

Brendan
D.A.R.E. Essay
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D.A.R.E with Officer Markley

Have you ever been in D.A.R.E.? I have and I'm going to tell you what I've learned. My D.A.R.E. officer, Officer Markley, is funny, a good teacher and a very nice person. He has been teaching me for the past eight Friday's. I have learned about drugs, alcohol, tobacco and what I should do and what I should not do to be safe, healthy and responsible.

Let's talk about each lesson and some of the things I learned. In Lesson 1 I learned about responsibility. The most important responsibility I have is to be there for my family when they need me. Lesson 2 was all about facts and the effects of alcohol and tobacco. Smoking tobacco ages your body quicker and can dry your skin and cause wrinkles. Lesson 3 was about making safe and responsible choices. I learned to evaluate all my options and consequences and then make my decision.

In Lesson 4 I learned about peer pressure and how to respond to it. I would use strength in numbers to respond to peer pressure because I always have responsible friends and family around me. Lesson 5 was all about stress. I figured out how to tell if I was under stress and if I am I will remember Officer Markley telling me to use the D.D.M.M., D.A.R.E. Decision Making Model. I learned about confident communication in Lesson 6. I will always try to communicate confidently by looking people in the eye and speaking clearly. Communicating effectively was in Lesson 7. People don't have to talk to communicate, they communicate with body language more than with speaking every day.

Lesson 8 was an important lesson because it was all about bullying and how to deal with it. If I see someone being bullied, I will not be a bystander, I will help them. In Lesson 9 I learned about being a good citizen. Being a good citizen isn't just about helping other people, it's also about keeping the environment around you safe, sane and fresh. In Lesson 10 I learned about helping others or needing help and about help networks. The people in my help network are my mom, my dad, my brother, Rob, my brother, Cory, my friend, Maxx, and my friend, Nate. I will use my help network to remind myself that I have multiple people in my life who will be there to help and support me.

I really enjoyed D.A.R.E. and spending time with Officer Markley. He taught me how important it is to stay away from drugs, alcohol and tobacco. I will continue to use what I have learned throughout my whole life. I will always use my D.A.R.E. Decision Making Model in my daily decisions. Whenever I feel like I need help I will remember to use the people in my help network. I, Brendan pledge to be alcohol and drug free.