



D. A. R. E.

Life Lessons

By: Taylor

D.A.R.E. is a program for fifth graders that teaches the importance of staying drug free. This program isn't just people telling you don't smoke, don't do drugs or alcohol. D.A.R.E. tells you why you shouldn't do those things. You could say they teach us the ugly facts about smoking, drugs, and alcohol, along with how to say no.

The most important thing we learned was the health effects of smoking, doing drugs, or alcohol. Keeping our bodies healthy is very important. Once you learn about the health effects of smoking, doing drugs, or alcohol. You will never start or do them again. Smoking can hurt your lungs and even cause death at an early age. Some people can even die from breathing in smoke, so stay away from people who smoke. Early 50,000 deaths occur each year because people breathe in smoke. Don't let your self be one of the 50,000. Alcohol can even go right into your blood stream and hurt every organ in your body, not good!

The second most important thing we learned in D.A.R.E. was how to use a D.A.R.E. Decision Making Model. All you need to do is; First, define or describe the situation. Next you assess the situation, what are your choices? Then you respond, make a choice. Finally you evaluate your decision, did you make the right choice? All those steps spell out the word D.A.R.E., and you have made a wise choice.

Communication can help you in many ways. It can help you get along with others, although it only helps if you do it the right way. Confident communication is the best way to go. When you are confident your head is held high and it is easy to make eye contact with the people you are speaking with. Always make sure you are demanding though. Don't yell at someone or be bossy. If you act unsure the people you are speaking with might not believe you or they may feel they have power over you. Finally make sure your actions match your words. Your actions are communication, but nonverbal communication.

Peer pressure is never fun. Peer pressure is when someone your own age try's to get you to do something. Some ways to not get caught in these situations are state in the following. Strength in numbers means stay with others that can stand up for you if needed. When one bully is' against three friends, the bully probably won't get what they want. You could also say no while giving an excuse. If you have a reason why, the person trying to get you to do something might think they shouldn't do it either. If you don't feel like talking to people just walk away. It is as simple as that. Also, if you don't want to have to do those things, just avoid the situation. If something happens you do run into one of these situations, just use one of these strategies, and you will be fine. If one or more people are putting peer pressure on you, you could always go to an adult.

In the end, D.A.R.E. is a very effective program that saves lives. You only get one life, so don't ruin it. If you haven't done D.A.R.E. you should soon. Don't worry, all you have learned isn't all you do. When you experience this program you play games, watch videos, and so much more. Make your life a good. Say you will do what is right.

I, Taylor _____ promise to live a healthy life everyday.