



## D.A.R.E. Essay

Sophia

11/28/17

During D.A.R.E lessons I've learned many skills, some of the skills I have learned are to make good decisions(they should be safe and responsible), resistance strategies, responding to peer pressure, communication styles, and safe ways to report bullying and many more. Some ways to asses the situation are to define the problem, to asses the problem, to respond, and finally to evaluate the choice you made.

At D.A.R.E I learned that it's important to stay drug free because you can die or get really really sick when you do drugs. Tobacco,alcohol, and marijuana are some drugs that hurt your body, you should not do them! I am going to stay drug free by not being around people that do drugs, instead by being around people that don't do drugs. I'm also going to stay drug free and will avoid violence by walking away from those people who I know do drugs.

Another thing I learned is how to communicate when people ask you if you want to do drugs. You could give an excuse, change the topic,or just walk away.

It's important to asses your situations before acting ,you should always consider concequences because if you don`t you could get in really serious trouble, so you should think before acting. It is important to make healthy choices because you can have more opportunities in life than if you make bad choices. It is really really important to remain drug free because you will have a happier life, you will be safer because if you have drugs you could die or be really really sick or even go to prison, you woudn`t get to live your life. That's why it is important to remain drug free, stay out of violence, asses your situations and make healthy choices.