



**D.A.R.E.**



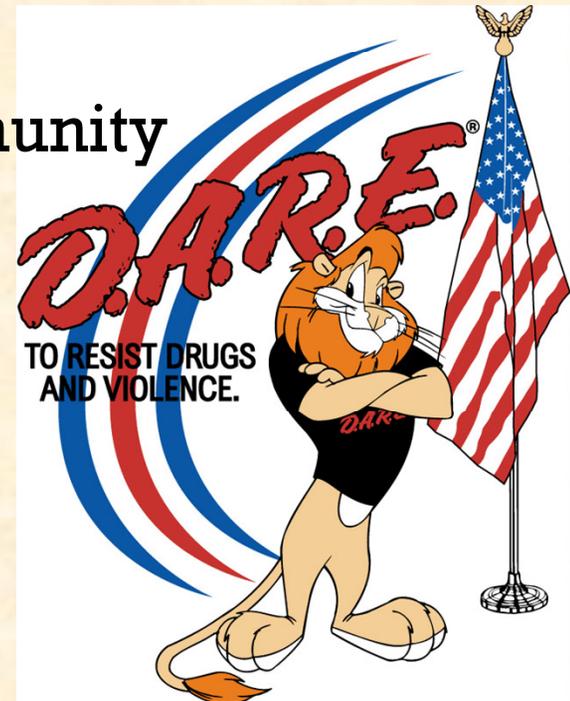
***Parent Involvement  
Night***

Presented by:

Officers Bruckner, Cuzzone, McCollum,  
and Waldenmeyer

# Discussion Topics

- Overview of the D.A.R.E. Program
- Internet Safety
- Current Drug Trends in our Community
- Signs of Drug/Alcohol Use
- School Safety
- Questions



# Parents and the D.A.R.E. Program



# **History**

- D.A.R.E. (Drug Abuse Resistance Education)
- Founded in 1983 – Los Angeles, CA
- Research-Based Curriculum
- Used in 80% of school districts in America and over 54 countries around the World.



# **Objectives**

- To provide the skills for recognizing and resisting social pressures to experiment with tobacco, alcohol and other drugs
- To help students develop high self-esteem
- To teach positive alternatives to drug use and violence
- To develop student skills in risk assessment, decision making and conflict resolution
- To build student interpersonal and communication skills



# Introduction

**D.A.R.E.**

**“keepin it REAL”**

# Lesson #1

- Introduction and Overview

- Introduce the Officer
- Meet the students
- Establish classroom rules
- Explain the “DARE” box



# Responsibilities

- Talk about my responsibilities as your DARE officer
- What are some responsibilities you have in class and at home?



**D.A.R.E.**Decision-Making  
Model**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?



## Lesson #2



- **Drug Information**

- Identifying how alcohol and tobacco use affects student responsibilities
- Understanding the health effects of tobacco on the body
  - 6.5% of 8<sup>th</sup> graders smoked in the last 30 days
- Apply concepts and the D.A.R.E. Decision Making model to written scenarios

# Lesson #3

## • Risks and Consequences

Defines: “Risk” and “Consequence”

- **Taking a chance - Result = Good or Bad**
- **Why it’s important to make good choices when dealing with risky situations**
- **Making Safe and Responsible Choices**
  - **Good Choices = Positive Consequences**
  - **Using D.A.R.E. Decision Making Model (DDMM)**



# Lesson #4



- **Peer Pressure**

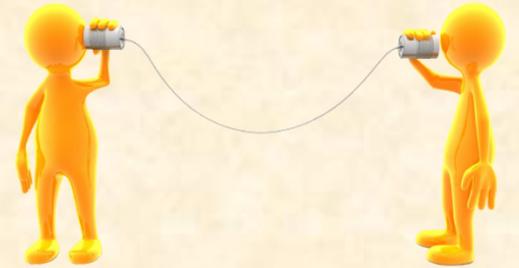
- **Define “Peer Pressure”**
- **Give Student Examples**
- **Video = shows peer pressure and negative consequences**
- **Activity - how students can respond and act when confronted with peer pressure**
- **Ways to use D.A.R.E. Decision Making Model to make safe and responsible decisions (Activity)**

# Lesson #5



- **Dealing With Stressful Situations**
  - Identifying Signs of Stress
  - Recognizing the physical and behavioral signs of stress
  - Using the Dare Decision Making Model in evaluating a stressful situation.

