

D.A.R.E Report  
By: Jonathan

Hi my name is Jonathan ( and I am here to tell you bout D.A.R.E. The past few weeks I have been in D.A.R.E with Officer Markley. I have enjoyed the class and I have learned all about drugs and alcohol. My favorite part about D.A.R.E was when Officer Markley let me try on the drunk goggles. When I tried them on, I hade to walk in a straight line and I thought it was easy for the lower vision, but when I had to do the higher vision everything was slanted and very hard to see. Since I have taken this class, I now know what it is like to be intoxicated and I didn't like the feeling of not being able to focus and see things clearly. I am thankful for this experience.

I have leamed several things from D.A.R.E. I leamed that there are over 75,000 alcohol related deaths each year in the United States. I also have leamed that there are more than 200 know harmful chemicals in cigarette smoke. The one thing that stands out to me the most is bullying. Kids can take it seriously if someone is picking on them. This may cause them to hurt themselves or even take their own life.

In D.A.R.E I learned all about the decision making model. The first thing I am to do is define the problem. Once I have figured out the problem the next step is to assess the situation. I have to figure out my choices and how I am going to react. The third step is to respond. I have to make a choice of how I am going to handle my reaction based on facts and information I have gathered. The last step is to evaluate and review my decision. This where I have to decide if I made a good choice and hopefully by taking these steps I will have made a good choice in my decisions.

I plan to use what I have learned to make good choices and not to do drugs and alcohol. I want to become a successful person and not get hooked on drugs. People that get hooked on drugs make bad decisions. When they are on a high level they may not know they are doing and can hurt or kill someone. I also leamed that people on drugs can hurt themselves by doing too much and causing their body to shut down resulting in being sick or even death.

In conclusion I promise to never do drugs or alcohol. This class has taught me that drugs can hurt me and make me do silly things. I want to be in control of my life and not have a drug control me. I want to make good decisions and be responsible at all times. I am thankful for this class and what it has taught me.

