

Effective School-Based Prevention Programming

What works best to keep kids safe and healthy?

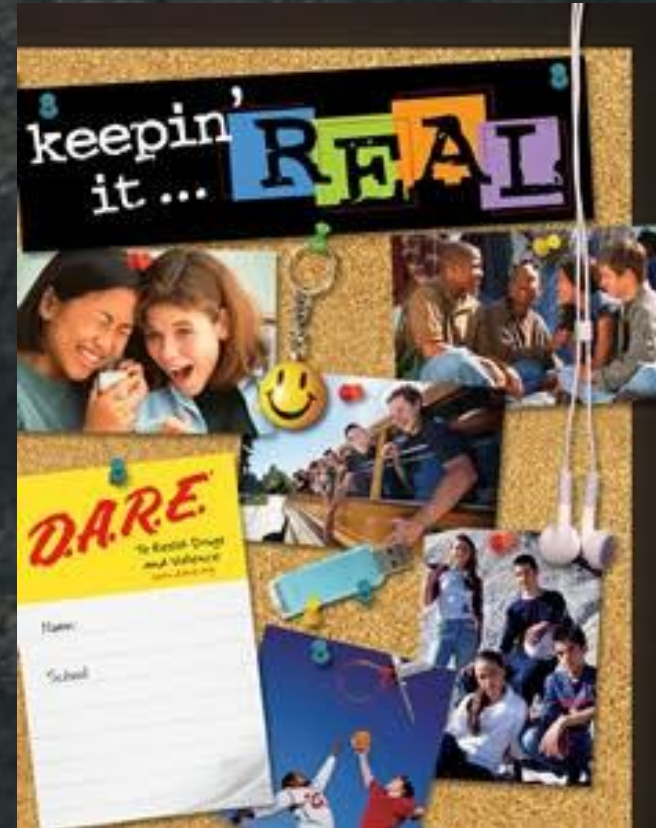
3 big picture research-based strategies

1. Community wide, consistent messaging (i.e. school + family)
2. Long-term – multiple contacts (i.e. 10 lessons of D.A.R.E.) and repeated contacts (i.e. early grades, elementary, middle, and high school developmental levels)
 - This gives students an opportunity to understand information at increasingly complex level
 - Gives students an opportunity to practice real life skills to support knowledge and decisions
3. Based in social-emotional learning and interpersonal skills to support students in managing relationships and peer influence

Cornerstone of D.A.R.E. Middle Curriculum

D.A.R.E. Keepin' it REAL

- 10 Lessons
- Evidence-Based
- SEL (Social Emotional Learning) Approach
- Covers Decision Making for a Safe and Healthy Life, and Effective Communication Skills to support those decisions





Vaping Enhancement Lesson

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D.A.R.E. International Training Conference
Phoenix, AZ: 2019



Collaboration

D.A.R.E.

About the Vaping Enhancement Lesson



D.A.R.E.

Vaping Enhancement Lesson Overview



Activity 1

Introduction – Vaping

(5 minutes)
LARGE GROUP

Activity 2

Lessons Learned from Cigarette Smoking

(5 minutes)
LARGE GROUP

Activity 3

Unhealthy Habits

(15 minutes)
SMALL GROUP

Activity 4

Don't be a Guinea Pig

(15 minutes)
LARGE GROUP

Activity 5

Journal and Closing

(5 minutes)
LARGE GROUP



Activity 1

Introduction – Vaping

(5 minutes)
LARGE GROUP

Activity 2

Lessons Learned from Cigarette Smoking

(5 minutes)
LARGE GROUP

Activity 3

The Swiss Cheese Model of Addiction

(15 minutes)
SMALL GROUP

Activity 4

Don't be a Guinea Pig

(15 minutes)
LARGE GROUP

Activity 5

Journal and Closing

(5 minutes)
LARGE GROUP

D.A.R.E.

Additional Enhancement Opportunities

1. Opioid Education
2. More Than Sad: Teen Mental Health
3. Parent Presentations

Elementary Program

- Existing program – Keepin' it REAL (E) – 10 Lessons
- Plan: 09/23/2019 Robert Down Elementary; 01/10/2020 Forest Grove Elementary
- Resource commitment – 1 day per week Fall and Spring; workbook cost - \$1.35 per student
- Additional: K-4 level classroom visits (brief, informal) – ongoing with patrol officers and Chief and Patrol Commander.
- Monthly parent enhancement meetings: (information dealing with current issues and progress reports.)

Middle School Program

- First implementation – Keepin' it REAL (M) – 10 Lessons
- Plan: proposed for 09/23/2019 ten week program to complete 100 percent of students.
- Resource commitment – 1 day per week Fall; workbook cost - \$1.26 per student
- Additional: Vaping enhancement lesson – 1 lesson – Spring 2020
- Monthly parent enhancement meetings: (information dealing with current issues and progress reports.)

High School Program

- First implementation – MyPlaybook Core – 4 lessons
- Plan: proposed for 03/02/2019
- Resource commitment – 1 day per week Spring; workbook cost - \$1.10 per student
- Additional – Vaping enhancement lesson – 1 lesson – Spring 2020
- Additional – More Than Sad Teen Mental Health – 1 lesson – Spring 2020
- Monthly parent enhancement meetings: (information dealing with current issues and progress reports.)