# **Lesson #6**



- **Basics of Communication**

- Define and explain the importance of communication in daily living
- Demonstrate confident communication through role plays
- Use the D.A.R.E. Decision Making Model to solve scenarios involving communication

# Example Scenario

## Situation 1

Kim's friends are sending mean emails about her. They say that she doesn't wear cute clothes. Another friend shows her these emails. The next day in the hallway, she sees them looking at her and whispering. What should she do?

**DEFINE** \_\_\_\_\_

\_\_\_\_\_

**ASSESS** \_\_\_\_\_

\_\_\_\_\_

**RESPOND** \_\_\_\_\_

\_\_\_\_\_

**EVALUATE** \_\_\_\_\_

\_\_\_\_\_

# **Lesson #7**



- **Non-Verbal Communication and Listening**

- Define effective listening behaviors
- Demonstrate effective listening using verbal and non-verbal behaviors
- Discuss Empathy: Putting ourselves in other people's shoes and understanding how they feel.

# Lesson #8

- **Bullying**

- Define and recognize characteristics of bullying
- What is bullying?

## 4 Forms of Bullying:

- Verbal
- Cyberbullying
- Social
- Physical



## **Lesson #8 - Cont'd**

- What can we do to stop bullying?
  - Did you know that bullying almost always occurs in front of other people? Did you know that most people who see someone bullied want to do something, but don't?
- Five W's of Reporting Bullying
- Interview an adult at home about a time when someone helped them



# Lesson #9

- Helping Others

- Becoming a good citizen – a person who acts responsibly by helping someone who is in need
- Recognize the significance of reporting bullying to an adult at school and at home
- Reinforce knowledge and positive behaviors to stop bullying



# **Lesson #10**



- **Getting Help From Others and Review**
  - **Identify people a student can go to if they need help**
  - **Recall previously learned key terms**

# **Lesson #11 +**

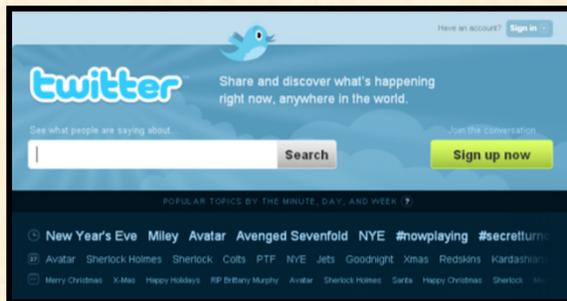
- **Additional Lessons**

- **Possible lessons:**

- **Internet Safety**
    - **Additional information concerning bullying**
    - **Cannabis**
    - **Concerns occurring in a particular school**



# Internet Safety



# **Introduction**

- “Food for thought” for parents...you must decide your strategy
- Some material may be “unsettling,” but this may be unavoidable
- Philosophy: “Instill a sense of caution, not a sense of fear”
- The good does outweigh the bad
- Ask questions, offer thoughts and ideas

# Basic Tips

- **Location of computer**
  - Limit usage to a main room in house
  - Restrict the hours
  - Only when a parent is home



# **Power of Technology**

- Desktop and laptop computers located at home, friends' houses, work, libraries, stores, schools, "Internet cafes" and wireless connections
- Cell phones
- Internet capable game systems (i.e. Playstation 3, X-Box 360)



# **Children in the U.S.**

- 94% of teens age 12-17 use the internet
- 59% of online teens have a profile
- 71% of teens have cell phones and more than 40% are texting
- 43% of teens have been victims of cyberbullying

Reference: 2009 New York State (NYS) Internet Crimes Against Children Task Force

# Popular Internet Sites

- [WWW.FACEBOOK.COM](http://WWW.FACEBOOK.COM)
- [WWW.TWITTER.COM](http://WWW.TWITTER.COM)
- [WWW.YOUTUBE.COM](http://WWW.YOUTUBE.COM)

**TOP**  
**10**  
**LIST**

A green frog is perched on the number '10' in the 'TOP 10 LIST' graphic.

