



D.A.R.E

AJ

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Being in DARE this year has taught me a lot about how important it is to stay drug free. The most important thing I learned is how to say no to someone if they offer me something that will be harmful to my health. The officer helped us understand how important it is to stay away from people who make bad decisions because eventually they may try to talk you into making the same bad decisions that they made. It is called peer pressure and it can ruin your life if you get mixed up with drugs and alcohol.

I think it is very important to stay drug-free because I want to grow up and be a productive person who is valuable to the community. If I get involved in drugs or alcohol it could ruin my entire life. I have been in the community before and noticed people who obviously have serious drug and alcohol issues. I have heard my parents say that those people ruined their relationships with loved ones and had difficulty getting a good job or keeping a good job or earning the trust of others. Drugs and alcohol ruin lives every day!

The officer also taught us that one try of drugs or nicotine is all it can take to become addicted. I don't want to take that chance. My parents always tell me one bad decision can change my life. I am going to make the right choice always and just say no! A true friend would never expect me to make a harmful decision so I will be sure to choose my friends wisely. Life is precious and should not be taken for granted.

I promise to stay away from drugs and alcohol will say no, pick good friends and do what is best for me. I don't want to grow up and be one of those people who smoke and do bad things. I want to be a good person and I will use the dare decision making model to do so.