

D.A.R.E.
Essay Award Winners 2010
Galesburg, IL

Cook School

By Chavonie Spinks

Do you know what drugs, tobacco, and alcohol can do to you? That's why you need to join the D.A.R.E. program. We need to keep the D.A.R.E. program in schools. It teaches young kids like me how to say "no".

One of the things I learned about is marijuana. One of the facts I learned is that smoking marijuana causes breathing problems. The second is that marijuana affects your brain and body. The third is that marijuana users have an increased risk of cancer. From these facts I know to never do drugs.

The second thing I had learned is tobacco. One out of three facts is that smoking causes heart disease. Second fact is smoking is the most common cause of lung cancer. The last fact is that there are 200 known poisons in cigarette smoke. From learning this in D.A.R.E I know not to smoke tobacco.

One of the important things I learned in D.A.R.E. is about alcohol. You shouldn't drink because alcohol slows down the brain and body. Alcohol can damage every organ in your body! By learning about alcohol nobody should drink alcohol.

As you can see why I think why we should keep the D.A.R.E. program in all of the schools.

I Chavonie Spinks pledge to make wise decisions by not taking drugs, smoking tobacco, and not to drink alcohol.

By James Feltner

Have you heard of the D.A.R.E. program? If not, D.A.R.E. Means drug, abuse, resistance, education, and has taught me to stay drug free.

In D.A.R.E. I've learned about tobacco and the D.A.R.E. decision-making model. Tobacco is the leading source of lung cancer and kills several hundred – thousand Americans each year. It is illegal to sell a tobacco product to a person under 18. I know not to use tobacco because I wouldn't be able to participate in sports. It slows down your breathing and makes it hard to run; tobacco is something I can't rely on.

The D.A.R.E. decision-making model stands for define, assess, respond, and evaluate. It has taught me to look over my problem, before I face it. I use the decision-making model to get out of risky situations. I always look over the problem and make the best choice. I can always rely on the D.A.R.E. decision-making model when I'm in a bad situation.

I think D.A.R.E. should continue to run in schools because it teaches children to make good choices, it is a great experience and help to teach about drugs.

I James Feltner, promise to remember D.A.R.E. and stay drug-free.

Costa Catholic School

By Ryan Fernando

During the fourteen weeks of D.A.R.E. I learned a lot about drugs and how they can harm you. Did you know that certain drugs can cause lung cancer?

I learned that staying in charge can keep you from taking drug offers. There are lots of ways to stay in charge like saying "NO" to marijuana, tobacco, or cigarette offers, strength in numbers, using humor, or giving them the cold shoulder (ignoring them).

I also learned that it is important to make positive and healthy choices because any choice you make will not only will they change your personality, but will also determine what kind of person you are now or later on and determine what kind of life your going to have now or later on.

When officer Woolsey taught us about friendship, I found out that certain friendships can also affect your like. Having a good friend is someone who cheers you up when your down. A bad friend is someone who is dishonest, takes drugs, and is untrustworthy.

When he was teaching us about friendship I learned that certain friendships end up having certain kinds of peer pressure. Good peer pressure sounds friendly and kind, while bad peer pressure sounds mean and teasing.

During D.A.R.E. we used something called the D.A.R.E. Decision-Making Model. The D stood for Define: Describe what the problem is., A stood for assess: What are your choices?, R stood for Respond: Make a choice, E stood for Evaluate: Did you make a good choice? The D.A.R.E. Decision-Making Model helped me in making the right choices.

I also learned that tobacco, marijuana, alcohol and inhalants are dangerous to you even if you don't smoke. Did you know that approximately 3,000 people die of lung cancer each year from breathing in other peoples smokes? It is said that smoking marijuana causes breathing problems, affects your brain and body, and users of marijuana have increased risk of lung cancer.

Officer Woolsey once told us about people actually advertising or promoting beer. If you ask me I think tobacco is just a way for people who sell it to make money. I also think that if you take drugs you won't get a good job and if less people smoked less people would die of lung cancer. I will never do drugs in my life. To prove that I make this promise, " I Ryan Fernando will always stay drug and violence free for the rest of my life".

