

D.A.R.E. Essay



By: Karly

Have you ever finished dare before? Well, I have and I will tell you what officer Markley has taught us this year! In dare, you will learn about drugs, no bullying, and how to keep ourselves safe!

This year, Officer Markley has taught us not to bully, not to use drugs, and how to keep ourselves safe! There are more but they aren't the main ones. These have helped me a lot because now I know what to expect, and how to do it. First, let's talk about bullying. There are many different ways of bullying, and we have to stop it. One way we can stop bullying is by not being the bully. If you are a bully, you need to knock it off, because it does not make life easier and it is mean, and most of the time it hurts people to get bullied, so please stop! My favorite way to stop bullying it to tell a trusted adult. The types of trusted adults that you can trust, are officers, teachers, parents, aunts and uncles, grandmas and grandpas, or workers at a store. Just whoever you think you can trust.

Now, let's talk about drugs and alcohol. They both are very bad for you, so I hope you don't ever do it. Alcohol is illegal for anyone under the age of 21! Did you know that mixing alcohol with medicine is very dangerous? You better not do it! Alcohol can make you see differently, so if you do alcohol, wait a while to drive. Two health effects of alcohol are memory loss, and slow reflexes. Alcohol slows down the brain and the body as well! There are 75,000 alcohol related deaths each year in the United States. Now let's talk about drugs. More than 400,000 Americans die from tobacco related causes each year! That is really bad. We need to stop it. Did you know that it is illegal to sell tobacco to anyone under the age of 18? Well, it is true. Smoking can cause yellow teeth and really stinky

breath! Cigarettes Contain nicotine, a powerful substance that causes addiction. There are more than 200 known harmful chemicals in cigarettes.

My favorite subject in D.A.R.E was learning about alcohol and what it can do to you. I like it because it told me about how it could harm you and it changes the way you look by making your teeth yellow and stinky breath. I do not want to know what stinky breath smells like! Probably disgusting! Another reason why i liked learning about it is because we tried on drunk goggles, and it was hard to see and walk! And finally, my last reason is because it helps me in the future to not do it a lot and get addicted to it.

In conclusion, these past few months we have learned how to keep ourselves safe. This will help me in the future to stay healthy, and to be nice. And that is what Officer Markley has taught us this year!