

## HAVING POSITIVE ROLE MODELS

## Supplemental Lesson 1

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### Goals

- To help students understand that most high school students do not use drugs
- To help students learn from high school role models about the positive aspects of growing up drug free

### Objectives

- Students will identify positive reasons for growing up drug free
- Students will reinforce their personal beliefs about drug abuse and recognize that most high school students are drug free
- Students will identify ways that successful high school students avoid drugs by participating in positive activities

### Preparation

- **Review** the lesson plan
- **Review** the lesson plan with the classroom teacher at least one week prior
- **Inform** an administrator at the school that you are going to invite one or more student leaders from the local high school to visit your class and act as role models.
- **Make** necessary copies of "Information for **D.A.R.E.** High School Role Model", and give it to the high school students to prepare ahead of time

### Lesson Structure

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|--|--------------|-------------|
| • <b>Activity 1</b> The <b>D.A.R.E.</b> Box                          | ( 3 Minutes) | LARGE GROUP |
| • <b>Activity 2</b> Review the <b>D.A.R.E.</b> Decision-Making Model | ( 5 Minutes) | LARGE GROUP |
| • <b>Activity 3</b> High School Role Models                          | (25 Minutes) | LARGE GROUP |
| • <b>Activity 4</b> Summary  | ( 5 Minutes) | LARGE GROUP |

### Materials:

- **D.A.R.E.** Box
- **D.A.R.E.** student workbook

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**ACTIVITY 1 (3 min.)****NOTES****D.A.R.E. BOX****LARGE GROUP**

Review all questions, and answer selected questions from the D.A.R.E. Box

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**ACTIVITY 2 (5 min.)****REVIEW THE D.A.R.E. DECISION-MAKING MODEL****LARGE GROUP**

- Ask students to open their workbooks and review the steps in the D.A.R.E. Decision-Making Model.
- Say *Today we have a guest/guests who will be able to share with you how, in many instances, they have found themselves using the steps needed for making healthy decisions.*
- Have the students jot down on a scrap piece of paper, one or two questions they might like to ask a high school student.

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**ACTIVITY 3 (25 min.)****HIGH SCHOOL ROLE MODELS****LARGE GROUP**

**Introduce** high school leaders and allow them time to tell students about themselves and the various activities that they participate in at school and in the community.

**Facilitate** a discussion that provides an opportunity for class members to ask the student leaders the questions they have prepared.

Questions asked most often are:

- What do you think about drugs? Tobacco? Marijuana?
- Have you ever been offered drugs?
- How did you react the first time you were offered drugs?
- Have you ever been tempted to take drugs and if so, what stopped you?
- Has anyone ever forced you to take drugs?
- How did you decide to say no, and is it hard to do?
- How are drugs offered to you?
- How do you deal with friends who take drugs?
- Do you lose friends because you don't take drugs?
- Have you ever tried to talk to someone out of taking drugs?

**ACTIVITY 4 (5 mins.)****NOTES****SUMMARY****LARGE GROUP**

Facilitate a discussion based on what the high school students have said regarding drug use. Close with giving the high school students a round of applause.

## **Officer Preparation for Role Model Lesson Helpful Hints for Success**

This information is to be used as a tool in preparing your role model lesson and to make it a learning experience for all of the students. Plan and prepare for this lesson just like you would any other.

### **Planning**

- Make a notation to start planning one month in advance
- Contact both the administration of your school and the high school regarding this lesson and possible dates
- Have each student write 3 questions one week in advance

### **Why?**

- Provide students an opportunity to ask questions regarding their concerns as they prepare for the transition to middle school.
- The role models will be able to relate their experiences and positive choices they have made in middle school and high school

### **How to get Role Models**

- Work through elementary school guidance counselor/principal to contact the high school guidance counselor/principal to determine possible candidates
- Try to use a feeder school so the students can ask questions about the school they will be attending
- If the student role model has a positive experience then they are your best method of recruiting future role models

### **Panel Selection**

- If possible, it is best to select three seniors or rising seniors
- Have a diverse selection of students, example:  
gender, race, ethnic backgrounds
- Choose students with a wide variety of interests---  
not just the Cheerleader or Football Star
- Select drug free students only. Remember we are a strong NO Use program

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### **Prepare the Role Model**

- Try to interview each of the Role Model students. Determine if they are drug free and brief them on the DARE program
- Make sure the student is comfortable in talking in front of a class
- Arrange transportation – must follow the school policy and your department policy
- Provide lunch for the Role models, if possible, as a reward for speaking to your classes
- Confirm with the school that your class doesn't conflict with any test, field trips, doctor's appointments or etc.
- Obtain address/telephone number to contact Role models should there be a change of schedule and to send the thank-you notes

### **Facilitate**

- Introduce the role model students to the class and ask them to give a brief introduction
- Ask the first question as an opener
- Do not sit back during the session. Help to monitor the questions and be a participant to reinforce material that has been covered in class.
- Provide a summary at the end of the lesson and thank the role models

### **Sample Questions**

- See "Information sheet for D.A.R.E. High School Role Model

## **INFORMATION SHEET FOR D.A.R.E. HIGH SCHOOL ROLE MODEL**

As you prepare to visit elementary **D.A.R.E.** classes, the following discussion points may be very helpful to you and to the classes.

1. Introduce yourself and tell the class what grade, high school, and junior high school you attended.
2. Discuss positive activities that you are involved in. For example: student government, clubs, and athletics.
3. Deny the rumors that all high school students' use drugs or smoke.
4. Stress the importance of education and the value of acting responsibly.
5. Identify people that have influenced you and guided you (family, teachers, friends, others)
6. Share your future plans and goals.
7. The following questions are often asked by elementary students. Be prepared to answer them.
  - What do you think about drugs?
  - Have you ever been offered drugs?
  - How did you react the first time you were offered drugs?
  - What did you say when they asked you to take drugs?
  - Why do some kids your age use drugs?
  - Have you ever been tempted to use drugs and if so, what stopped you?
  - Has anyone ever tried to pressure or force you to use drugs?  
Why or why not?
  - How does it feel to say no, and is it hard to do?
  - How are drugs offered to you?
  - How do you deal with friends who use drugs?
  - How do you know the people who are using drugs?
  - Do you lose friends because you don't use drugs?
  - Have you ever tried to talk someone out of using drugs?
  - What are your favorite activities?
  - What did you like most about middle school?