

**D.A.R.E.  
FAMILY  
ACTIVITY**

**2**

# What if?

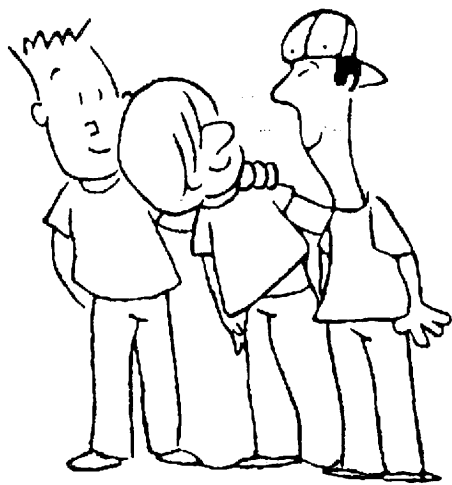
## Introduction

Young people can sometimes find themselves in difficult situations that they haven't thought about ahead of time. This activity is intended to help your D.A.R.E. student anticipate how he or she could handle difficult situations in the future. It is a way to begin talking about alcohol, tobacco and other drug use and nonuse and ways to be safe. This activity will give you the chance to share your feelings and to tell your D.A.R.E. student how you expect him/her to act. It can help them to think about how to handle the situation and to practice ahead of time.

It is helpful for children to know what parents and caring adults expect them to do. Read the following situations together and talk together about what could be done in each situation. Let your child know what you think is important in each situation.

It is important to remember to create an atmosphere where your child will feel comfortable to ask questions about situations that concern them. Please feel free to adapt the situations to fit your children's ages and get into the habit of regularly discussing "What if...?" situations. You may even want to have some of these discussions with your child's friends.

Have another great discussion!



# What if?

### Directions:

Many young people find themselves in situations where they will have to make an important decision about drinking, smoking, using other drugs or their safety. It helps to talk about these situations before they happen. In this activity you will be asked to think about the consequences of certain actions. Together as a family you will think about "What if?" Now read each of the situations below and answer the questions following each situation as a family:

## What if?

1. You are baby-sitting for some people who live three miles from your home. When they return home you realize the woman is very drunk. She is stumbling when she walks into the house and she is slurring her words when she speaks to you. After she pays you, she then tells you that she is ready to drive you home.

*What could you do? What does the adult helping you with this activity hope you would do?*

2. You are at a neighborhood park and an older kid comes by and offers you and your friends a cigarette. Some of your friends take one. They try to talk you into taking one.

*What could you do? What does the adult helping you with this activity hope you would do?*

3. You are staying overnight at your friend's house. When the parents go to sleep, your friend gets a couple of beers from the refrigerator and suggests you both try one.

*What could you do? What does the adult helping you with this activity hope you would do?*

4. A good friend of yours tells you that his older sister smokes marijuana at parties sometimes and can buy some for you to try. He says that she told him that she really likes feeling high.

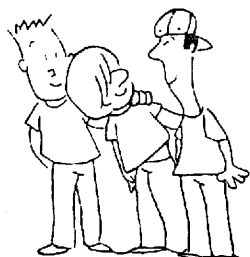
*What could you do? What does the adult helping you with this activity hope you would do?*

5. You have gone to the mall with a group of friends. After a half hour or so, one of them says that her parents aren't home and she suggests going to her house. She tells you all that her parents usually have wine in the kitchen and they never keep track of how much is in the bottle.

*What could you do? What does the adult helping you with this activity hope you would do?*

6. You have heard a couple of kids at the playground talk about the gang they belong to and the guns they have. They have started to be more friendly to you.

*What could you do? What does the adult helping you with this activity hope you would do?*



Please sign and return this portion of the activity to school before the next D.A.R.E. class. Thank you for your involvement!

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D.A.R.E. Student

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D.A.R.E. Parent

Comments: \_\_\_\_\_