

Edition 07 – 4

Fall 2008

Research Précis

Best Practices: Safe and Drug-free Schools and Communities

Creating a better tomorrow...

Title: Dare to be You

Overview:

Dare to be You (DTBY) is a primary prevention program designed to improve the knowledge, competence, and confidence of parents of young children in order to ensure adequate resiliency in children later in life.

Target: Parents of children (and children) ages 2-5

Extent/Duration of Program: The program consists of approximately three to four months of initial classes. Four weeks (approximately eight hours) of booster classes are also provided.

Program Costs:

- Material costs include community leader manual for \$50, K-12 school curriculum for \$150, parent training guide for \$32 (Span/Eng for \$45), pre-school activity guide for \$32, and a parent and pre-school training set for \$60.
- Training is available for \$3000 for up to 40 participants; includes materials.

For further information, or to order:

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Web site:
<http://www.coopext.colostate.edu/DTBY/>

Principles/Approaches/Components: The *Dare to be You (DTBY)* program is based on the premise that improving parenting competencies—parent and child protective factors in the areas of communication, problem solving, self-esteem, and family skills—will result in higher levels of resistance to factors involved in drug/alcohol use and violence as they grow older. The program emphasizes activities that focus on parents' self-esteem, communication skills, stress management, decision-making, the power of peer support, setting realistic expectations, and the realization that consequences are a direct result of actions rather than fate. The program includes a children's component, a parents' component, training for child-care providers, and training for social service agency workers who work with families.

Evidence-based Effectiveness: Over a period of five years in evaluation studies involving at-risk parents and children in Native-American, Hispanic, and low-SES white communities, results indicated improvement in parents' self-esteem, satisfaction with available social support networks, and perceptions of the appropriateness of their child's behavior, as well as increased ability to accept blame and realize the direct connection between their actions and outcomes that result. Scores on parental communication—overly harsh punishment, disciplining effectively, and setting limits for children—showed improvement in a two-year follow-up.

Safe and Drug-free Schools and Communities Act (SDFSCA) connections:

A.ii - Activities that promote a sense of individual responsibility.

B - Activities that involve families, community sectors, and a variety of drug and violence prevention providers in setting clear expectations against violence and illegal use of drugs and appropriate consequences for violence and illegal use of drugs.

National Standards connections:

Through focus on parents and children ages 2-5, the following will be enhanced in later years:

Health Education Standard 4 – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Health Education Standard 5 – Students will demonstrate the ability to use decision-making skills to enhance health.

Health Education Standard 6 – Students will Demonstrate the ability to use goal-setting skills to enhance health.

Health Education Standard 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

National Health Education Standards, Second Edition: Achieving Excellence. American Cancer Society, 2007.

Counseling: Personal and Social Development Standard B: Students will make decisions, set goals and take necessary action to achieve goals.

ASCA National Standards for Students. American School Counselor Association, 2004.

Recognition and additional reports:

The following organizations/institutions have recognized *Dare to be You*. The organizations are in alphabetical order and the status of the recognition is in parentheses.

- Colorado Governor (Excellence in Prevention Award)
- Colorado Mothers, Incorporated (Champion for Children and Families Individual Award)
- Cooperative Extension Service (Distinguished Service Award)
- National Association of State Alcohol and Drug Abuse Directors (Exemplary Program)
- National Prevention Network (Exemplary Program)
- Promising Practices Network (Proven Program)
- SAMHSA (Model Program)
- U.S. Department of Agriculture (Building Human Capital Award)

GENERAL NOTES: The intent of the above synthesis and correlations is to assist teachers and school administrators dedicated to using best practices to reduce violence and substance abuse among students. To our knowledge, the information was current upon publication. However, details pertaining to status of program recognition, research and findings, costs, and contact information are subject to change.

Correlations to the Safe and Drug-free Schools and Communities Act (SDFSCA) federally approved activities and to national education standards have been limited in depth (“standard” level only) and breadth (number of standards and subjects) due to the encompassing nature of many programs that typically qualify as model or exemplary. The correlations listed should not be viewed as exhaustive.

For information on other effective programs for promoting safe and drug-free schools and communities, visit www.designedinstruction.com/learningleads/effective-sdfs-programs.html

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