



D.A.R.E. ESSAY.

By Lily

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“Did you know that there are more than 200 known harmful chemicals in cigarette smoke?”

“Wow, where did you find that out at?”

“In our D.A.R.E program at school.”

In the D.A.R.E program I learned many skills, how to avoid drugs and violence, and why these skills are important.

We have learned lots of skills this year in D.A.R.E. Two of the many skills that I have learned are the 5 w's and my D.A.R.E Decision Making Model. One way you can use the 5 W's is when someone is getting bullied. Here's an example:

Who? Pat and Taylor.

What? Pat was being bullied by Taylor.

When? All week at recess.

Where? At the soccer field .

Why? Taylor doesn't like Pat .

With the D.A.R.E Decision Making Model, you can see if someone made the right choices. D stands for describe the problem, challenge or opportunity. A stands for what are your choices? And R stands for make a choice use the facts and info you have gathered. And lastly, E stands for review your decision and see if you made the decision. Another skill that I have learned is my help network. For my help network, I can count on, Papa, my mom, my dad and my grandmas. Also, you can make healthy choices. One way you can make healthy choices is to say no to drugs and stay fit. Another thing you could do to stay healthy is to not drink, not smoke and to not use drugs.

Another thing D.A.R.E has taught me is how to avoid drugs and violence. A few ways to avoid drugs and violence are to say no, walk away

or change the subject. Or to not get near violence and drugs itself. For resistance strategies, you can say no, walk away or change the subject. Here's an example of changing the subject.

"Yo Sara, I found some cigarettes in my mom's purse, wanna smoke?"
"How was basketball practice yesterday Michael?"

For my next paragraph, I will say why what I learned is important. The reason I think what we learned is important is because we all need to know how to avoid drugs and violence, how to walk away, change the subject and say no. Or else if we don't do these things, bad things shall happen.

Thanks to the D.A.R.E program, I have learned how to stay drug and violence free, say no to bullying, resistance strategies and the importance of stay drug free. I shall always stay drug and violence free forever.