D.A.R.E

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This year in D.A.R.E I have learned about the importance of making healthy life choices. One of those healthy life choices is not smoking. Smoking causes bad breath, yellowing teeth and tooth decay. Another reason smoking is not good is because around 400,000 people die every year. Don't you think it's sad that many people die from making one bad decision every year? Though smoking is bad it is one of the most common drugs used, so be careful.

Not only is smoking bad but so is meth. Meth is a drug that contains battery acid, lighter fluid, and rubbing alcohol. These are all items you can find in a store or you can have in your house however, meth is illegal. Meth causes sores and meth mites, it also kills alot of people. Because meth is illega, so is making it. Anyone that makes meth has a risk of burning down the building they're in. If you think about using meth remember it's not just that drug that can and will affect your body.

Although all I have talked about is meth and smoking all drugs are bad.

A major reason all drugs are bad is because they shut down very important parts of your body such as the brain, heart and lungs. If those parts of your body don't work then you won't make it. Any one that does drugs will be transformed from a person that people respect to that person people stay away from. Rather it's meth, smoking, drinking or using any other drug know it affects your whole life and it's hard to recover.