Instructors are trained in facilitation and cooperative learning techniques rather than pure instructional methods and lecture-based delivery. The course also provides training in classroom management and youth culture, perfectly suited for SRO's and other school-based policing.

Homeland Security:

The largest daytime populations in communities are confined to school campuses. In the event of a crisis, domestic or foreign terrorism, or other security threat, timely crisis response at these usually safe havens is critical. Specially trained D.A.R.E. Officers can be instrumental in the development and implementation of a school's action plan. They also serve as a resource, and first line of defense for the school community and as liaisons for governmental agencies.

School Violence:

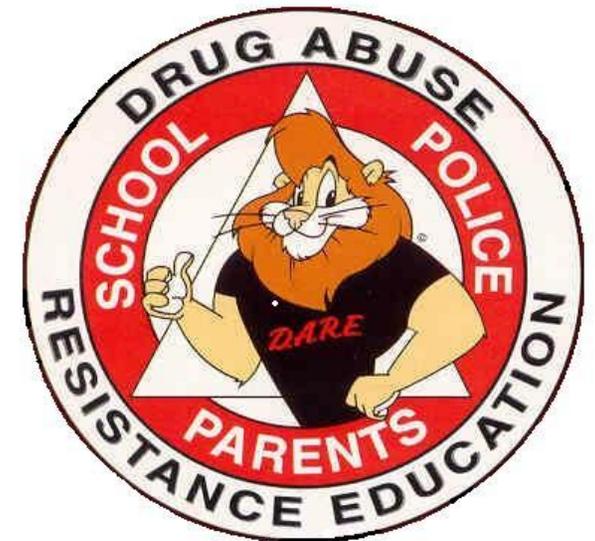
The officer's presence on campus and interaction with students proactively work to reduce the atmosphere for violence, while curriculum objectives address conflict and anger management.

Building Relationships:

D.A.R.E. programs can be provided through local schools, faith-based organizations, churches, youth organizations and many other venues. They can also be part of a comprehensive SRO initiative or work in tandem with other prevention programs. D.A.R.E. instructors build relationships with students, teachers, schools and communities through positive interactions and partnerships.



State D.A.R.E. Coordinator: 410-875-3474



Decision Making for Safe & Healthy Living



History:

D.A.R.E. began in 1983 as a partnership between the Los Angeles Police and the Los Angeles Unified School District. Over its 30+ years, D.A.R.E. has continued to evolve with curricular changes and updates to keep pace with current trends in education and social issues, currently delivering curricula that is science and research based.

D.A.R.E. America:

Within a few years of its inception, Drug Abuse Resistance Education quickly spread to every state across the nation. D.A.R.E. America, Inc. was established as the parent organization to coordinate efforts, provide materials and training, and to monitor fidelity, copyright and trademark. Under their direction, D.A.R.E. has become the largest school-based prevention education program worldwide. To learn more visit www.dare.org on the web.

Maryland D.A.R.E.:

D.A.R.E. began in Maryland in 1986. It soon spread to every sub-division under the direction of the Maryland Police and Correctional Training Commissions. The Maryland D.A.R.E. Coordinator's Office was established to provide training, guidance, and resources, as well as to establish policy, standards, and communications with D.A.R.E. America. It monitors programs and officers, while coordinating efforts for and among local agencies currently in 16 sub-divisions. Visit us on the web at: <https://mdle.net/dare.htm> or www.dare.org then select the *Where is DARE* tab. Select *Hometown USA / Northeast Region / Maryland*.

keepin' it REAL:

D.A.R.E. America and REAL Prevention, LLC have joined forces for D.A.R.E.'s delivery of **keepin' it REAL "kiR"**. This innovative, culturally-grounded, multicultural curriculum (10 lessons each in elementary and middle school) was developed to allow students to recognize themselves in the prevention message. It is kid-centric: from kids, to kids, about kids. Detailed information about "kiR" can be found on the D.A.R.E. website at: <https://dare.org/why-d-a-r-e/>

National Health Education Standards:

National Health Education Standards are aligned and imbedded into the D.A.R.E. Curriculum through content and learning opportunities. This provides maximum use of instructional time, alleviating classroom teachers from covering concepts and objectives that are provided by the D.A.R.E. Instructor. All curricula are science/evidence-based, age appropriate, and written by a national panel of curriculum and prevention experts. D.A.R.E. curricula meet the core educational standards of health, language arts, and math, and employ Social Emotional Learning concepts.

Core Components:

All Core Curricula components are science/evidence based.

Elementary School – Designed for 5th / 6th grade, the D.A.R.E. **keepin' it REAL** elementary curriculum is effective in encouraging students to lead safe, responsible, and drug-free lives. Some of the highlights include:

- The theme of safe and responsible choices provides a framework for teaching about decision making, risk, stress, communication, and peer pressure while providing youth with the information about drugs they need to make informed choices;
- Opportunities to practice the D.A.R.E. Decision Making Model and apply it to real life situations;
- Curriculum covers a broad range of risks students face in their lives on a daily basis, including drugs, and other risks they are likely to face;
- Skills/concepts are taught through stories. This includes videos, situational scenarios and role plays, and journaling to give students the opportunity to practice skills, write, and plan for the future.
- The curriculum is tied to emerging national educational standards.

Middle School – keepin' it REAL: Within "kiR", the acronym **REAL** is its central message, providing students with skills to employ in refusing offers to use drugs and engage in other high-risk behaviors -- **Refuse, Explain, Avoid, and Leave**. These strategies help youth deal with risks like drugs by preparing them to act decisively, confidently, and comfortably in a difficult situation. The curriculum teaches students how to say no by presenting practical drug resistance strategies that are easy for

them to remember and use. Students also learn how to recognize risk, value their perceptions and feelings, and make choices that support their values.

High School – Developed for D.A.R.E. by Prevention Strategies and UNCG, **myPlaybook: Core** is a four-lesson curriculum designed for High School Students, ideally in 9th or 10th grade. The lesson content is aligned with D.A.R.E. Elementary and Middle school program concepts, continuing the focus on understanding risky behavior and making decisions that support safety and health.

Other D.A.R.E. high school programs consist of three distinct modules that offer cost-effective options for providing students with relevant and timely information and tools to exercise responsible decision-making. The curricular components are independent, yet supportive of one another.

Module #1: REAL Messages: grades 9-10

Module #2: *myPlaybook* High School: grades 9-11

Module #3: Celebrating Safely: grades 11-12

Opioids: D.A.R.E. has created a comprehensive K-12 Opioid and Over-the-Counter / Prescription Drug Abuse Prevention "enhancement" lesson program. These lessons supplement the D.A.R.E. keepin' it REAL elementary and middle school curricula, and the D.A.R.E. myPlaybook high school curricula by adding Opioid Rx/OTC information to the applicable lessons.

Enhancement Lessons:

Keeping pace with current trends, D.A.R.E. has developed additional lessons for Elementary, Middle, and High School, as well as Parents or community groups that can be delivered in addition to core curricula or as stand-alone lessons. They include: Bullying, Gang Violence, Rx/OTC, Opioids, Internet Safety, Cyber Bullying, Vaping, and More Than Sad (suicide prevention).

Visitation Lessons:

K-2: Picture cards prompt discussions about safety issues between the officer and youngsters.
Grades 3-4: Several lessons discuss basic topics from "Laws and Rules to Keep Safe" to "Drugs May Help or Harm." Lessons are interactive.