



# D.A.R.E.<sup>®</sup>

## Essay

By: Sessilli

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In D.A.R.E. class, I learned about making healthy choices and assessing a situation. One way to make healthy choices is to think about the consequences of your actions. When making a decision you should consider all of the pros and cons of the situation. If the negatives outweigh the positives then it is not a good choice. Even though it may be hard to make the right decision at times, it will lead to a more fulfilling life in the end.

Throughout this class, I have learned about drug use, and the effects that it can have on a person. Using drugs can affect a person's mind, body, and decision-making. People who choose to smoke can develop health issues over time, which can include emphysema, lung disease, and even cancer. There are many types of legal and illegal drugs that people abuse. Alcohol is an example of a legal drug. When people abuse alcohol, it can alter their decision-making. People who abuse alcohol also put others in danger if they choose to drink and drive. In class, we watched a video about meth, which is an illegal drug. Using meth takes a huge toll on a person's mind and body in a short amount of time. Some of the effects of meth include hyperactivity, aggressiveness, and delusions. If a person overdoses on meth, they can die. Abusing any kind of drug can also change your physical appearance.

It is important to remain drug free. Using drugs not only hurts the person that is using, but it also hurts their family, friends, and people who care about them. The addiction can be so strong to the user that nothing else matters. Users can also become violent. Violence does not solve any problems it only creates additional issues. The best option to live a happy, successful life is to stay away from drugs, and never give in to the peer pressure. Finding a hobby, or surrounding yourself with positive influences is a good way to stay drug free.