



D.A.R.E Essay

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I've learned in D.A.R.E. how to make the right choices. You can avoid the situation and you can walk away. You can change the subject and do much more. If you do these things you won't get in trouble and it will lead you to a more successful life. I know this because someone asked me to smoke and I used these strategies. I walked away and said no. It worked!

I want to stay drug free. I want to stay drug free because I love playing basketball, football, and baseball. I have to stay drug free because I need to perform at my best ability every time I am on the field. Drugs would make me clumsy and slow. I will have to avoid drugs, alcohol, and tobacco if I want to be successful in my sports. Because if I do these things it will affect me in life. If I see people doing drugs I will walk away. I won't do these things because I want to go to college and play sports if I did do drugs I wouldn't be able to go to college. If you do drugs and smoke it could give signs of stress. Some signs of stress are you start shaking, your face turns red, heart rate goes up, and you get nervous.

It's important to not smoke and do drugs because it's illegal to smoke under the age of 18 and illegal to drink under the age of 21. Smoking causes over 400,000 deaths per year and drinking alcohol causes 75,000 deaths per year. Alcohol goes directly into the blood stream and can damage EVERY organ of your body. Nicotine in cigarettes and chewing tobacco reduces the amount of blood that flows to the brain. Alcohol weakens the heart muscle, and reduces the amount of blood pumped to and from the heart. Chewing tobacco can cause mouth cancer, tooth loss, and other health problems. Too much alcohol can slow down the body and lead to a coma and deaths. This is why I don't want to do drugs. I want to play sports therefore I need to have a healthy body and mind.