

# D.A.R.E.

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Have you ever heard of something called D.A.R.E? Well D.A.R.E. stands for D=Drug A=Abuse R=Resistance E=Education. It helps you in life. I learned a lot in D.A.R.E., I have used the D.A.R.E. Decision Making Model, and I will use D.A.R.E. in the future. I D.A.R.E. you to go to D.A.R.E.!

First, I learned about the dangers of alcohol. Did you know that alcohol affects teens more than adults? Alcohol also weakens the heart muscle and reduces the amount of blood pumped to and from the heart. Too much alcohol can slow down the body and lead to coma or death. Did you know that alcohol goes directly into the bloodstream and can damage every organ of your body.

Next, I learned about the dangers of tobacco. In the United States it is illegal to sell tobacco products to anyone under the age of 18 (19 in some states). There are more than 200 known harmful chemicals in cigarette smoke. Cigarettes contain nicotine a powerful addictive substance. More than 400,000 Americans die from tobacco related causes each year. Nicotine in cigarettes and chewing tobacco reduce the amount of blood that flows to the brain. This interferes with the way the brain works. Smoking causes heart disease and lung cancer. Smoking can also yellow your teeth, cause bad breath, dry your skin and cause wrinkles.

Resistance strategies are very important. They're strategies you can use when you see something bad. If you see people doing drugs stay away. You should be with nonusers, especially where drug use is expected. If someone asks you if you want to smoke say no and walk away. If you do this you will not get into trouble.

Responding to pressure can be hard, but you have some choices. First, you could say no. It gets you out of trouble you could get in. You could also say yes, but if you don't want to get into trouble I wouldn't recommend it. Walking away is also a good thing to do. The last thing you could do is tell a trusted adult. It's a good thing to tell an adult if someone is doing something that's not right.

Stress is also something we learned about. Signs of stress may be sweaty palms, headache, or fast heartbeat. To get rid of stress you can count to 5, put your head down, or tell yourself "you can do it." Also to relieve stress you can do something you like to do. For example, you can dance, sing, draw, play outside, or watch TV.

We learned about communication styles because we all need to learn how to work out situations with other people. You need to figure out how you are going to tell your mom, dad, teacher, or principal that someone is doing something they're not supposed to do or you're afraid of something.

Bullying is also a big thing we learned. When you see people getting bullied use the 5 W's. The 5 W's are Who, What, When, Where, and Why. Only tell a trusted adult if it happens over and over again. Remember to tell, not tattle. There are other ways to report bullying like leave a note to the teacher, or use a tip line.

D.A.R.E. has many things for you to learn about. You can use the D.A.R.E. Decision Making Model in many ways, but in order to use it you have to know what it means. Another acronym for D.A.R.E. is define, assess, respond, and evaluate. Define means to explain what's happening. For instance your best friend had to practice for a play last night and was late getting home. Your friend did not have a chance to complete their homework and is worried about getting in trouble. You are asked for a copy of your homework. To define if put it in smaller words. For example your situation would be. Your friend didn't get

their homework done and asks for a copy of yours. Now that you have defined you need to assess. Assess means to think of your choices. To this situation these are some choices. Let them have your homework, help them, or don't give them your homework. Next, is respond. What are you going to do? You have discussed your choice now you need to choose one. If I were in this situation I would help them. Now, you have to evaluate the choice you have made. You have to think "Did I make the right decision?" The D.A.R.E. Decision Making Model really helps you when you are in a bad situation. You need to make your own decisions about what to do and what not to do. The D.A.R.E. Decision Making Model will help you make good choices in life. It's always with you no matter where you are. It's not on a piece of paper, but it's in your mind. You will always remember it. No matter what situation you are in use define, assess, respond, and evaluate.

I will use D.A.R.E. in the future. I will say no in bad situations and I will stay DRUG FREE! If someone asks me to do something bad I'll say, "I went to D.A.R.E. and I know how to say no." I will hang out with people who are non-users. If someone asks me to smoke I will not. To help them stop, I'll tell them everything I learned in D.A.R.E.!