



## D.A.R.E. Essay

(Eveland A.M.)

Anjani

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I have learned many skills in D.A.R.E. For example, I have learned to make healthy choices by using resistance strategies. I know to avoid the situation. I know to stay away. Strength in numbers is another way I can make healthy choices. I should only hang around with nonusers. Walking away from the situation is another one of many ways to make healthy choices. I know that the D.A.R.E. Decision making model will help me assess a situation. Define, assess, respond, and evaluate.

I have learned many things in D.A.R.E. I have learned how to report bullying anonymously using the five W's. Who, what, when, where, and why. Some ways i am going to stay drug free is to never be close to someone who is using drugs. I should only hang around nonusers, and use the resistance strategies. I will avoid violence by not getting involved with what is going on. I should only do what I am able to do. Such as, reporting the violence or just simply telling a trusted adult. It is important to stay away from drugs and violence because it is not healthy for your body and mind.

In conclusion D.A.R.E. has helped me understand the importance of learning about drugs, bullying, and avoiding violence. It is important to remain drug free because drugs are unhealthy, and they can ruin your life. Assessing your situation before acting will prevent me from having a negative consequence. Avoiding violence is always a good thing because even if you did nothing you can be accused of being apart of the violence. Making healthy choices will help along the path to becoming and adult. It is important to stay healthy and make healthy choices. In the end I learned so many thing in D.A.R.E. I will always know what to do if come upon any of these situations.