

D.A.R.E Essay

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As you know my name is Kenzie LeeAnn Moore. I am a fifth grader in an Intermediate. And I am on a quest to make the world a better place to live and learn. Our motto here at Western is "Being a Panther Means Being the Best". In D.A.R.E. I learned a lot but the few main focuses are drug awareness, being safe and responsible, and also the D.A.R.E. Decision Making Model or the DDMM. So let's start talking about why you should remain drug free what D.A.R.E. is and what you can learn from participating in D.A.R.E.

D.A.R.E. is a program that most of the fifth graders participate in we talk about being safe and responsible and a lot about the DDMM which I will talk more about later the last thing that was big in the D.A.R.E. program was drug awareness Let's just start talking about what this all means. So let's start talking about all of the things that I learned in D.A.R.E. and why they are important. Let's start with the most important thing about D.A.R.E. in my opinion is the big idea, which is being safe and reasonable. So you can be safe and responsible by saying "no" to drugs. If you didn't know drugs are a substance other than food that affects the way your mind and body works. If someone does offer you a drug refuse it and report the person that has used the drug because they could really hurt someone or themselves. The next topic that was big in dare was the DDMM and if you haven't done D.A.R.E. then you might think that I am crazy. The DDMM is also called the D.A.R.E. Decision Making Model and that is the sequence of actions that you take is someone is going to get hurt or someone is going to hurt you or another person. First you are going to Define and that means to tell what the problem is. Next you are going to Assess what are your choices what can you do about it that will have a positive impact on you and still make the right decision. The next topic that was also big in D.A.R.E. was reporting this was also a possible step in the DDMM because you might have to use the DDMM for a bullying situation and some other cases where you need to report someone because they are using drugs or going to hurt someone or themselves. So, The last topic that I am going to talk about that goes along with reporting is telling a trusted adult about everything that is happening to you and what is going on in school and anything else. I always talk to my mom or someone in my house about what happened at school and everything that happened. I think that this prevents stress and also prevents me from holding my feelings in. You should do what I do because you can really help your emotional life better and you may

not care if someone insults you or makes fun of you because that night you can tell someone.

So in conclusion you need to take D.A.R.E. seriously and not make a joke about it. You need to pay attention because you might have to use this one day and you are going to want to know what to do. Just remember to stay away from drugs always be kind and nice because you don't know what the other person is going through at home. So the biggest part about D.A.R.E. was always be safe and responsible. So together we can make an impact.