



## D.A.R.E ESSAY

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In DARE we learn about how to keep ourselves and the people we're around safe. We also learn about how to handle stress and handle bad situations in a confident way.

In DARE I have learned lots of new ways to avoid horrible situations that will get me in trouble. I have learned numerous examples of making healthy choices of staying drug and alcohol free. If I stay drug free I can keep me and my body healthy. I have learned to assess my problems in a superior way. Some examples of making healthy choices are. I need to make sure that the people I'm around are good and don't do drugs or alcohol and won't get me in trouble. A personal example of people I was around are some girls this year I was hanging around made me say something that I regret saying. They didn't really make me like that but I listened to them instead of my conscious. And now we're not hang out friends and I need to make a better decisions on who I hang around. So that I won't get in trouble again.

I have learned why it's important to stay drug free and keep your body healthy. I can resist drugs by staying away from place I know have people that do drugs. I will hang around nutritious people that won't get me in trouble. I will say no to my friends if they ask me to do drugs in a confident way. If you are with your friends and they ask you to do drugs say "no" let's do this instead. If somebody ask you to do something you know you will get in troublel with your parents say no and make up a excuses to go home. These are ways to resist drugs in a smart way.

It is truly extremely important to stay drug free and make healthy choices. There are numerous negative consequences to making bad decisions. There are dangerous medicines and chemicals that could hurt your body it could cause you to get extremely ill. Some examples of what could happen is bad breath ,lose of teeth and sometimes cancer. Almost 50,000 people die each year from all the drugs and alcohol they take. In the future and now I will use the stuff I learned in DARE to keep me and my body and the people I love and around safe.