Sam

D.A.R.E. Essay

Through the D.A.R.E program, I have learned to make smart decisions reguarding the use of tobacco, alcohol and drugs such as marijuana. I also learned about other unhealthy choices, such as inhalants.

I was taught about the pressures that I will potentially face from friends and even fami to use these substances or to misuse legal substances. I was taught many ways to say no and to avoid the situations that put people like me in harm's way that would force me to make a decision.

The Dare decision making model influenced me the most by showing me how to access and make the right decisions in life. Due to what I learned through the Dare program, I now can choose to live a safe, long and healthy life.

Since going through Dare program, I learned that the largest pressure to use drugs, tobacco and alcohol comes from my friends. This is called peer pressure. Being a part →

of a friendship foundation will help keep me in the lowest risk circles of peers and help avoid these risks and pressures.

However, even then I know I can still face these challenges and the opportunity to use drugs, tobacco and alcohol and they may always be present. Through Dare, I was taught how to use the Dare desicion making model. It will help me to make the good decisions reguarding any situation or challenge that I may face reguarding the use of substances or in life in general.