

D.A.R.E. Report

What I learned from Dare is that you need to stay away from drugs and alcohol. They are very dangerous. Drugs and meth and alcohol are very bad for you human body. They affect your heart, lungs, brain you might even forget people's names. D.A.R.E. stands for Drug Abuse Resistance Education and Define Assess Respond Evaluate. Cigarette have nicotine in them and that is what causes you to become addicted to cigarettes. Alcohol such as wine, beer, and more make you drunk. During dare we did drunk goggles and it made everything seem like its not in the right spot and it is all blurry. I hope that I will never be drunk whenever I get older and make the right decisions. Did you know that bullying happens every 7 to 10 seconds? Well it is true. Bullying happens all over the world from Asia to America and Canada and Africa in Germany and Europe in France and even in your back yard and there's nothing really to do to make bullying to stop but you can make them feel better by having their backs and tell an adult. In D.A.R.E. we also learned about the five w's. Who, What, When, Where, and Why. From D.A.R.E. also learned how to communicate to others. You need to look them in the eyes and be strong and confident.

I can remember at the beginning of the D.A.R.E. program we learn about pushing ourselves away from a bad situation what we did is if you can see that there is something bad up ahead turn around and go different way or walk around them. For tobacco related reasons more than 400,000 die every year. There as also 75,000 alcohol related deaths each year. Don't mix alcohol with medicine. It is not good for your body. If you smoke I would recommend you stop because smokers have more cold and respiratory problems then most Americans. Smoking causes yellow teeth and stinky breath. Most people chose not to drink and smoke because it causes slow reflexes and pour judgment. It also slows down your brain and most parts of your body. if someone asks you to drink or smoke say no and back away. You can go and hang out with the non-smokers. Also do not lie and steal stuff that is not yours. Sometimes when you have a long day at work or school you get stressed and some people take drugs and smoke to make them feel better. When you get drunk you don't know what you are doing and you can be mean to your friends about it and ruin your friendship. If you need help you can make out a help network of your friends and family so you can call them up quickly. Those people are in your help network will most likely help you in whatever problem you're having so don't be afraid to call or text.

Everyone is responsible to do the right thing at all times and stay away from drugs, alcohol, and smoking. Every week we would have Officer Markley come in and teach us about the five w's, staying away from drugs and more. We would always do are dare lesson pages in our workbooks. That was one of my favorite parts about D.A.R.E. I really enjoyed dare this year I wish that we can do it every year and I hope see you soon officer Markley.

From Sophia

To officer Markley

Mrs. Gabriels class.

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