

Programme Content

Page	Lesson Number & Name	Content	Learning Intentions – students will be able to:
10	Lesson 1 Introduction to DARE 25	Activity 1 Intro to the programme - 20 Minutes Activity 2 Responsibilities - 12 Minutes Activity 3 Intro to DARE Decision Making Model - 5 Minutes Activity 4 Alcohol: Facts and Health Effects - 18 Minutes Activity 5 Closing Story and Review - 5 Minutes	<ul style="list-style-type: none"> Describe the meaning of Key Terms Consider ways to be responsible Name the steps in the DARE Decision Making Model (DDMM) Discuss the facts and health effects of alcohol State the law in relation to alcohol and young people
26	Lesson 2 Dealing with Stressful Situations	Activity 1 DARE Box / Review - 10 Minutes Activity 2 DDMM Practice: DEFINE - 15 Minutes Activity 3 How Do You Know When You're Stressed? - 10 Minutes Activity 4 What Do You Find Stressful? - 15 Minutes Activity 5 Dealing with stress - 5 Minutes Activity 6 Closing Story and Review - 5 Minutes	<ul style="list-style-type: none"> Work through the DEFINE stage of the DDMM Identify what makes us stressed Recognise the signs of stress Discuss how to deal effectively with stress
40	Lesson 3 What is Peer Pressure?	Activity 1 DARE Box / Review - 5 Minutes Activity 2 Video – Under Pressure - 10 Minutes Activity 3 Drugs which can be Smoked: Facts and Health Effects - 27 Minutes Activity 4 Understanding Pressure - 10 Minutes Activity 5 Closing Story and Review - 5 Minutes	<ul style="list-style-type: none"> DEFINE pressure and peer pressure Recognise the sources of pressure and peer pressure Consider the facts and health effects of cannabis and tobacco State the law in relation to young people smoking cannabis and tobacco

50	Lesson 4 Balancing Risks and Consequences	Activity 1 DARE Box / Review - 12 Minutes Activity 2 Opening Story – Taking a Risk - 5 Minutes Activity 3 Risks and Consequences - 18 Minutes Activity 4 Making Safe and Responsible Choices - 20 Minutes Activity 5 Closing Story and Review - 5 Minutes	<ul style="list-style-type: none"> • DEFINE the meaning of risks and consequences and apply to scenarios • ASSESS how choices can have positive and negative consequences. • Use the DDMM to recommend a Safe and Health course of action • Consider the law of Theft
62	Lesson 5 Just Different	Activity 1 DARE Box / review - 5 Minutes Activity 2 Different yet Alike - 10 Minutes Activity 3 Opening Story - Treating People Differently - 17 Minutes Activity 4 Making a Difference - 15 Minutes Activity 5 5 W's of Reporting - 8 Minutes Activity 6 Closing Story and Review - 5 Minutes	<ul style="list-style-type: none"> • Recognise and respect that all people are different and that this is a benefit to us all • Discuss the benefits of feeling good about ourselves • DEFINE and recognise characteristics of bullying and hate crime/incidents • Consider ways to RESPOND to and report incidents • Describe the impact of hate incidents on others and how it makes them feel • Explain how small incidents can escalate if allowed to continue
76	Lesson 6 Let's Communicate	Activity 1 DARE Box / Review - 10 Minutes Activity 2 Opening Story – Confused about Communication - 2 Minutes Activity 3 Effective Communication - 15 Minutes Activity 4 Being Confident in Communication - 20 Minutes Activity 5 Effective Refusals – Explaining - 8 Minutes Activity 6 Closing Story and Review - 5 Minutes	<ul style="list-style-type: none"> • Discuss the importance of effective communication in our daily lives • Demonstrate confident communication • Use explanations to communicate effectively • Consider the importance of feeling good about ourselves

89	Lesson 7 To the Point	Activity 1 DARE Box / review - 5 Minutes Activity 2 Opening Story: A Dangerous Game - 2 Minutes Activity 3 Knife Crime: The Facts - 20 Minutes Activity 4 Resistance Strategies - 20 Minutes Activity 5 DDMM Practice: Jacksons scenario - 8 Minutes Activity 6 Closing Story and Review - 5 Minutes	<ul style="list-style-type: none"> • Identify risk and consequences of carrying a knife • State when it is legal and illegal to carry a knife • Identify resistance strategies which may be useful
98	Lesson 8 More than just Talk	Activity 1 DARE Box / Review - 10 Minutes Activity 2 Opening Story: Putting Things Right - 5 Minutes Activity 3 Non-Verbal Communication - 15 Minutes Activity 4 Effective Listening - 20 Minutes Activity 5 Closing Story and Review - 10 Minutes	<ul style="list-style-type: none"> • Recognise and demonstrate non-verbal communication • Recognise and demonstrate effective listening techniques
110	Lesson 9 Becoming a Good Citizen	Activity 1 DARE Box / Review - 5 Minutes Activity 2 My Interview - 15 Minutes Activity 3 Becoming a Good Citizen - 7 Minutes Activity 4 Hanna's Story: Trying to be a Good Citizen - 3 Minutes Activity 5 Solvents and NPS: Facts and Health Effects - 20 Minutes Activity 6 Preparation for DARE Report / Review - 10 Minutes	<ul style="list-style-type: none"> • Practice effective communication skills whilst interviewing another and being interviewed • Recognise the benefit of giving and receiving help • DEFINE a 'good citizen' and apply good citizenship to a scenario • Consider the facts and health effects of solvents and new psychoactive substances • Commence preparation of the DARE Report

123	<p>Lesson 10</p> <p>My Support Network</p>	<p>Activity 1 DARE Box / Review / Team Quiz - 20 Minutes</p> <p>Activity 2 Support Networks - 20 Minutes</p> <p>Activity 3 Review - 20 Minutes</p>	<ul style="list-style-type: none"> • Consider and answer questions relating to solvents and New Psychoactive Substances • Identify people in your lives you can go to if you need help • List sources of help and support • Review and reflect on what has been learned in the programme
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