

### THREE POPULAR SUBSTANCE ABUSE PROGRAMS – A COMPARISON

	DARE	Lions Quest	Botvin LifeSkills
Program Overview	<p>D.A.R.E. envisions a world in which students everywhere are empowered to respect others and choose to lead lives free from violence, substance abuse, and other dangerous behaviours. Launched in 1983, D.A.R.E. is a comprehensive K-12 education program taught in thousands of schools in Canada, the U.S. and 51 other countries. D.A.R.E. curricula address drugs, violence, bullying, internet safety, and other high-risk circumstances that today are too often a part of students' lives.</p> <p>D.A.R.E. BC Society's primary mission is to support the RCMP's delivery of the Drug Abuse Resistance Education (D.A.R.E.) and the keepin' it REAL (kiR) program to enable students to become safe and responsible citizens.</p>	<p>Lions Quest is a broad-based life skills approach, an approach that is recognized by the World Health Organization, National Institute for Drug Abuse, and other experts. Life skills education teaches and reinforces the skills necessary for young people to apply their knowledge of drugs, resist negative peer pressure, set goals, and develop positive, healthy behaviors.</p>	<p>Botvin LifeSkills Training (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social/psychological factors that promote the initiation of substance use and other risky behaviors. LST teaches students to resist peer pressure, develop self-esteem, cope with anxiety, increase knowledge about immediate consequences of substance use, and enhance cognitive/behavioural competency to reduce/prevent problematic behaviors.</p>
Presenters	Law enforcement officers.	Integrated across the curriculum by a trained and certified classroom teacher.	Teachers, school counsellors, prevention specialists, police officers, youth educators, and others may be trained to deliver the program.
	<b>Elementary Years</b>		
Program Structure	<p><b>keepin' it REAL</b> Elementary School curriculum</p> <p>10 lessons arranged by a scaffolding process. Core concepts include: Self-awareness/management, responsible decision making, understanding others, relationship/communication skills and handling responsibilities/challenges.</p>	<p>Skills for Growing (PreK-5)</p> <p>Lions Quest Skills for Growing (SFG) integrates social and emotional learning, character development, drug and bullying prevention, and service-learning. Through a series of developmentally appropriate thematic units and lesson plans, the program helps create positive school and classroom environment.</p>	<p>Elementary School Level (Grades 3/4)</p> <p>The LST Elementary School program consists of 8 class sessions per year across all three years of upper elementary school. The elementary program can be implemented over one, two, or three years, depending on the availability of time. It is designed to be implemented either as a stand-alone program or in combination with the Middle School program. Each session is a 30-45 minute class. Topics include: self-esteem, decision making, smoking information, advertising,</p>

			dealing with stress, communication skills, social skills, assertiveness.
<b>Middle School Years</b>			
	<p><b><i>keepin' it REAL Middle School Curriculum:</i></b></p> <p>The 10-lesson middle-school curriculum is interactive, involves different media and is based on Social Emotional Learning (SEL) principles.</p>	<p><b>Skills for Adolescence (Grades 6-8)</b></p> <p>Lions Quest Skills for Adolescence integrates social and emotional learning, character development, drug and bullying prevention for positive youth development. Through a series of developmentally appropriate thematic units and lesson plans, the program helps create a school and classroom environment that promotes the positive student behaviors that lead to greater academic success.</p>	<p><b>The LST Middle School Program</b></p> <p>Taught in sequence over three years in either middle or junior high school. The first year of the program has 15 class sessions (plus 3 optional violence prevention sessions), the second year contains 10 sessions (plus 2 optional violence prevention sessions), and the third year consists of 5 sessions (plus 4 optional violence prevention sessions).</p> <p>Sessions include topics of: Self-image and self-improvement, making decisions, smoking: myths and realities, smoking and biofeedback, alcohol: myths and realities, marijuana: myths and realities, advertising, violence and the media, coping with anxiety, coping with anger, communication skills, social skills, assertiveness, resolving conflict, drug abuse and violence: causes and effects, making decisions, media influences, resisting peer pressure.</p>
<b>High School Years</b>			
	<p><b>DARE High School Curricula</b></p> <p>The curricular components are independent, but supportive of one another. The modules can be implemented individually, as companion pieces, or as a complete suite.</p> <p>Module #1: Real Messages: Grades 9/10 Promoting positive officer/student relationships. The module consists of five brief, highly interactive lessons. The officer delivers an introduction and attends a culmination ceremony while students complete the rest of the curriculum online.</p>	<p><b>Skills for Action (Grades 9-12)</b></p> <p>Skills for Action provides a complete Social and Emotional Learning curriculum with one-semester, one-year, or multi-year implementation options. The innovative and flexible curriculum moves beyond the classroom to foster civic responsibility and build essential social, emotional, academic, and workplace skills. Two service-learning projects help foster civic responsibility as students move beyond the classroom and apply, social, emotional, academic, and</p>	<p><b>The LST High School Program</b></p> <p>Comprises 10 class sessions, typically taught in one year and can be used alone or as a maintenance program in combination with other LST programs. Topics include: The value of good health, decision making for health, risk taking and substance abuse, the media and health, managing stress, anger, and other emotions, family communications, and healthy relationships.</p>

