

Tori

5 grade, Mrs. Russell

# My Dare Essay



I've learned a lot in the last 2 months. I've learned that D.A.R.E stands for Drug Abuse Resistance Education. And the DARE decision making model is Define Assess Respond Evaluate. I use the DARE decision making model in my life to solve the problem, challenge, or the opportunity and that's what the D stands for in the DARE decision making model. The A stands for Assess or to think about your choices. The R stands for Respond or to make a decision on what you are going to do using the information you have gathered. And the E stands for Evaluate which is to review the decision that you have made. I can use the DARE decision making model right now and later in my life to make good decisions.

In DARE, I learned that there are 75,000 alcohol related deaths in the US alone! Alcohol harms you because it goes directly into the bloodstream and can potentially harm every organ in your body. Alcohol also weakens the heart muscle and reduces the amount of blood pumped from the heart. There are many effects caused from over drinking such as loss of coordination, poor judgment, memory loss, loss of self control, and slow reflexes.

Did you know that there are 400,000 people in the US that die from tobacco each year? Nicotine is the substance in tobacco that causes an addiction. Nicotine also reduces the amount of blood pumped from the heart and into the brain. There are more than 200 known harmful chemicals in cigarette smoke. People who smoke have more colds and upper respiratory problems. There are almost 50,000 deaths per year that can be attributed to second hand smoke. Second hand smoke is inhaled involuntarily from tobacco being smoked by others. See, not only can smoking harm you but you smoking around others can harm them.

I also learned a lot about consequences, communication, ways to report safely, stress, bullying, and being a good citizen. I learned that consequences can be positive or negative. To communicate more confidently you can stand up straight, talk loud and clear, and make eye contact with the person or people you are talking to. It is very important to communicate confidently. Some signs of stress are sweaty palms, blushing, you might get a headache, or you might get angry a lot easier. The 5 W's of reporting bullying who what when where and why. I can use the 5 W's of reporting bullying to give the trusted adult or teacher I'm reporting to the information he/she needs to handle the situation. Some people I report bullying to a trusted adult or a teacher. There are many ways to be a good citizen such as volunteering, recycling, and helping others. I bet sometime in your life someone has been a good citizen to you. Being a good citizen can be as easy as picking up trash or helping someone with their homework.

I learned many things in DARE and those were just some of the things we discussed with my DARE officer, Officer Markley. "I Tori pledge to be safe, responsible, and drug and alcohol free".

