



In 2012, the Halton Regional Police Service undertook a review of the D.A.R.E. (*Drug Abuse Resistance Education*) program. This led to the development of a new, 'made in Halton' program known as B.R.A.V.O. (*Building Respect, Attitudes and Values with Others*).

Created in partnership with the Halton District School Board, the Halton Catholic District School Board, and members of the Halton Independent Schools, B.R.A.V.O. is taught by a team of Elementary School Liaison Officers (ESLOs) to Grade 6 students region wide.

It consists of eight lessons, followed by a culminating activity and celebration. The program builds on topics presented in D.A.R.E. such as decision making, peer relationships and substance abuse (tobacco, marihuana and alcohol), and features new areas of study, including bullying, cyber bullying, Internet safety, social media, and youth and the law.

Program Lessons/Topics by Week:

Lesson 1 - Introduction to the B.R.A.V.O. Program / S.T.A.R. Decision Making Model

Lesson 2 - Peer Pressure

Lesson 3 - Tobacco and Marihuana Use

Lesson 4 - Alcohol Misuse

Lesson 5 - Bullying and Cyber Bullying

Lesson 6 - Internet and Social Media

Lesson 7 - Youth Actions, Consequences and the Law

Lesson 8 - Culminating Activities: Respect, Attitudes, Values and the B.R.A.V.O. Program

Lesson 9 - The B.R.A.V.O. Celebration

B.R.A.V.O. was piloted in spring, 2013 and was implemented the following September.

A follow-up program, B.R.A.V.O. *Encore*, will be delivered to Grade 7 and 8 students. When launched, the two-week programs will reinforce curriculum taught in B.R.A.V.O. as well as add other topics of importance, such as the Service's High School Liaison Officers (HSLOs).

Grade 7 Topics:

- S.T.A.R. Decision Making Model
- Other topics, as determined by the principal, teacher and/or ESLO

Grade 8 Topics:

- Topics as determined by the principal, teacher and/or ESLO to fit school/class needs
- Includes the role of the HSLO

B.R.A.V.O. and B.R.A.V.O. *Encore* are aligned with learning objectives set out by the Ministry of Education of Ontario

Student Reflections on B.R.A.V.O.

"BRAVO means building respect, attitudes, and values with others. During this experience we have learned how to make good decisions and how to maturely reflect on those decision's, we have learned to deal with peer pressure in a way that is responsible not only for ourselves but for the others around us. We have learned about the misuses of alcohol, marihuana and tobacco. By knowing this information we have set up our future for success because knowing the consequences for our actions can help us make the right decision." - Grace, St. Mildred's Lighbourn School

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The above information is taken from the Halton Regional Police Service Web-site;

<https://www.haltonpolice.ca/community/bravo/index.php>

The B.R.A.V.O. Family Extension booklet is available through the above link.