Village of Croton on Hudson

Police Department

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LESSON ONE: Introduction to DARE's keepin' it REAL
• Define what it means to be responsible
• Identify student responsibilities in their daily lives
• Name the steps in the D.A.R.E. Decision Making Model (DDMM)

LESSON TWO: Drug Information for Responsible Decision Making
• Identify how alcohol and tobacco use affects student responsibilities
• Examine information on alcohol and tobacco
• Understand the health effects of alcohol and tobacco on the body
• Use the DDMM to define the problem in scenarios related to alcohol or tobacco

LESSON THREE: Risk and Consequences
• Define risks and consequences and apply to real life situations
• Assess the positive and negative consequences in the choices made about risky situations
• Use the DDMM to assess how to make responsible decisions involving risky situations

LESSON FOUR: Peer Pressure
• Define pressure and peer pressure
• Recognize the sources of peer pressure
• Identify ways to respond to peer pressure
• Use the DDMM to generate responses to peer pressure

LESSON FIVE: Dealing With Stressful Situation
• Identify possible signs of stress
• Recognize the physical and behavioral signs of stress
• Use the DDMM in evaluating stressful situations

LESSON SIX: Basics of Communication
• Define and explain the importance of communication in daily living
• Demonstrate confident communication
• Use the DDMM to evaluate and generate alternative options for effective communication

LESSON SEVEN: Nonverbal Communication and Listening
• Define effective listening behaviors
• Demonstrate effective listening using verbal and nonverbal behaviors
• Use the DDMM to evaluate and generate alternative options for effective communication

LESSON EIGHT: Bullying
• Define and recognize characteristics of bullying
• Identify bullying behaviors
• Differentiate between tattling and telling
• Use the DDMM to practice safe ways to report bullying
LESSON NINE: Helping Others

• Identify the importance of being a good citizen
• Recognize the importance of reporting bullying to an adult at school and at home
• Demonstrate the use of the DDMM in reporting bullying behaviors
• Reinforce knowledge and positive behaviors to stop bullying

LESSON TEN: Getting Help from Others and Review

• Identify people in student’s lives they can go for if they need help
• Recall previously learned key terms