By Noah Benbow

I have learned many things in D.A.R.E. this school year. It was an interesting and fun way to become aware of the harmful effects tobacco, marijuana, and alcohol; and how they could harm my body.

By using these things my life could be cut short. The use of chewing tobacco, smoking cigarettes or cigars can increase the chances of getting cancer. I know that I don't want my chances at a long life cut short because I chose to use tobacco products.

Rather than use tobacco I can find healthier things to do. I like to play basketball, baseball, and golf with friends. If I choose sports over tobacco I will increase my chances of living a longer life. My lungs will be healthy rather than filled with tobacco residue.

The news has been filled with people wanting to make marijuana legal for medical reasons. I think that if this happens that other people will try to get the drug and sell it illegally.

Marijuana is a drug and can cause a lot of harm just like smoking cigarettes. It also affects the brain and the thinking process. If someone were to ask me to smoke marijuana, I would walk away. I know that, to me, sports is more important than getting high on marijuana. I want to have a good mind and be able to think clearly about the game I am playing.

Alcohol is just bad news. Many lives are affected by alcohol. When people drive drunk they endanger the lives of everyone around them. I learned what it would be like to be drunk by wearing the drunk goggles. I didn't like the way it made me feel. I didn't like the feeling it gave me. It made me feel like I didn't have control of myself.

Drug Abuse Resistance Education (D.A.R.E.) has taught me many things that I can take with me each day. I now feel more confident about myself and my ability to say no to drugs and alcohol.

Steele School

By Katy Kent:

The sound of people crying at a funeral! Not a good sound. That is the sound of a family that has lost someone to drugs. Not a nice way to die but there is no one to blame but themselves. They could be having the time of their lives on a vacation. Well, it's too bad it had to happen that way. They could have lived a long life if they followed the rules of D.A.R.E.

Tobacco and marijuana are just two types of the drugs. First, tobacco is the #1 cause of lung cancer. It kills over 400,000 people a year. Marijuana is also bad for you because it can damage your brain and cause memory loss. Also, it is illegal to possess or smoke marijuana in the U.S. If you are caught with marijuana, you can go to jail. Alcohol is also a drug. It can slow down the brain and body. Driving after drinking alcohol can get you in a lot of trouble or even kill someone. Someone I know has been arrested for drinking and driving. They had to pay the consequences but have since stopped drinking. So, I guess something good came out of a bad situation. If only everyone who has used drugs or alcohol could be so lucky.

Some things that I have learned in D.A.R.E. about saying no are that you don't just have to say "no". You can use other ways to get your point across. Two ways to avoid a bad situation are to change the subject or use reason or fact.

For example, if you run into some kids on your way home from school and they ask you if you want a smoke or a beer, you can say that you have somewhere else to be and walk away. If they continue to bother you or tease you, stand your ground and say, "No, that stuff is bad for you. It makes you stupid." My life is too important to be ruined by drugs. Don't let other people force you into doing something that is wrong.

Months, or even years from now, when Officer Woolsey is no longer teaching me the rules of D.A.R.E. and my D.A.R.E. book is hidden under a stack of papers somewhere, I will still remember the skills and concepts that D.A.R.E. has taught me. Me, use drugs? IMPOSSIBLE!

By: Antonio Draper

In D.A.R.E. I have learned to never smoke and it is illegal to sell tobacco to anyone under the age of 18. Smokers also have more colds and upper respiratory problems. Cigarettes contain nicotine, a powerful substance that causes addiction.

Smoking is the number one cause of lung cancer. There is also more than 200 known poisons in tobacco, over 400,000 people die each year from tobacco – related causes. Smoking can cause

yellow teeth and smelly breath, and if you play sports and smoke, you could suffer from shortness of breath and dizziness.

Marijuana users have an increased risk of cancer, more colds, and upper respiratory problems. There is more tar in marijuana smoke than in tobacco, which can cause breathing problems and affect your brain and body. Marijuana can cause short-term memory loss and the inability to concentrate, it also contains 50% - 70% more of some cancer causing chemicals than tobacco smoke, and can be addictive. This is all that I have learned ever since I have been in D.A.R.E. and I will try to cherish everything as I get older.

