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## D.A.R.E. FAMILY TALK #2

In class we have discussed the importance of being safe and responsible about the choices we make regarding our health, as well as the risks and consequences of our choices. Facts and information help us to know the possible health effects of **drugs** on the body.

Ask your child to tell you one or two **facts**, something that can be proven to be true, that they learned about alcohol and tobacco. Also, one or two possible **health effects**, what happens as a result of using a drug, on the body. Add any facts or health effects that you think are important to remember.

### **Alcohol :**

Facts: \_\_\_\_\_

\_\_\_\_\_

Health Effects: \_\_\_\_\_

### **Tobacco:**

Facts: \_\_\_\_\_

\_\_\_\_\_

Health Effects: \_\_\_\_\_

We also have talked about **risks and consequences** of our choices, as we learn to make safe and responsible decisions. Have your child share what they have learned about taking risks and possible consequences that might be positive or negative.

List two situations, or examples, that using the **D.A.R.E. Decision Making Model** might be helpful at home and school. Think about how you could make wise choices.

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