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My D.A.R.E Essay April 4,2018

I have learned some pretty interesting things in Dare and Dare is very fun too! My favorite lesson was Responding to pressure and Signs of stress. There is also something that stands for the word dare(Define,Assess,Respond, and Evaluate). Define stands for (describe the problem,challenge,or opportunity). Assess stands for (what are your choices). Respond stands for (make a choice,use the facts and information you have gathered). Evaluate stands for (review your decision,and did you make a good choice)

I will tell some of my ways to stay forever drug free! I will avoid people whoever is involved with drugs. If I see someone with drugs I will call the police so they can get it out of there hands forever and so it will keep them safe to. I won't use drugs because it could me kill me or harm me.

If anyone asks me if i want some drugs i will always say no. Some ways to say no to drugs is... To make a excuse that you have a special occasion to go to. That you have to go home.I will always remember when people are something illegal and they ask me if I want to do it to,I will say no. I will always make healthy choices to stay healthy my whole life.

It is important to stay drug free because I want to live a good life and be active as long as I can live. For you to stay safe you need to tell a adult if you see a person getting bullied you NEED, to tell adult to stay safe and to not get involved. We need to avoid violence because you can get hurt from being bullied and getting into fights so the best thing is to just stay out of it. You need to make healthy choices because if you smoked, in the future you can get cancer and that can kill you. For now on make sure you make good choices, so you don't have to face the consequences in the future.