



D.A.R.E ESSAY

(Eveland P.M)

Abby

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In D.A.R.E I learned many things while having fun. For example the word dare helps me make decisions that I will need in life now and in my future. We would always flip our flap on class if we needed to make a decision from a short problem that we just read. The D in D.A.R.E helps me to define or describe the challenge that I'm dealing with. I need this so I get a clearer understanding of what's happening. The A in D.A.R.E helps me asses or pretty much lay out my choices I can make. This helps me know what are the best options for me. The R in D.A.R.E stands for respond so I can make a well thought out choice. The E in D.A.R.E stands for evaluate. This means I look over my decision to make sure I made a good one. I also learned about a lot of situations that could happen to me in the future. For example, peer pressure. We learned ways to deal with it. We also learned a lot about healthy choices to make. Everything we did in D.A.R.E was a lot of fun. For example we would act out ways we could say no if it was bad for your health. We did a lot of activities to help us learn also.

In D.A.R.E we learned a lot about drugs. We learned about how to stay drug free. I learned that tobacco, marijuana, and other drugs are illegal and can kill me. We learned that smoking can cause a lot of health issues too. We were taught that drinking alcohol is a bad idea and that it's better to just stay away and try to resist all these bad substances. I learned how to say no and that even overdosing on a prescription drug can cause bad health and even death.

D.A.R.E definitely helped me learn ways to stay away from bad things and bad people. It also taught me how to make hard decisions that would confuse me at first. It taught me that it is important to always think things through because you want to make sure your making the best choice for not just you but everyone else. It taught me that it's always important to avoid violence because you don't want to hurt yourself and other people around you. I learned that it's important to remain drug free because you don't want to cut your own life short and it's always important to make healthy choices to make me have the best life possible and always follow the law. I'm so glad that I got to have D.A.R.E in my life.