# Facebook



WWW.WHITEHOUSE.GOV

[Become a Supporter](#)

[Add to my Page's Favorites](#)

[View Updates](#)

President Barack Obama is the 44th President of the United States of America.

## Information

### Current Office

Office:  
President of the United States

Barack Obama [Become a Supporter](#)

Wall

Info

Boxes

Events

Barack Obama

Just Fans



Barack Obama



**Organizing for America | Tell Congress to Support President Obama's Budget**

Source: [my.barackobama.com](http://my.barackobama.com)

Call your elected representatives and tell them to support President Obama's budget. It's a bold plan that confronts the long-term threats to our prosperity and builds a new foundation for economic growth by investing in energy, health care, and education.

[March 26 at 1:25pm](#) · [Show Feedback \(34,171\)](#) · [Share](#)



**Barack Obama** The White House is inviting you to post your questions on the economy and vote on submissions from others. The President will answer some of the most popular in an online town hall on Thursday. Submit your questions at <http://www.whitehouse.gov/OpenForQuestions/>



**Open for Questions: President Obama Answers Your Questions**

Length: 1:27

[March 24 at 7:18pm](#) · [Show Feedback \(45,540\)](#) · [Share](#)



Barack Obama



**3/21/09: Your Weekly Address**

Source: [www.youtube.com](http://www.youtube.com)

# Profiles...Reveal Too Much???

they call me [redacted]



View My: [Pics](#) | [Videos](#)

"you can hold my hand if you want to, cause i wanna hold yours too."

Female  
18 years old  
Fungomery,  
Alabama  
United States

Last Login:  
3/21/2008

they call me [redacted] details

**Status:** Single  
**Hometown:** Montgomery, AL  
**Ethnicity:** White / Caucasian  
**Religion:** Catholic  
**Zodiac Sign:** Cancer

they call me [redacted] schools

<b>Auburn University</b> Auburn, AL Graduated: <u>N/A</u> Degree: In Progress Major: Undeclared- PreMed Minor: Spanish	2007 to Present
<b>Montgomery Catholic Hi School</b> Montgomery, AL Graduated: <b>2007</b> Student status: Alumni Degree: High School Diploma Clubs: Cheerleading	2003 to 2007

# Resources Available to Parents



## Safety for Parents

Facebook appreciates all parents' concern for their teenagers. Parents can find answers to important safety questions here.

### General Information for Parents

- ▶ **How should I help my child use this site wisely?**  
The best thing to do is to talk to your children and teach them about...
- ▶ **What other resources are available regarding internet safety?**  
Here are some websites with valuable information: [Beatbullying.org](#) C...
- ▶ **What if my child sees inappropriate content or offensive material on the site?**  
Facebook takes the safety of its users very seriously and makes a sign...
- ▶ **What happens when I report someone?**  
All abuse reports on Facebook are confidential. The user that you are...
- ▶ **What is the Facebook Safety Advisory Board, and what does this board do?**  
The Facebook global Safety Advisory Board is comprised of five leading...

### Helping Your Teen Respond to Unwanted Contact

- ▶ **How can my teen report abuse?**  
The most efficient way for your teen to report abuse is to do it in th...

# Twitter

twitter

[Home](#) | [Your profile](#) | [Invite](#) | [Public timeline](#) | [Badges](#) | [Settings](#) | [Help](#) | [Sign out](#)

What are you doing?

