



The Fabulous D.A.R.E. Program

By: Megan

D.A.R.E is an amazing program for kids. It taught me lots of things I didn't know. There are so many things I learned that would take up a lot of time to read, so I'm only going to tell a few.

In lesson 2 I learned about alcohol and tobacco. I learned that there are 75,000 alcohol related deaths in the U.S. I also learned that alcohol weakens the heart muscle, reduces the amount of blood pumped to and from the heart. I learned that more than 400,000 Americans die from tobacco related causes each year. Smoking causes heart disease and lung cancer.

In lesson 4 I learned about resistance strategies and pressure. I learned 5 ways to resist. These are the ways to resist: stay away from places or people that have drugs, hang with non-users, walk away, say no or give an excuse, or change the subject.

In lesson 8 I learned about bullying and how to report it. You can leave an anonymous note to a teacher, tell a teacher or adult, or tell the bully to please stop if it's safe. We also learned the 5 W's to report it. They are who, what, when, where and why.

The drunk goggles were interesting. It was fun to try and make a basket. Only one person made it in my class. I never want to get drunk, because it was super hard to



see. The other effects are slurred speech, poor balance, delayed reflexes, stomach pain, blacking out, and having a red face.

I also learned about the DDMM. The DDMM is the D.A.R.E Decision-Making Model. The D is define which means describe the problem. The A is assess which means what are your choices. The R is respond which means make a choice. The E is evaluate which means review your decision.

Those are some of the things I learned in the D.A.R.E program. I hope D.A.R.E will always be a program.

I, Megan pledge to be drug free and to not bully.



drugfree!

**I SAY
NO**

