



Keepin' it Real

By: Berkley

What is D.A.R.E.? What does it mean? D.A.R.E. is an important part of the school year! D.A.R.E. helped me learn how to communicate better, how to resist peer pressure, and how to say no to drugs and alcohol abuse.

In D.A.R.E., Officer Galloway taught us about peer pressure. Peer pressure is when people try to get you to do something bad. When I am put under peer pressure, I like to use the D.A.R.E. Decision Making Model. First I Define the problem, then I Assess my choices. Next I Respond with my decision, finally I Evaluate my decision.

Saying no to drug and alcohol abuse is important. Alcohol abuse could cause , memory loss, slow reflexes, and even loss of eye coordination! Drugs could do the same! It is very important to say no to drugs and alcohol abuse.

Along with saying no to drug and alcohol abuse, you should try Resistance Strategies. Resistance Strategies help with staying drug and alcohol free. Avoiding the Situation always helps along with Walking away and Saying no while giving an excuse. Changing the subject is my favorite! Resistance Strategies are so important , they help you stay drug and alcohol free!

In D.A.R.E. Officer Galloway also taught us about Communication Styles. If you talk to someone in a demanding voice, you might not have any friends. If you talk in an unsure voice it will be hard to make friends. If you talk confidently you will most likely have lots of friends!

D.A.R.E. is and will be one of the most fun things I will do this year. It taught me how to be safe and responsible! I love D.A.R.E. and all the fun things we did.

I, Berkley pledge to always follow the D.A.R.E. rules.

D.A.R.E.