

D.A.R.E Essay

by Lily



Hello, I'm a student from Mrs. Eveland's D.A.R.E p.m. class. Let me introduce myself. My name is Lily. Do you know what D.A.R.E is? Do you what the acronym of D.A.R.E is?

D.A.R.E is a program for Western and Northwestern 5th graders. D.A.R.E is teaching 5th graders, like me, how to respond to different things we shouldn't get involved into, especially at this age. The D.A.R.E acronym is "Drug Abuse Resistance Education". Another acronym for D.A.R.E is "Define Assess Respond Evaluate", this is the one we 5th graders use to solve every problem. It's called the D.A.R.E Decision-Making Model. The D.A.R.E instructor/officer is Officer Markley.

In D.A.R.E, we have learned how to make safe and responsible choices, how to deal with stress and the signs of it, confident communication and communication styles, bullying, and a help network. That's just a to name some. We also learned how to do the second acronym of D.A.R.E, "Define Assess Respond Evaluate. Define- put the problem in simplest form. Assess- list out the choices. Respond- pick a choice. Evaluate- is it a good choice?

In our stress lesson, we learned how to handle it. I always stress about a test if I forget to study. So I always count to 5 and take

deep breaths. It really helps me out. Then, I just give the test my best effort and write myself a note to study for the next test.

In our communication lesson, we learned the different styles of communication and how to communicate confidently. We got to pick a partner and work out different situations. It was fun, in my opinion. We got to do two with our partner. On the first one, I was the offerer and my partner was the responder. The responder had to figure out a way to confidently communicate. The offerer had to offer, you know, because of the name. On the last one, it was vice versa.

In lesson 8, we learned about bullying. We really didn't do anything in our book though. Officer Markley, our D.A.R.E instructor/officer, told me all about bullying with a story. Which is all I need to know about bullying. How much pain it can be for that person. It a really sad thing people do. I'm glad I don't suffer from this horrible thing. We (all) need to try to prevent bullying from happening in some way. That would probably make everyone's day.

In conclusion, I think D.A.R.E was really fun this year. Even if this is Officer Markley's last year. He was a really good D.A.R.E instructor this year. I hope next year, D.A.R.E is as fun as it was this year or even more fun. We even got to try out drunk goggles. It was so fun. We had to try to walk on a line and the try to shoot a basketball. A lot of people didn't make it though in my class. Only one made it. I hope if you have D.A.R.E class, it will be fun for you.