

D.A.R.E. Program - 5th Grade

***Wheaton Police Department and CUSD 200
D.A.R.E.'s Keepin' it Real 5th Grade
Programming***



A Collaborative Partnership

- **Safety**
- **Risk of Harm Team**
- **Crisis Support**
- **Situational Support**
- **Educational Support**



What is D.A.R.E. Keepin' it Real?

“If you can teach youth to make safe and responsible decisions this guides them to healthy choices not only about drugs but across all parts of their lives.”

- **Ten 45 Minute Lessons from Wheaton Police Department's Trained DARE Officer**
 - Responsibility
 - Responsible Decision Making - Alcohol and Tobacco
 - Risks and Consequences Related to Choices
 - Peer Pressure
 - Dealing with Stressful Situations
 - Confident Communication
 - Nonverbal Communication and Listening
 - Bullying
 - Helping Others
 - Getting Help from Others



Why?

- **Relationship with our Youth**
- **Positive Messaging**
- **Impact on Quality Decision Making**

Research (Old vs. New)

- **Early DARE programs rarely demonstrated efficacy**
- **2016 Surgeon General Report**
- **The President's 2017 Commission on Combating Drug Addiction and the Opioid Crisis**
- **DARE programs currently service 1.2 million K-12 students in more than 10,000 communities**
- **UNC Greensboro 2022 Study**



Investment in Training

- **2 Certified Staff Trained**
- **80 Hour Training Course**
- **Evidence and science-based curricula**
- **Additional training**



Investment in Programming

- **Wheaton Police Department Commitment**
- **Commitment for materials and supplies**



Core Concepts

- **Exercise self-control when under stress and pressure.**
- **Identify the risks and consequences of their choices.**
- **Make safe and responsible decisions.**
- **Communicate more confidently and effectively.**
- **Developing stronger relationships with peers, family and authority figures.**
- **Become safe and responsible citizens by learning how to help others and knowing how to get help.**



Lesson Structure and Core Concepts

- Real life situations and actual student experiences
- Role play integration
- Skills taught through stories
- Describe concepts and skills
- Review and Journaling



Pilot at Hawthorne

5th Grade

What our students had to say

“This is information we are going to use for a long time. It's not just now. It will help us make decisions in middle school.”

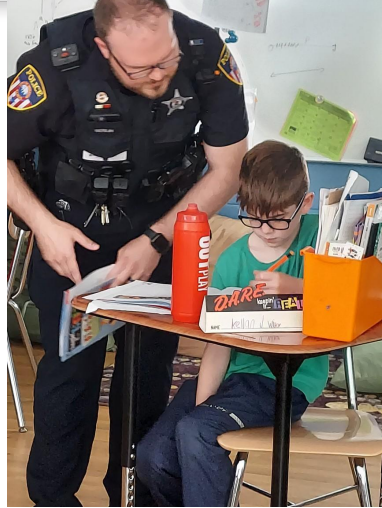
“DARE helped us because we understand how we can be better role models for others.”

“I liked that it was interactive instead of just hearing the information. We had a chance to talk through what we would really do.”

“We learned about making good decisions and how to respond to situations that may be tough to respond to. I think this will help us as we get older and we have to make decisions by ourselves.”

Pilot at Hawthorne

5th Grade



Officer Berlin

“The experience of joining Hawthorne Elementary School these last few weeks has been rewarding. That word, rewarding, sums it up. I could not have asked for a better class for my first experience as a teacher. During each session, the kids participated a lot and that had a positive impact on my ability to keep the lesson moving forward. Students shared ideas, feelings, and feedback with one another about the topics each week. This made it an experience that will stay with them beyond the classroom. My hope is that they are able to apply these skills moving forward”

2023-24 Plan

- **Implement Program in 5th Grade across all district elementary schools.**
- **Ten 45 Minute Sessions (Provided Weekly)**



Recommendation

Approve the posting of the D.A.R.E. Keepin' it Real 5th Grade Curriculum Materials for Community Review.

