D.A.R.E. ESSAY

KEEPIN' IT REAL

In D.A.R.E. this year I have learned a lot of things, that will help me for the future and even now. I've learned to make healthy choices by, saying NO TO DRUGS, they can really mess up your body and by saying NO that's a healthy choice. It's also a healthy choice by taking care of your body. I've learned to assess the situation, not just do the first thing that comes to mind, it actually works I've tried it before, and you should too. Peer pressure I hate peer pressure I get all nervous and I don't know what to do, but I learned to count to ten, it helps me go through my mind and calm myself down especially when I get nervous

STAYING DRUG FREE, it's important to STAY DRUG FREE because they're bad for you,and you will have no control over your own body. You can lose everything, loved ones, jobs, cars, your own kids what will they think of you honestly I'd be scared. VIOLENCE it will destroy you and your family, you can actually go to jail, prison,etc for hitting or abusing someone. It doesn't matter if you do DRUGS or not you will still go to prison, I think why most people are getting abused or getting beaten is because of drugs and alcohol use. I WILL SAY NO TO DRUGS, ALCOHOL, AND VIOLENCE. I WILL STAY AWAY FROM PEOPLE WHO DO THAT KIND OF STUFF TOO. IT CAN PUT YOU IN DANGER HANGING AROUND WITH PEOPLE WHO DO IT.

Why is it important to STAY DRUG FREE? It's so important to say NO TO DRUGS and stay away from them it's a lot of danger that you could get yourself into, and we wouldn't want that. You could die, hurt people, kill yourself because you have no control over your body. Just say NO, you can do it is one simple word NO. It's important to assess the situation before acting because if you don't assess (what are your choices) it could be something bad. Sometimes we do the first thing that pops into our head, but it's not always the right one. You can also have consequences with the first thing that pops into your head, so assess the situation before hand.

Remember THINK BEFORE YOU SPEAK, that's what our Dad always tells us kids. It's meaningful to AVOID Violence because you can hurt other people and other people could hurt you. It's super important to make healthy choices for the body for instance getting enough sleep, it can help your body a lot. NOT SMOKING is a very healthy choice because it fills your lungs up with gunk that can block airflow and you need air to breath. If someone offers one to you just SAY NO, that's a healthy choice.

By: JAICEE

TO THE BEST D.A.R.E. OFFICER EVER:

Sherry Galloway KEEPIN' IT REAL