Pledge Statement- I Antonio Draper, pledge to never ever, ever smoke marijuana and tobacco and I also pledge to never drink.

King School

By: Abby Burrows

D.A.R.E. has had a huge impact on me! It has helped guide me to learn to resist drugs and violence. It has also taught me how to make wise decisions in situations.

D.A.R.E. has opened up my eyes to the world around me and all the dangers that are waiting for me. Avoiding them is important. Here are some ways how!

Drugs and violence are waiting for you everywhere. Drugs like alcohol, tobacco, and marijuana do terrible things to your body. They destroy your brain, heart, and other organs. You no longer think and see correctly and drugs kill you slowly. Plus what will people think of you when they know that you do drugs and abuse other people? They'll think you're crazy that's what they will think! There are horrible consequences too, like going to jail. How would you like to spend your life in a cold, gray prison cell? Sometimes you have to pay tons of money and NO ONE likes to do that. So don't fight or do drugs because you'll never forgive yourself.

One way to prevent these things from happening is to know how to make wise decisions. In order to make wise decisions you need to look at the situation. If someone from your school offers you a cigarette, just say no. Say it confidently and they'll leave you alone. Don't get into a fight either, you can talk to settle an argument. Sometimes peers and friends try to get you to do something you may not want to do. If it sounds fishy don't do it. Sometimes they don't know so you tell them and sometimes they do know so you talk them out of it. Sometimes people do drugs because they want to fit in and "be cool". Instead hang out with people who don't. Also make sure your friends know about drugs too. Sometimes people like siblings try to get you to do the wrong thing. Maybe a brother asks you to stay up late to watch a movie. You know your parents won't approve. Say "No thank you" and everything will be just fine. In any situation, just remember to define, assess, respond, and evaluate!

Even though making decisions is a good way to settle situations, you need better training. I know just the place, D.A.R.E. !!! It's changed my life. I'm sure it will change yours too. D.A.R.E. has changed me in so many ways. D.A.R.E. has changed the way I see things and it has changed the way I think. I can see all the dangers and bad things in the world. Now I will never use drugs or be involved in violence because now I know the horrible things it can do to you. I'll never forget D.A.R.E. anytime in my life when I'm offered a drink or a smoke, I will remember what Officer Woolsey has taught me. So sign up for D.A.R.E. as soon as you can!

As you can see, D.A.R.E. just may be the best thing you can do to resist drugs and violence. People are everywhere trying to get you to do the wrong thing. Don't listen to them instead define, assess, respond and evaluate to make the right choice.

I promise never to do drugs or be involved in violence.
This is my D.A.R.E. Pledge!!

By: Mirelle Carrasquel

Roar! Daren and Officer Woolsey have been with Mrs. Cain's class for thirteen weeks! We learned about Ways to be in Charge, Peer Pressure, and alcohol and drugs inhalants. I loved fifth grade D.A.R.E.!

First, I would like to explain Way to be in Charge. My top three reasons ways to be in charge are Walking away, Repeated refusal, and giving a reason or a fact. Walking away can prevent you from many dangers. Repeated refusal will let someone know that you are not changing your decision. Giving a reason or a fact might change decision as well as your. So, if you were me pick one of these that you would use. "Choose wisely".

Have you ever been in a peer pressure situation? You should have been in one at least once. A type of a peer pressure is personal pressure. Personal pressure is a pressure that you put on yourself. We learned a story that had to deal with personal pressure. An example of personal pressure is if your older brother or sister left some alcohol under his or her bed and no one is pressuring you. Now can you answer my question I asked you at the beginning of this paragraph? Have you ever been in a peer pressure situation? Have you ever wanted to know what it is like to be drunk? The D.A.R.E. members of Mrs. Cain's class, used vision goggles that made our eyes act differently. Even Mrs. Cain used them.

"Hey do you want some weed, Mary Jane, or pot?" Did you know these are all names for marijuana? We learned all these names in D.A.R.E. . Marijuana is illegal in the U.S. and causes cancer. If you are in school and smoke marijuana, you will loose the ability to concentrate and you will suffer short term memory loss. Marijuana is the medium level of drugs, but as you can see it causes many more than tobacco products".

