D.A.R.E. ESSAY

By Natalie

In the D.A.R.E. program I learned a lot. I learned about how to [illegible] I also learned how to make healthy choice by staying drug free. I learned how to take charge in some situations. Like when someone asks you and your friends to go drink or do drugs with them. Talk to your friends about what they should choose. I learned that you need to report bullying as quick as possible.

There is a lot of ways to say no to drugs. Like strength in numbers, hang out with nonusers. It's not bad to say no to drugs. It's important to be drug free so you can be there for your friends and family. If you do drugs you won't have a long happy life, that's why it's important to be drug free. I am going to stay drug free and I want to try to stop it. I am going to stay drug free by staying away from places drugs are being used and stay away from drug users. I also am going to pick my friends carefully. When you are dealing with a bullying problem you can write an anonymous note. When you write an anonymous note you need to include the five w's. The five w's are who, what, when,where, and why. If you use these the adult will know what to do.

You need to stay drug free so you won't have to deal with the consequences. If you do drugs you could possibly die or get cancer. If you don't use drugs you will have a very healthy body and could live a very healthy and long life. Also you shouldn't do drugs because you could be very hurt. You shouldn't do drugs so you don't go crazy and start to hurt people you love. If you don't do drugs it will encourage others to say no.

You also should avoid violence. If you avoid violence you won't get hurt or get in trouble. If you don't avoid it and get involved you might get in trouble or get really hurt. Like you could get in trouble by the principle or even the police . If you get into a fight you might have to go to the hospital. If you get hurt enough you might get taken out of school. If you stay away from violence you might encourage others to stay away from violence too.

I learned in D.A.R.E.how to stay healthy. One way to stay healthy is to not eat bad foods all the time. Like don't eat out at fast food or at restaurants all the time. Also you can stay home and cook a nice healthy homemade meal. You also can exercise it will help your brain and heart but also your muscles. If you do workout it will also make you skinnier or healthier.

When you're in D.A.R.E you learn a lot about being a good citizen. All of our work comes together and makes us a better us. We all have a fun time and learn a bunch.

Taylor / Mrs. Fitzgerald / Essay / Natalie Berkshire