



My Time In D.A.R.E.

by Eythen

This year I did D.A.R.E. It was fun, and it helped me. What really helped me was the Resistance strategies, the Facts about alcohol abuse and Communication styles.

The resistance strategies I use are Avoiding the situation, Saying no while giving an excuse and Changing the subject. With saying no while giving an excuse my go to excuse is something with me getting in trouble. With changing the subject I change it to something with physical action, and avoiding the situation is pretty self explanatory.

One reason the facts about Alcohol abuse got my attention is because I had no idea there are 75,000 alcohol related deaths every year, and that alcohol goes directly into the bloodstream. It can damage every organ in your body! That's why alcohol is so dangerous.

The communication styles helped me with what people thought was anger issues because there are three types of communication. There is confident, unsure and demanding. Apparently I always used demanding and I didn't realize it. After that lesson it got better because I realized what I was doing.

That's why it was fun, helpful and informational. That's how all three of those lessons helped me. Thanks to the best D.A.R.E Officer ever.

I, Eythen , pledge to be drug free

Gabriel / NORTH WESTERN