Characters available: 140

Update

[Archive](#)

[Recent](#)

## What You And Your [Friends](#) Are Doing



[RonLandreth](#) building an xml page out of a MySQL database [half a minute ago](#) from web



[Fitz](#) Just got off the phone with Lopez. He's gona go easter egg hunting on sunday. [half a minute ago](#) from web



[Sofia](#) legend [half a minute ago](#) from im



[nzkoz](#) thinks gardening is house-owning-1.0. Gotta be some kinda social tag cloud house keeping [half a minute ago](#) from [twiterrific](#)



[GeekLady](#) Leo Laporte is nuts. Aye tutis, they'll confuse an acronym with a verb. oh no. Sheesh. [less than a minute ago](#) from web



Welcome back

Currently Reading: *Tech Blot » Blog Archive » Why It's So Easy To Impersonate On Twitter* ([http://tinyurl...](#))

[0 Direct Messages](#)  
[0 Favorites](#)  
[2669 Friends](#)  
[715 Followers](#)  
[7 Updates](#)

Send Notifications To:

web-only

[Activate Phone!](#)

[Activate your IM!](#)



# YouTube

YouTube - High School Drinking Party! [08/22] - Windows Internet Explorer provided by Yahoo!

http://www.youtube.com/watch?v=topZ4iqC4Yk

Search Browse Upload Create Account Sign In

## High School Drinking Party! [08/22]

EvanatCollege 2 videos Subscribe



0:54 / 2:00

EvanatCollege — August 22, 2009 — no description available 91 views

Like Save to Share <Embed>

Post a comment

- "Ya Drunk?" Partying High School students get b... 6,645 views jeffreayahines 1:44
- American High School Party 10,519 views fratsfrats 1:38
- My High School and College Party Life Vol 1 Pt 1 9,487 views OPieCam 6:27
- I Love High School - I Love College Remix 13,040 views theadam09 3:59
- Unsafe Drinking: Consequences of Sharing 151,955 views illumistream 1:29
- Randolph High School Vermont 2008 6,600 views ConnorGorman 2:41
- Every 15 Minutes-Ephrata High School 3,982 views EHSProductions 9:43
- Aydin Salek 17 teen dies after drinking at party 288 views fdifdcom 2:23
- HIGH SCHOOL PARTY 80,390 views cniedbalski 2:03
- July Party Video 2006 1,313 views proceedapathy 2:34
- New Years Eve Party 2008/2009 - Snellville GA 752 views BMJJR 5:34

# **What **Not** to Put on the Internet**

- Full name
- Birthday
- Full address or street name
- Phone number
- E-mail address
- Instant Message (I.M.) screen name
- School name

- Maps
- International
- Area Codes
- Background Search
- Email Search
- Social Net Search

Sponsored Link

### Background Check

First Name  
Nancy

Last Name  
Durrow

City  
st charles

State  
Illinois

**FIND**

**INTELIUS**

### FIND A PERSON



Last Name <i>Required</i> Durrow <small>TIP: Use the full name</small>	First Name Nancy <small>TIP: Try just the 1st letter</small>	Street  <small>TIP: Use full street address</small>
City st charles	State IL	ZIP Code  <b>Q FIND</b> Search Tips

**Nancy L Durrow**  
3 N602 Ridge Dr  
St Charles, IL 60175  
**(630) 762-0953**

[Add to Address Book](#) | [Nearby Businesses](#) | [Map](#) | [Driving Directions](#)

[Remove Listing](#)

**MORE INFORMATION ON Nancy L Durrow**

- ### Find More Information for Nancy
- [Email and Unlisted Phone Lookup](#)  
Find Nancy L Durrow's Email Address & Un
  - [Get Detailed Background Information](#)  
Run a Background Check on Nancy L Durro
  - [Verify Public Records](#)  
Does Nancy L Durrow Have any civil court
  - [View Property & Area Information](#)  
What is this property worth?
  - [View Social Network Profile](#)  
Find Nancy L Durrow online personality
  - [Get Complete Address History](#)  
Find Nancy L Durrow address history

