



# **Dare to be You: A Systems Approach to the Early Prevention of Problem Behaviors (Prevention in Practice Library)**

*Jan Miller-Heyl, David MacPhee, Janet J. Fritz*

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*DARE To Be You* (DTBY) is a program that has both a conceptual foundation and is demonstrably effective in building assets linked to a decrease in problem behaviors. Its success is based on working not only with the individual child, but also with multiple systems that affect the child. These systems include family, peers, school and the broader community. The DTBY curricula is age-appropriate and adapted to account for changing developmental needs. While this volume focuses on the DTBY program for families with 2 to 5 year old children, references are made to the programs for school aged children and teens.

This program has proven effective in diverse settings including a Native American community; an urban setting of mixed cultures; a traditional Hispanic and Anglo rural community; and a poor, isolated agricultural region.

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