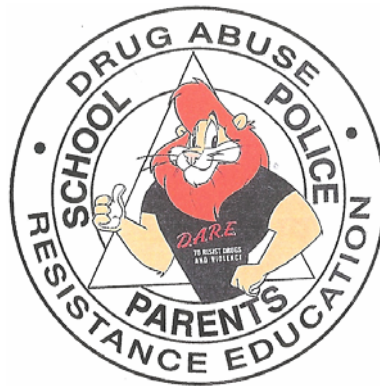


# D.A.R.E.

## Drug Abuse Resistance Education



### *Provides Life-Skills*

#### **D.A.R.E. (Drug Abuse Resistance Education)**

Officers of the Police Department have received special training for working with children and young adults in order to establish self-esteem, as well as remaining drug and alcohol free.

The Spring Grove Police Department teaches a Drug Abuse and Resistance Education (D.A.R.E.) program in local schools. D.A.R.E. is a drug abuse prevention program designed to equip elementary school children with basic life skills for resisting peer pressure to experiment with tobacco, drugs and alcohol. The core curriculum focuses on 5th grade students who are visited once a week for 10 weeks. Each lesson is 45 to 60 minutes and involves the students in a variety of exercises.



D.A.R.E. gives children the skills to recognize and resist the pressures that cause them to experiment with drugs and alcohol, as well as learning to "say no" to the different types of peer pressure. D.A.R.E. helps build a child's self-esteem. They learn that there are alternatives to taking drugs. Furthermore, students are taught methods for handling stress, value judgments and risks, as well as respect for the law, personal safety, and how to recognize the glamorization of drugs and alcohol in the media. The program concludes with graduation ceremonies honoring those students for their successful completion of the D.A.R.E. program.



D.A.R.E. lessons focus on four major areas:

1. Providing accurate information about drugs, alcohol and tobacco.
2. Teaching students good decision-making skills.
3. Showing students how to recognize and resist peer pressure.
4. Giving students ideas for positive alternatives to drug use.

D.A.R.E officers work with children to raise their self-esteem, teach them how to make decisions on their own, and help them identify positive alternatives to drugs. Through role-playing, the D.A.R.E. curriculum emphasizes the negative consequences of drug use, and reinforces the skills to resist peer pressure and intimidation.