	<p>Self-paced, web-assisted curriculum, Real Messages engages students to create their own anti-drug messages that they can share with friends and the community.</p> <p>Module #2: myPlaybook: Grade 9/10/11 Students use interactive tools to answer questions, make predictions, and evaluate their own behavior.</p> <p>Module #3: myPlaybook Student Athlete Curriculum: Grade 9/10/11 Educates students about substances that can inhibit abilities to reach full athletic potential and develop effective strategies to deal with potentially harmful situations and helps students develop good decision-making skills regarding multiple substances that can negatively affect athletic performance including.</p> <p>Module #4: Celebrating Safety: Grade 11/12 Provides a Resource Packet for homecoming, prom, and graduation seasons addressing underage drinking and providing guidance for celebrating safely.</p>	<p>workplace skills.</p>	
<b>Additional Materials</b>			
	<p><b>Enhancement Lessons</b></p> <p>Two enhancement lessons supplement DARE curricula:</p> <p>Prescription &amp; Over-the-Counter Drug Abuse</p> <p>These lessons are available for elementary school, middle school, and high school classrooms, as well as presentations for parents and community groups.</p>	<p><b>Skills for Adolescence for Out of School Time</b></p> <p>Skills for Adolescence for Out-of-School Time is comprised of 33 social and emotional learning lessons, five service-learning lessons, three online bullying prevention lessons, 116 reinforcement activities, and numerous relationship-centered learning community strategies and activities.</p> <p><b>Lions Quest Pre/Post Student Survey</b></p> <p>An instrument that can be used to assist classroom facilitators examine changes in the</p>	<p><b>The LST Transitions Program</b></p> <p>Six class sessions taught for Grades 11/12 in one year and can be used alone or as a maintenance program in combination with other LST programs.</p> <p>Topics include: Goal setting for success, effective communication, managing stress, decision making and risk, managing time and money, and building relationships.</p>

	<p>Internet Safety</p> <p>Unique educational materials for D.A.R.E. officers to present in schools to help ensure safe use of the internet.</p>	<p>knowledge, attitudes, and skills among students participating in the Lions Quest Program. The survey measures specific knowledge that students will gain from program participation, as well as their opinion of school climate.</p>	
Program Timeline	<p>K – Grade 12</p> <ul style="list-style-type: none"> <li>• K-2 Grade Visitations</li> <li>• 3rd &amp; 4th Grade Visitations</li> <li>• Keepin' it REAL Elementary School</li> <li>• Keepin' it REAL Middle School</li> <li>• myPlaybook High School</li> <li>• REAL Messages High School</li> <li>• Delivered in a flexible format in one week or spread over 5 weeks.</li> </ul>	<p>Pre-K – High Schools</p> <ul style="list-style-type: none"> <li>• Pre-K – Grade 5 Skills for Growing</li> <li>• Grades 6-8 Skills for Adolescents</li> <li>• Grades 9-12 Skills for Action</li> <li>• Integrated across the curriculum in a flexible format.</li> </ul>	<p>Grade 3 – Grade 12</p> <ul style="list-style-type: none"> <li>• Elementary School Level (Grades 3/4)</li> <li>• The LST Middle School Program</li> <li>• The LST High School Program</li> <li>• Taught either on an intensive schedule (two to three times a week) until the program is complete, or on a more extended schedule (once a week for 8 weeks).</li> </ul>

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