## Nancy L Durrow

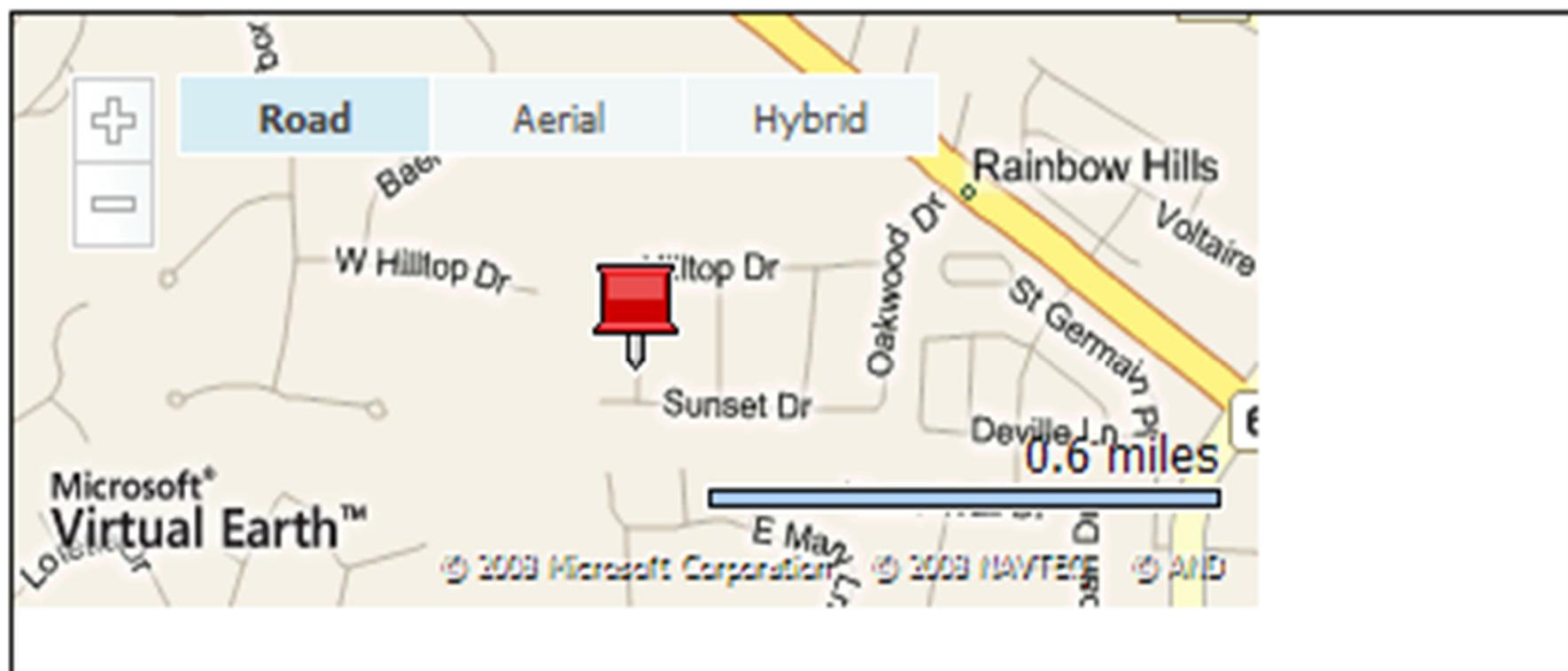
3 N602 Ridge Dr

St Charles, IL 60175

**(630) 762-0953**

[Add to Address Book](#) | [Nearby Businesses](#) | [Map](#) | [Driving Directions](#)

[Remove Listing](#)



