



D.A.R.E Essay
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There are many important things I have learned in D.A.R.E such as how to make healthy choices.

In D.A.R.E I have learned how to stay drug free, why to stay drug free, how to avoid certain situations, the affects of using drugs, alcohol and tobacco and the definitions of some words.

I have learned the definition of pressure, peer pressure, help network and many more. I have also learned the difference between telling and tattling. I have also learned the affects of using drugs and alcohol. Our D.A.R.E officer has also taught us how to properly march. D.A.R.E has taught me to define assess respond and evaluate situations. Our D.A.R.E officer has also shown and taught us how a taser gun works. Because of D.A.R.E I will know how to avoid peer pressure and situations that can cause peer pressure.

D.A.R.E has taught me the affects of drugs, alcohol and tobacco. Tobacco can cause lung cancer, toung cancer, throat cancer, lip cancer and gum cancer. Alcohol can cause alcohol poisoning, liver damage and damage to your brain which can lead to death. Drugs can damage to your brain, organs, skin and can cause rotting of the mouth.

In conclusion, I feel like D.A.R.E was a very important thing to learn because in has taught me why I should stay away from drugs and alcohol.