There are many harmful ways that tobacco is used. Some ways are chewing or smoking. Tobacco is illegal to use or sell to anyone under the age of 18.

Alcohol can damage every organ in your body. Have you ever seen or known someone getting in a car crash or a fight? They have been drinking alcohol. Alcohol is illegal for anyone under 21. If you are in a sport and drink it could effect your skills. Also mixing alcohol with medicine is dangerous. The types of alcohol are beer, wine and liquor. These products all contain the same amount of alcohol. Drinking large amounts of alcohol. Drinking large amounts of alcohol can lead to a coma or death! There are many ways to say no to drinking. Alcohol affects the

growing body of a teenager more than the body of an adult. I didn't know any of these facts before we started D.A.R.E.

In conclusion, I can't believe the 13 weeks of D.A.R.E. are already here. I enjoy the lessons officer Woolsey taught us and the CARE students. Another thing I enjoyed was the vision goggles that went with the lesson about alcohol. The things that were interesting to me were way to be in charge, peer pressure, alcohol, and inhalants. Thank you Officer Woolsey, who informed the 2009-2010 fifth grade students!

I, Mirelle Carrasquel, pledge to stay away and say no to Marijuana, tobacco, alcohol, and other harmful substances for when I become a future student at Lombard and Galesburg High School.

By Samantha Broadway

Blurry, fuzzy, and dizzy! That's how I felt when I wore the drunk goggles in D.A.R.E. I know that I never want to feel that way again. I learned a lot in the D.A.R.E. program. I learned the dangers of alcohol, smoking, and I learned how to say "No!"

Crash! That was the sound of a drunk driver causing an accident. It is illegal for a person to drink until he turns twenty-one. If you choose to drink, you should be responsible and never drive. Mixing alcohol with medicine can be risky. Drinking alcohol can be dangerous.

Smoking is a disgusting habit. Cigarettes are full of unhealthy chemicals. Smoking cigarettes or marijuana can cause cancer. If you smoke your teeth will turn yellow, your clothes will stink, and your lungs will be damaged. Smoking is unhealthy.

Going through the D.A.R.E program helped me learn how to say, "No!" First, I will try to change the subject, If that doesn't work I will give a reason why I don't want to. If that doesn't work I will walk away. Knowing how to say "No!" is going to help me stay away from drugs.

Drinking alcohol and smoking cigarettes or marijuana are not good for you. You should stay away from these things. By being in the D.A.R.E. program, I learned that drinking, smoking and doing drugs are bad for you. Officer Woolsey taught me how to say "No!"

D.A.R.E. pledge: I, Samantha Broadway, pledge to say "NO!" to drugs.

Nielson School

By: Jalen Harris

I feel great about D.A.R.E.! It has helped with things that might make me feel better about myself. It has helped now and hopefully will help me through my whole life. It's going to help me get a job, career, and an education!

In D.A.R.E. I've also learned many way to say "No" to drugs. You can give them the cold shoulder. The cold shoulder means to turn you shoulder and not talk to them face to face. You can also do the repeated refusal or keep saying "No" like a skipping CD. Do you use any of the ways I've listed?

Have you leaned about second-hand smoke?, I have. Did you know that If you inhale second-hand smoke it still affects you. More than 3,000 non-smokers die from second-hand smoke every year. Do you have second-hand smoke around you?

Do you know the different facts of drugs? I have studied them all in D.A.R.E.. I have learned that one drug can affect billions of lifestyles. It's very useless to use drugs. Drugs are illegal. Here are the main one; marijuana, crack cocaine, and meth. Be sure to make yourself drug-free!

D.A.R.E. stands for drugs, abuse, resistance, and education. Did you know what it strands for? Using drugs can affect your sports, your speed and your ability to do things. Did you know that more than 85% of eight graders don't drink?

In conclusion you have learned what D.A.R.E. stands for, What facts are important, and learned about what second-hand smoke is. You also learned two ways to say "No" to drug offers and how to stay drug-free.

I Jalen Harris, pledge to stay drug-free, by having drug-free friends and keep saying "No".