Google maps

3n602 ridge dr st charles, il

Search Maps

Show search options

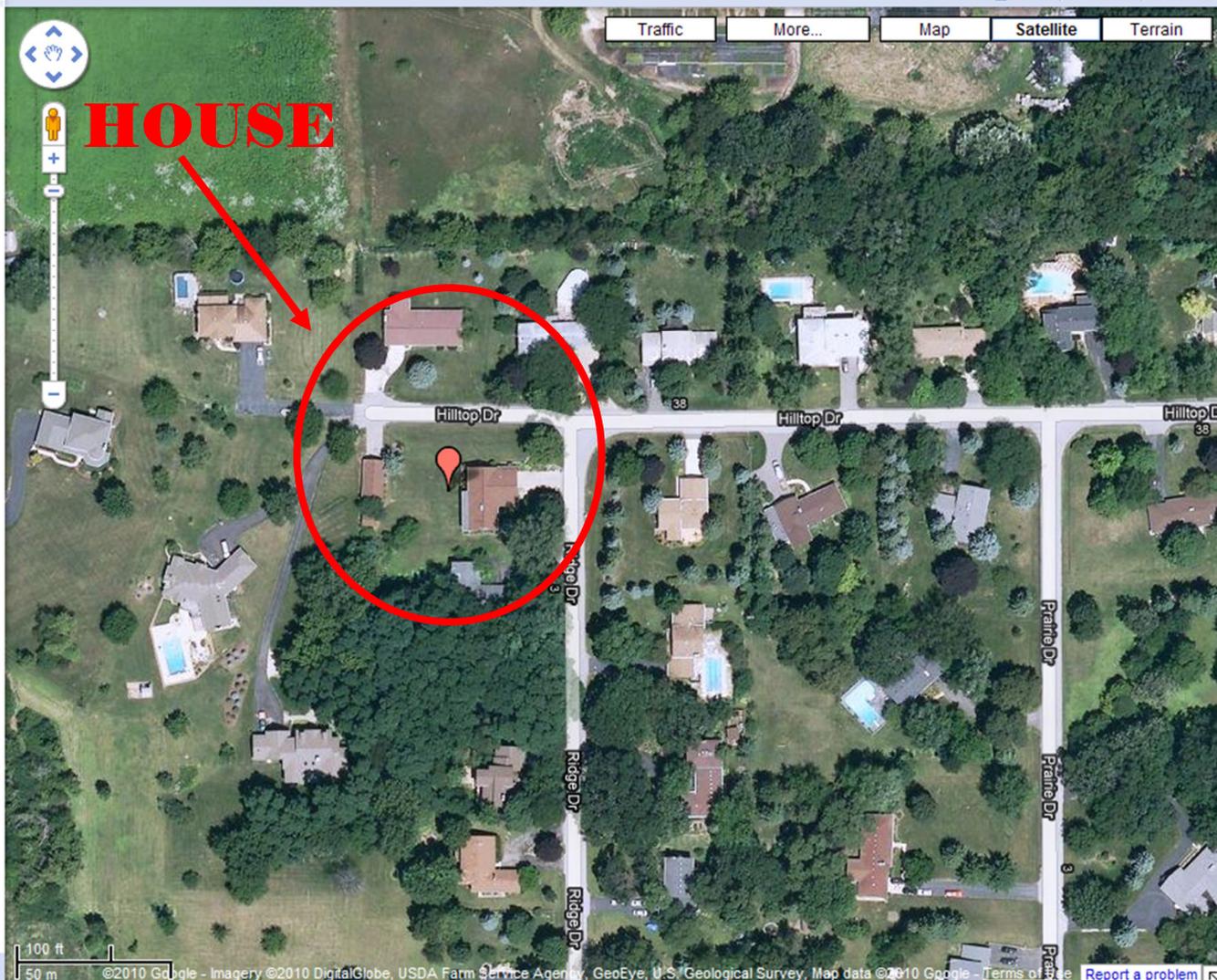
Find businesses, addresses and places of interest.

Get Directions My Maps

Print Send Link

Set default location

Put your business on Google Maps



HOUSE

# Keeping Kids Safe From Drugs



# **Discussion Topics**

- Signs of Abuse
- Marijuana
- Prescription Drugs
- Inhalants
- Alcohol
- What you can do
- Reference Materials

# **Current Drug Trends** **in Our Community**

- Alcohol
- Tobacco
- Marijuana
- Cocaine / Heroin
- Inhalants
- Prescriptions



Inhalants and Prescription Drug Abuse are those gateway drugs that most pre-teen children have easy access to, and are more likely to abuse at an early age

