



D.A.R.E. Essay

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Ian

The skills that I've learned in D.A.R.E.

There are many skills I have learned in D.A.R.E. These skills include recognizing how to avoid drugs and places where drugs are found. D.A.R.E. helps you be prepared to face peer pressure and personal pressure. This gives you the tools needed to keep yourself healthy and drug free.

Some of the skills that I learned and found the most helpful were how to deal with peer pressure. The first step is to assess situations. The next steps include to define, assess, respond and evaluate. The ways to deal with peer pressure are avoiding the situation, strength in numbers, walking away, saying no while giving a reason or excuse, and changing the subject. By using these tools, I can avoid bad situations like being asked to smoke, drink, or do drugs. This will help me stay drug free.

In conclusion, it is important to stay drug free. This helps you live a happy and healthy life. By using what I've learned in D.A.R.E., I will avoid peer pressure and make healthy choices.