



My DARE Report
By: Anna

Hi my name is Anna, and I am going to tell you about my time in DARE. Did you know that there are 75,000 alcohol related deaths each year in the U.S? Also, alcohol weakens the heart muscle, reduces the amount of blood pumped to and from the heart. Too much alcohol can slow down the body and leads to coma and death.

What I learned in DARE was that drinking alcohol and smoking are not safe unless you do it responsibly. Alcohol can harm your body because it goes directly into your bloodstream and can damage every organ in your body. Tobacco can harm your body because it can cause heart disease and it can cause lung cancer. Signs of stress are sweaty hands, and butterflies in your stomach.

Some ways people might use the DARE decision making model are when they feel like doing something bad with their friend, but they know they aren't supposed to do it. For example, say that you are with a friend that asks you to smoke, but you know that you aren't supposed to do it, would you do it?

Sometimes I use the DARE decision making model when I go Christmas shopping for my brother. By using the DARE decision-making model i can figure out what to get him by first defining what I think he might like. Then I would assess my choices by narrowing down my list of things I think he may use the most. After that, I would respond by choosing the best gift option. Finally, I would evaluate my decision and be satisfied that I made a good choice.

I plan to use what I've learned to make safe and responsible choices by being a nonsmoker and being smart about my decisions. Also I will help out others no matter what the problem is. I would also help others make good choices.

DARE is a good program for my age because it tells kids what the side - effects of drinking and smoking are. It also tells kids how to handle stress and how to deal with bullying. It also tells you how to think over problems.

My time in DARE was amazing and I loved it! I liked to learn about how smoking and tobacco effect your body and how to handle a bully. I learned a lot from DARE and, based on what I learned from DARE, my pledge from now on is I will make good and smart decisions and promise to be a nonsmoker and a nondrinker.