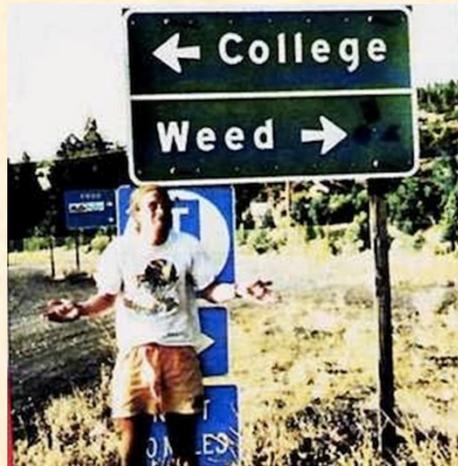
# **Signs of Possible Drug Abuse**

- Changes in Friends or being very secretive concerning their relationship with some friends
- Changes in schoolwork, missing school, or declining grades
- Using perfume to hide smoke or chemical odors
- Change in clothing choices: new fascination with clothes that highlight drug use
- Increase in borrowing money (or missing money)

# **Signs of Possible Drug Abuse**

- Obvious evidence - drug paraphernalia such as pipes, rolling papers, etc.
- Evidence of use of inhalant products (such as hairspray, nail polish, correction fluid, common household products); Rags and paper bags are sometimes used as accessories
- Bottles of eye drops (ie. Visine), which may be used to mask bloodshot eyes or dilated pupils
- New use of mouthwash or breath mints to cover up the smell of alcohol
- Missing prescription drugs—especially narcotics and mood stabilizers

# Marijuana



- Physical symptoms: dry mouth, nausea, headache, decreased coordination, increased heart rate, reduced muscle strength, increased appetite, anxiety, confusion, anger, tiredness, blood shot eyes
- Unusual odors on clothing or in the child's room

# Marijuana Continued

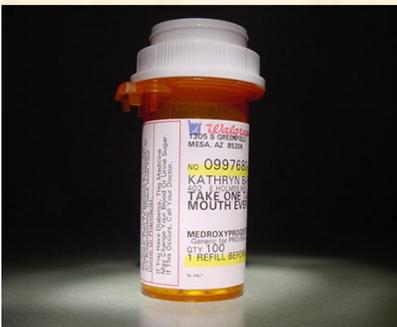


- Items Associated with Marijuana



# Prescription Drug Abuse

- Various symptoms dependent on the drug of abuse.
- Prescription abuse becoming more common high school and college
- Experimentation with various over the counter and prescription drugs



# Prescription Drug Abuse

- Keep track of your pills (number used, number you have left).
  - daily pill sorter
- Dispose of old or unused medication
- If you get a new prescription, check online if it is commonly used for abuse.



Actual product color may vary.



# Inhalants



- Unusual breath odor or chemical odor on clothing.
- Slurred or disoriented speech.
- Drunk, dazed, or dizzy appearance.
- Red or runny eyes or nose.
- Spots and/or sores around the mouth.
- Nausea and/or loss of appetite.



# Inhalants



- Chronic inhalant abusers may exhibit such symptoms as anxiety, excitability, irritability, or restlessness.
- Sitting with a pen or marker near nose.
- Constantly smelling clothing sleeves.
- Showing paint or stain marks on the face, fingers, or clothing.
- Hiding rags, clothes, or empty containers of the potentially abused products in closets and other places.

# Alcohol

- Signs include
  - Risky decision making
  - Odor
  - Slurred words
  - Missing alcohol
  - Extra alcohol in the garbage



# Alcohol



# What You Can Do

- Talk to your kids - No question is “stupid”
- Set curfews/know where your kids are
- Know your kid’s friends
- Remember you are the parent
  - Check their rooms
  - Check their Facebook
  - Watch what they do online
  - Lay out the rules
    - Zero tolerance for drug and alcohol use
  - Have consequences for violating the rules



# Further Information

- DARE Website: <http://www.dare.com>
- US Consumer Products Safety Commission: <http://www.cpsc.gov>
- National Institute on Drug Abuse: <http://www.drugabuse.gov>
- Parents The Anti Drug: <http://www.theantidrug.com>



# School Safety



- Limited access
  - Locked doors
  - Vigilant parents and staff
- Intruder Plan on file
  - Tested at least once a year/observed by Law Enforcement Officer
- Officers
  - DARE Officers at the school/School Resource Officers
  - Rapid response training
  - Familiarize self with schools by walking through

# QUESTIONS??

