

D.A.R.E. Essay

A.J.

Do you know what D.A.R.E. is? D.A.R.E. was a really cool class that helped us to learn about ways to be safe and responsible. Officer Cook would come in to our class and teach us ways to make safe and responsible decisions so that we will be ready for our future.

We learned many things in our D.A.R.E. classes with Officer Cook. One thing we learned was to make safe and responsible choices. It is important to think about consequences to the choices we make because we can make better decisions. Another thing we learned about was the health effects that alcohol and tobacco can have on our brains and bodies. Tobacco can rot your teeth and make you have bad breath. It can also lead to heart disease and lung cancer. Alcohol affects your development. It makes you have memory loss and can damage every organ in your body. We also learned about peer pressure. Peer pressure is when people your age are trying to put pressure on you to do something you should not do. I learned that it is sometimes hard to say "no" to our friends because we could upset them. Then, they may not want to be my friend anymore. A response to peer pressure that I might use in the future is to walk away from things that I know are not safe or responsible.

We learned about the D.A.R.E. Decision-Making Model. The first step is to define the problem. The next step is to assess the choices that I could make. The third step is to respond and make a choice. The last step is to evaluate the choice I made to see if it was the right choice. I will use the D.A.R.E. Decision-Making Model when I might be in a dangerous situation.

I will use the information we learned in D.A.R.E. class to be a good citizen. I will follow the rules and laws. I will make safe and responsible choices. I will help others by setting a good example. I will try to deal with stress in positive ways. I will stay calm by walking away and counting to five. I will communicate confidently to adults and friends by making eye contact and speaking clear and positively.

D.A.R.E. was an awesome experience for me. I was able to learn what is right and what is wrong. I was able to learn ways to deal with stressful situations by making responsible and safe decisions. The meth video we watched creeped me out, but at least it taught me to stay away from it! I was proud that we were able to have this special experience at school that some kids may not get to have.