



MINNESOTA D.A.R.E.

Educating and Advocating for Safe and Healthy Children

Dear D.A.R.E. Students, Parents, and Guardians:

D.A.R.E. is excited to announce the implementation of its new "keepin' it REAL (kiR) elementary school curriculum. The D.A.R.E. program is committed to keeping up-to-date with the latest information and studies; in this effort has updated the curriculum over nine times since it began 30 years ago. Since 1983, D.A.R.E. has demonstrated leadership in the prevention of drug abuse. Collaborative efforts among Law Enforcement, Education, and Prevention Science have distinguished the D.A.R.E. program. D.A.R.E.'s *keepin' it REAL* Elementary Curriculum continues this commitment; providing cutting edge instruction that prevents drug use by developing basic or core skills needed for safe and responsible choices. These skills extend beyond drugs to healthy and mature choices in life.

Our new curriculum's design is based on the Socio-Emotional Learning Theory (SEL). SEL identifies fundamental, basic skills and development processes needed for healthy development including: self-awareness and management, responsible decision making, understanding others, relationship and communication skills, and handling responsibilities and challenges. The curriculum uses this theory to teach youth to control their impulses and think about risks and consequences which will guide them to healthy choices not only about drugs but across all parts of their lives. As they grow to be responsible citizens, they will lead healthier and more productive drug-free lives.

The *keepin' it REAL* Elementary curriculum was developed to work closely with D.A.R.E.'s middle school program. Both programs were developed with Penn State University. Rigorous scientific evaluation has shown kiR (keepin' it REAL) to be "evidence-based." You will find it on the NREPP list of effective programs listed under keepin' it Real. Furthermore, the Society for Prevention Research ranked kiR among the most cost effective and efficient prevention programs, citing a cost benefit ratio of 28:1 (\$28 in benefits for every \$1 spent).

In order to be eligible for participation in the D.A.R.E. culmination program and earn a certificate, you will be expected to:

- Complete your D.A.R.E. student workbook.
- Have good attendance.
- Demonstrate good behavior during class by following the D.A.R.E. rules.
- Keep your body free from drugs.
- Write a D.A.R.E. Report.
- Make a Pledge Statement to make wise decisions about alcohol, tobacco, and other drugs.

Parent/guardian participation is an important part of the D.A.R.E. curriculum. Upon completion of the D.A.R.E. curriculum, students will participate in a special culmination program. We look forward to the participation of parents/guardians in this special event as well as any parent meetings or take-home lessons.

As your D.A.R.E. Officer, I am looking forward to being with you, your class, and being a part of your school community. Your teacher and I know that you will be a successful D.A.R.E. graduate and join the millions of other D.A.R.E. students around the world who have chosen to be drug-free. Please have your parent or guardian sign and return this letter to your teacher.

Your D.A.R.E. Officer and Teacher,

D.A.R.E. Officer

Teacher

Student

Parent

For further questions or comments please contact Minnesota D.A.R.E., Inc. at MNDARE@aol.com or www.mndare.org or 800-990-DARE (3273).