keepin’ it...

REAL
Refuse Explain Avoid Leave

STUDENT HOMEWORK

Name ________________________________

School ________________________________
Lesson 1

**Directions:** Think about a movie where the main character faced an important decision. Example: In the movie *Pirates of the Caribbean*, the character Will Turner was faced with losing Elizabeth. Name a movie and then answer the following questions.

**MOVIE TITLE:**

1. List the options that the main character had available when making a decision.  
   
   
   
2. Describe what choice was made.  
   
   
   
3. Explain the consequences of the choice.  
   
   
   
4. How did the character’s decisions impact others?  
   
   
   
5. What are other consequences that could have occurred?  
   
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Lesson 2

The R I S K S in Everyday Life

Directions: Think of three activities you did this past week in the morning, afternoon and evening. Fill in the boxes below with the activities and possible risks.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activities</th>
<th>Risks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Example: I took a shower this morning.</td>
<td>Example: I could have slipped in the shower.</td>
</tr>
<tr>
<td>Afternoon</td>
<td></td>
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<tr>
<td>Evening</td>
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</tbody>
</table>

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SINGING ABOUT CONFLICT

**Directions:** Find a song in which someone is having a conflict with another person. The conflict could involve a fight, a disagreement or just a difference in opinion. While listening to the song, pay attention to whether or not the people involved are able to agree to disagree. Answer the following questions about the song you selected:

1. Name the song and artist. ____________________________________________

2. What happens? What is the conflict? ___________________________________
   ____________________________________________

3. Is the character’s response aggressive, passive or assertive? Why? _________
   ____________________________________________

4. If their response is aggressive or passive, how could you change it to be assertive?
   ____________________________________________

5. How could the characters agree to disagree? Give an example. ____________
   ____________________________________________
Lesson 4

OBSERVING “NO”
Lesson 5

EXPLAIN

Directions: Think of a time when someone you know got into trouble and from their explanation, you did not feel they deserved it. Do not give names and only share a situation that you feel comfortable with. Then answer the following questions.

1. What happened and why were they in trouble?

2. What explanation did they give for their actions?

3. Do you think their explanation was believable? Why or why not?

4. Is there anything you would have done differently to explain the situation? If so, write out your answer.

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**Lesson 6: Practicing Avoid**

**Directions:** Think of times when you purposely avoided a situation. In these boxes, write what the situation was, why you avoided it and how you avoided it.

**Example:**  
- **Situation:** A friend wants you to go outside after you finish your homework.  
- **Why Avoid:** You want to watch a TV show.  
- **How avoid:** You avoid the situation by not answering the phone.

<table>
<thead>
<tr>
<th>Situation</th>
<th>Why Avoid</th>
<th>How Avoid</th>
</tr>
</thead>
<tbody>
<tr>
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### REAL IN REAL LIFE

**DIRECTIONS:** Check off the resistance strategies that you would use with each of the individuals listed if they offered you drugs. Some resistance strategies may apply more to some people than to others. When you finish, answer the Reflection Questions on the next page.

<table>
<thead>
<tr>
<th>Resistance Strategies</th>
<th>Brother/Sister</th>
<th>Adults</th>
<th>Friend/Classmate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>R</strong> Refuse</td>
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<tr>
<td>Refuse by saying “no” or “no thanks”</td>
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<tr>
<td>Refuse nonverbally – for example, shaking your head “no”</td>
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<tr>
<td><strong>E</strong> Explain</td>
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<tr>
<td>Explain that you have something else to do</td>
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<tr>
<td>Explain that you aren’t into drugs</td>
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<tr>
<td>Explain that you can’t because of sports, parents, etc.</td>
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<tr>
<td>Make up an excuse as a way of explaining</td>
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<tr>
<td><strong>A</strong> Avoid</td>
<td></td>
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</tr>
<tr>
<td>Avoid the situation altogether by not hanging out with this person when you know he/she is doing drugs</td>
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<tr>
<td>Only hanging out with this person in safe situations – when you feel pretty certain that there are not going to be drugs</td>
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<tr>
<td>Make up an excuse not to hang out with this person as a way of avoiding him/her</td>
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<tr>
<td><strong>L</strong> Leave</td>
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<tr>
<td>Leave the situation – just walk out</td>
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</tbody>
</table>
Reflection Questions

1. Would one of these offers be more difficult for you to resist? Why?

2. What would be the best way to handle the situation with the person and still resist their drug offer?

3. Would any of these offers be easier for you to resist? Why?

4. Overall, which resistance strategy would you feel most comfortable using? Why?
Lesson 8

NAME ACROSTIC

Directions: Write your first name down the left side of this paper. Next to each letter of your name, write a positive quality or something that you like or value about yourself. Example: Honest
Optimistic
Pretty
Energetic

Letter: Positive Quality, what I like about me:

__________________________
__________________________
__________________________
__________________________
__________________________
__________________________
__________________________
__________________________
Lesson 9

“"I DISAGREE!""

**Directions:**

Watch a TV program that is acceptable to your parents. Write down a scene in which someone says or does something you don’t agree with. Then answer these questions:

1. Name the show you watched and what happened that you disagreed with.
   
   __________________________________________________________
   
   __________________________________________________________

2. How did the situation make you feel?
   
   __________________________________________________________
   
   __________________________________________________________

3. Why didn’t you agree and what would you have done differently?
   
   __________________________________________________________
   
   __________________________________________________________

4. Why do you think your feelings are valid?
   
   __________________________________________________________
   
   __________________________________________________________
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To Resist Drugs and Violence

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