

# D. A. R. E. Essay

By: Ava



Hello! I am Ava Kantz and, I would like to tell you all about the important things I have learned while taking D.A.R.E. and why staying drug free is so important. We have learned how to get out of situations, like when you are offered drugs. You can say no and walk away, avoid the people and places that have drugs, hang out with people who don't use drugs, or changing the subject. We have learned to communicate without hurting someone's feelings. Instead of shouting and getting mad, calmly tell the person what you want to tell them. We have learned how to stop bullying, and how to report to a teacher. Use the five Ws, what, who, when, where, and why! Also we learned how to tell if someone really is getting bullied. Just define, assess, respond, and evaluate the situation. We have learned what to do when we are stressed, you can count to ten, think about something you like, or calmly tell a friend or teacher what's on your mind. We have learned so much during D.A.R.E. this year!

All of these things are extremely important! They are important because we will need to know them in order to stay drug free! Staying drug free is important because, if you choose to do drugs you will have all kinds of health problems, which may lead to early death. There are more than 200 known harmful chemicals in cigarette smoke! By staying drug free, kids like me will grow up to a healthy environment! Also it is normally really difficult to get a good paying job, if you have done drugs or do drugs. I am going to stay drug free by following through on all the things I have learned in D.A.R.E., which include, saying no and walking away, avoiding the people and places that have drugs or violence, hanging around people who don't have drugs or violence, giving an excuse, like saying "No way! I would get

in so much trouble with my parents!", or saying no and changing the subject. The things we have learned in D.A.R.E. will be really be useful now, and in the future!



Wow! We have learned so much in D.A.R.E.! I have learned that not only drugs have a huge impact on my health but all healthy choices do! In D.A.R.E. we also have learned to make healthy choices such as eating healthy. We have learned that we can have some sweets, but too many is not very good for your body. We should have full meals, like a vegetable or fruit, something with protein, such as a peanut butter sandwich or meat. We should always stay active! We should not just sit around all the time. We

will use these skills more as we get older. Also another thing we can do to stay healthy is, of course staying drug free! We have learned many extremely important lessons in D.A.R.E.! I am very grateful that I have learned these important lessons! Thank you!