

D.A.R.E. Essay

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Did you know that there are more than 75,000 deaths related to alcohol in only the U.S.? I didn't know that until I started going to D.A.R.E. class. D.A.R.E. stands for drug abuse resistance education. In D.A.R.E. class a police officer is the teacher. Our teacher was Officer Justin Markley. In D.A.R.E. you learn about drugs, alcohol, stress, peer pressure, communication, bullying, and risky situations. Officer Markley showed us how to use the D.A.R.E. decision-making model (define, assess, respond, and evaluate) to help us make good choices in bad situations. The most important thing I learned in my D.A.R.E. class is if you truly respect yourself and others, you will make good choices.

In D.A.R.E. class, I learned how important communication is. If I am asked to use drugs or alcohol, I need to say no, walk away, and tell an adult. It is also very important to tell someone to STOP when you see them bullying someone else or report it to an adult. When situations become stressful, it is important that you communicate in a calm way.

Peer pressure can lead to someone making a bad choice. Peer pressure happens when people around your age try to convince you to do something. Sometime this can be good, if the situation is helping you or others. If I am faced with a situation where a friend is trying to get me to do something I know is wrong, it is important to not participate. It is also important to help my friend make a better decision.

In D.A.R.E. class I learned just how bad drugs and alcohol can affect your body. Both can cause damage to all of your organs, cause you to have Cancer, and affect your judgement. I am an athlete, so taking care of my body is very important to me. I want to keep my body healthy.

In conclusion, I learned a lot in D.A.R.E. I also had fun learning with Officer Markley (using drunk goggles, seeing him tazed on a video). I plan to use the decision-making model to help me make good choices in bad situations. I think this will be very useful when friends try to talk me into a bad choice. Thanks for the great experience. I will use this information in my everyday life.

