12/6/15

D.A.R.E.

Define, Assess, Respond, Evaluation is what D.A.R.E. stands for. I learned all about it this year and why I should not do drugs. My fifth grade class had police officers come and teach us about the bad things drugs can do. After each talk we got to work in our workbooks. I liked it a lot.

I learned that drugs are harmful chemicals that do bad things to your body. There are different kinds of drugs like smoking, alcohol and others. If you use drugs they can make you act crazy and not like your normal self. Drugs can also make your teeth yellow, cause tooth loss, have bad breath, and cause cancer. When you are on drugs it hurts you and the people around you. Drugs can even kill you!

The police officers also taught us how to not use drugs. A lot of people use drugs because they are stressed out, but that is a bad reason. If I am stressed out I will just go talk to my parents or another adult. Talking about your problems is a good way to help deal with them.

I don't ever want to do drugs because I think they are bad. I am a good person and I want

D.A.R.E.

to stay that way. In D.A.R.E. I learned to be a good citizen and being a good citizen means that I shouldn't use drugs. Thanks for reading this.

Sincerely,
Grace