By: Karter McClendon

D.A.R.E. means Drug, Abuse, Resistance, Education. D.A.R.E. has helped me learn many things from facts to saying "NO" to drugs and violence. Some of the main things I learned about the dangers of Tobacco, Marijuana, and Alcohol. So her is what I've learned.

Tobacco, the most addictive drug, the nicotine is what makes it addicting. In D.A.R.E. I have learned many reasons and facts about tobacco, like smoke is the number one cause of lung cancer, there are more than 200 known poisons in cigarettes, over 400,000 people die each year from tobacco-related causes, and 3,000 non-smokers die each year of lung cancer from second-hand smoke. All these reasons convinced me to never pick up a cigarette.

Marijuana is one of the most dangerous drugs. D.A.R.E. teaches you about the dangers of marijuana. Marijuana kills brain cells, which I'll need because I'm planning to go to college, it also can be addicting and it's illegal. So if you get caught you could get arrested. So I suggest that people including me should stay marijuana free.

Alcohol, I used to think that alcohol didn't negatively affect your body, but in D.A.R.E. I have learned all the harmful effects, like slow reflexes, loss of coordination and concentration and too much alcohol could lead to coma or death. With that knowledge, I will never pick up a drink.

In conclusion Tobacco, Marijuana, and Alcohol are very bad for your body and if you put it in your body you could ruin your life. D.A.R.E. also teaches you about the harmful effects. So it's easier to say "NO" D.A.R.E. helps keep your life on the right track.

I, Karter McClendon, pledge to never do drugs or even think about doing drugs so I can be a drug-free non-violent person.

By: Katelyn Bowton

The D.A.R.E. program makes me feel empowered because our police officers are making a change in our community to stop people from smoking and drinking alcohol.

Marijuana is an illegal drug that has many names, such as: grass, weed, and Mary Jane. Marijuana can cause horrible problems, which include short term memory loss, breathing problems and it can cause you to be unable to judge distances or read. It also creates a higher risk of cancer and has more tobacco than cigarettes.

Do you drink alcohol? I'm going to tell you the facts about drinking and what it can do to you. Drinking can happen anytime, when you're celebrating, when you're at a bar, or even at a friend's house. Drinking can cause your brain to slow down, causes slow reflexes, and slurred speech. Alcohol goes directly into your bloodstream and can increase your risk for a variety of diseases.

If you experience peer pressure, meaning your friend asks you if you want to try an illegal drug or an alcoholic drink, it's okay to just say "NO!". It's true you might make them mad or angry, but at least you made a good choice for you. Another way to avoid the situation is to just change the subject. You can go play baseball, ride your bike, or some other healthy activity.

My pledge is to stay drug-free by making good choices, to not smoke or drink alcohol. I choose to say "NO!" I will not be haunted by bad choices because I will make the right choices now.

I Katelynn Bowton, promise to stay drug-free and help my friends to make the right decision to stay drug free.

Silas Willard School

By: Sarah Ward

“ What....? You are doing drugs? Are you crazy?” The D.A.R.E. program has been an amazing experience for me. The D.A.R.E. program has made me feel better about drugs, what I have learned about drugs and violence, and why I think it is important to be drug and violence free.

Unquestionably, I feel confident about the D.A.R.E. program and about drugs. I feel confident because now I can stand up for myself in situations that involve drugs and violence. I also feel that I can trust myself than what I did before. An example of trusting myself, is if my best friend asks me to smoke a cigarette or drink alcohol, I can say no and change the subject like going to the park. Another way I feel is safer, because if I am home alone I know what to do if something were to happen, like a person coming in and trying to hurt me I know to call the police right away.

It is incredible how much you can learn after just weeks in the D.A.R.E. program. One thing I have learned is that more than 400,000 people die each year by doing drugs like smoking cigarettes, doing marijuana, inhalants, drinking alcohol and other abusive drugs that hurt your body. Another very important thing about drugs is that there is more than 200 poisons in cigarette smoke. There also are a lot of diseases you can get from drugs.

Violence can not only hurt you, but people around you too. In the D.A.R.E. program I have learned that most violence related accidents involves something with drugs and alcohol. Alcohol is the most common reason car accidents happen.

