



## Central Elementary Begins D.A.R.E. Program



**Above:** D.A.R.E. Officer Joe Rady in the classroom.

**January 31, 2014**—Lebanon School's Officer, Joe Rady has begun his 11 week D.A.R.E. course with Central's 5th grade students. D.A.R.E stands for Drug Abuse Resistance Education. Officer Rady is spending one hour a week for 11 weeks in each of Central's 5th grade classrooms. The D.A.R.E program connects a theme of "Keeping it Real" in order to better identify with students. The D.A.R.E. program starts with the Decision Making Model which takes students through the steps of Define, Assess, Respond, and Evaluate. Officer Rady discusses with them each of these steps when they are faced with a difficult decision. Throughout the program, students refer to this decision making model and are faced with simulations and tough situations that they may encounter in real life. Officer Rady goes over consequences with the students based on their decisions; these can be positive consequences or negative consequences. The program then moves into resistance strategies (avoidance, strength in numbers, walking away, saying

no followed with an excuse, and changing the subject.) Other topics in the program include, responding to bullying, how to handle stress, and strategies for effective communication.

After Officer Rady's 11 week program, the students will graduate from the D.A.R.E program and will be able to use their learned skills to help them when difficult situations arise. A big thank you to Officer Rady for taking the time to deliver instruction for this program in order to help our students lead a D.A.R.E. life.

To learn more about what is happening at Lebanon Community Schools, please visit: <http://www.leb.k12.in.us/>.