**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 DARE 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 SSMM to generate responses to peer pressure

**LESSON FIVE: Dealing With Stressful Situations**

Identify possible signs of stress

Recognize the physical and behavioral signs of stress

Use the DDMM in evaluation stressful situation

**LESSON SIX: Basics of Communication**

Define and explain the importance of communication in daily living

Demonstrate confident communication

Use 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 adults 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