

D.A.R.E. Essay

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Wyatt



10 weeks we have been studying the D.A.R.E. program. Officer Sherry is teaching us about drugs such as, meth, cigarette's , chew, cocaine, and alcohol. D.A.R.E. stands for drug abuse resistance education. Some things are illegal to sell to anyone but alcohol and cigarettes are sold in stores once a certain age is reached. There are more than 75,000 alcohol related deaths in the United States each year and over 450,000 drug related deaths each year.



The D.A.R.E. program gave us guidelines tools for both decision making and resistance. First let's talk about resistance strategies. The first strategy is to stay away from people and places known to be involved in drugs. Another good way to keep yourself in a good group of people. Remember you are in control of all situations and make sure to choose the best option. When people start talking about drugs you can move things in a smarter and safer direction.



D.A.R.E.s decision making model uses real kids in simulated situations to help kids see it in action. The kids Michel, Josh, Sofia, and David use define, assess, respond and evaluate to help them through situations. Define this is what the problem or challenge is and what opportunity you have. Assess is what your choices in the situation are. Respond is making the choice and use the facts and information to make your choice a good one. Evaluation is looking at your decision and seeing if it was a good one or bad.



The program teaches a **help network**. A help network is people you can go to for help in making a good decision and to keep you in line from making bad decisions. You should choose your network from family and friends that make good decisions and are trusted by you and your family. Who is in your help network? My network starts at home with my parents and grandparents they are the people that know me and see me the most. My church network is also very important Joe gets me involved in helping at church, Paul and Sue are my Sunday school teachers, and Laura is another grandma like figure for me. My friend network is Levi and Keaton.

Now that I have finished D.A.R.E. I have learned what drugs can do and the consequences for that person and their family. Staying drug free is important to me in school, sports, and my life as a Christian.