

## **D.A.R.E. EDUCATION PROGRAMS**

### **The Most Comprehensive Drug Prevention Curricula in the World**

The Drug Abuse Resistance Education (D.A.R.E.) program is the most comprehensive drug prevention curricula in the world taught in thousands of schools throughout America's 50 states and its territories, as well as in 52 other countries reaching more than 1.5 million students annually.

#### **D.A.R.E. Education Program Endorsements & Support**

D.A.R.E.'s elementary, middle and high school curricula, as well as its enhancement lessons on subjects that include bullying, internet safety, and over-the-counter prescription drug and opiates abuse, have been developed through partnerships with highly respected universities and prevention education experts. Each curriculum has been developed and approved under the guidance of D.A.R.E. America's Scientific Advisory Committee chaired by Richard Clayton, Ph.D.

- ✓ After a review that considered multiple criteria, D.A.R.E. America partnered with Pennsylvania State University to develop and adopt the *keepin' it REAL* drug prevention curriculum. In 2008, D.A.R.E. launched *keepin' it REAL* in middle schools; in 2013, D.A.R.E. launched *kiR's* elementary school curricula.
- ✓ Multiple government organizations and institutions, as well as highly respected journals, have endorsed and favorably reported upon D.A.R.E.'s *keepin' it REAL* curricula.

#### ➤ **Surgeon General Report**

- The Surgeon General's 2016 landmark report entitled, *Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health*, concluded that alcohol and drug misuse, disorders, and addiction, are among America's most pressing public health concerns.
- As the Surgeon General's report states, "The good news is that there is strong scientific evidence supporting the effectiveness of prevention programs and policies."
- *keepin' it REAL* curriculum is among a number of programs the Surgeon General identifies as building social, emotional, cognitive, and substance refusal skills that provide children accurate information on rates and amounts of peer substance use.

#### ➤ **The President's 2017 Commission on Combating Drug Addiction and the Opioid Crisis**

This Presidential Commission's recently released report states...

- *Substance abuse prevention is a process which requires a shift in behavior, culture, and community norms...When evidence-based programs are selected for specific populations and implemented with fidelity, they can be effective... School programs implementing environmental approaches targeting children focus on building a repertoire of positive competencies, including in the areas of academics, self-regulation, and social skills.*
- The Commission's report identifies *keepin' it REAL* as one such intervention programs.

#### ➤ **National Institute of Justice**

- The National Institute of Justice's CrimeSolutions.gov is comprised of two components – a web-based clearing house of programs and practices, and a process of identifying and rating those programs and practices. The clearinghouse, accessible via the CrimeSolutions.gov website, presents programs and practices that have undergone rigorous evaluations and meta-analyses.
- CrimeSolutions.gov lists *keepin' it REAL* as "promising."

#### ➤ **California Healthy Kids Resource Center**

- The California Healthy Kids Resource Center, a division of the California Departments of Health and Education, professional Research & Evaluation staff ensure optimal services for families and children by providing internal and external stakeholders with useful tools and information that can be used for program evaluation, forecasting and strategic planning, contract compliance, and advocacy.
- The Center lists *keepin' it REAL* as “research validated” ...its equivalent of an evidence-based ranking.
- **United Nations**
  - D.A.R.E. is the only international drug prevention curricula to hold consultative status with the Committee on Non-Government Organizations of the United Nations Economic and Social Council.
- **Scientific American**
  - In its September 10, 2014 issue, Scientific American published an article entitled, *The New D.A.R.E. Program – this one works.*
  - The article notes that Richard Clayton, Ph.D., a retired prevention researcher formerly of the University of Kentucky, was also once an outspoken critic of D.A.R.E., has since been invited to join D.A.R.E.’s board of directors and chair its Scientific Advisory Committee.
- **Alcoholism & Drug Abuse Weekly**
  - In August 2017, Alcoholism & Drug Abuse Weekly published a comprehensive article on the significant changes in D.A.R.E. curricula over the past decade. Among the information presented in the article are the following: *“Randomized controlled trials of the new curriculum, called “keepin’ it REAL,” have shown that in 14 months, drug use was reduced in students who received the D.A.R.E. curriculum compared to peers who didn’t.”*

#### **What *keepin’ it REAL* Evaluations Conclude**

- ✓ Drs. Michael Hecht and Michelle Miller-Day have authored several of the studies that demonstrated *keepin’ it REAL*’s effectiveness. The largest one, published by Hecht, Miller-Day, and their colleagues in 2003, asked 6,000 students to fill out questionnaires about their use of alcohol, tobacco and marijuana at several points over a two-year period. The reports from students who completed *keepin’ it REAL* indicated that:
  - They had used these substances less than those in a control group, and used a wider variety of strategies to refrain from using alcohol, tobacco and marijuana.
  - Their anti-drug attitudes were also more likely to stick over time. A subset of that study, comprised of 1,300 students who were already using drugs, showed a much larger percentage reduced their use of drugs than did those in the control group.
- ✓ The rigorous, scientific evaluations of the *keepin’ it REAL* curriculum for students in grades 6-9 show students completing the course experienced a:
  - 32% to 44% reduction in marijuana, tobacco, and alcohol use
  - 29% to 34% decrease in intent to accept substances
  - Reduction and cessation in substance use among those already using

#### **D.A.R.E. is the Bridge to Building Trust and Positive Community-Police Relations**

According to the U.S. Department of Justice, *“The D.A.R.E. program...offers students the opportunity to gain a trustworthy adult friend, develop a positive attitude toward law enforcement personnel, and acquire greater respect for the law.”*