There are many ways in which I think it is important to stay drug and violence free. One of those reasons are living a long time. Most of the time people that do drugs live shorter lives than people that don't do drugs. Another thing that I think is important is people shouldn't drink and drive or drive drunk. Drunk driving can most likely lead to an accident. Also when you drive drunk usually the person that gets hit is not drinking and the person that hit the other person is drinking.

Do you want to live a short life? Do you want to sit in a jail cell for the rest of your life and not see your family? Do you want short-term memory loss? I sure don't! The D.A.R.E. program has taught me to stay away from drugs and violence. If you want to do drugs and live a shorter life then so be it, but if I were you I wouldn't do drugs and I would avoid violence.

I Sarah Ward promise to stay drug free and avoid violence!

By: Alison Bowman

Do you know what D.A.R.E. means? If you guessed that it means drug, abuse, resistance, and education you are correct.

I've learned a lot to stay drug free. I learned that alcohol goes directly into your bloodstream and can increase your risk for a variety of diseases. Too much alcohol can slow down the body and lead to a coma and death. Did you know that mixing alcohol with medicine is very dangerous. One beer has as much alcohol as a glass of wine! Alcohol affects the growing body of a teenager more than the body of an adult.

I learned a lot of things from the lesson marijuana. I learned that marijuana smoke contains 50% to 70% more of some cancer causing chemicals than tobacco smoke. Smoking marijuana causes breathing problems. Marijuana affects your brain and the body and causes short term memory loss and it can be harder to concentrate. There is more tar in marijuana smoke than in tobacco.

There are more than 200 known poisons in cigarettes that can harm you and both cause more colds and upper respiratory problems. Alcohol slows the brain and central nervous system.

I Alison Bowman pledge to never smoke, drink or do other drugs in my whole life and, I will help other people stop too. Thank You.

By: Tieran Smith

Clink! Clang! Cling! That is the sound of a jail cell slowly clinking shut, the teenager locked inside stares at the bleak, depressing, empty room, and regrets the choices they recently made. Lucky enough D.A.R.E. taught me all the dreadful effects of drugs, alcohol, and cigarettes, and how to say "no" if some one offers these things to me.

Let me fill you in on, all the helpful things we learned in D.A.R.E., and all the harmful effects of drugs, alcohol, and cigarettes. First of all, smoking drugs like marijuana is idiotic, irresponsible, and highly intoxicant. It can cause more colds and breathing problems. Why would you want to be in the hospital with a cold, while your friends are outside having fun. Also drinking alcohol can slow down the brain and body. This means when you drink your reflexes will be as slow as snails, and won't be able to react in time to avoid an accident or other problems. Finally, did you know that drugs are illegal and can get you into jail. I don't know about you, but I wouldn't want to be spending my whole day in a jail cell waiting for my parents to come and bail me out. Thankfully, D.A.R.E. has taught me all these and many more facts about how dangerous, different drugs like marijuana, beer, and cigarettes can be.

Have you ever thought about all the ways that D.A.R.E. teaches people to say "no" to drugs, alcohol and cigarettes. To begin let's pretend your best friend takes out a cigarette and offers it

to you; well all you have to say is "No". That's right, saying "no" with confidence is probably the simplest way to resist dangers like these. Next, what if your waiting to be picked up after school and one of the other children takes out a beer then asks if you want a sip. If this happens to you, then tell them a fact of why alcohol is bad. For example, "Why would I want to drink a beverage that's going to completely eradicate my poor brain cells." Lastly, you should also just change the subject or even don't respond at all, this is call giving them the cold shoulder. So I am grateful that D.A.R.E. has taught me to say "no" to drugs, alcohol, and cigarettes. So if someone asks me if I want to do one of those things, I can just say "No".

In a couple of years I will no longer be sitting in front of officer Woolsey, and these assignments will be lying in a desk drawer collecting dust. But all of the things D.A.R.E. has taught me will remain in my mind and waiting to be used if I am ever in a risky situation. I owe my thanks to the D.A.R.E. program and how they taught the harmful, horrifying and horrendous effects of drugs, alcohol and cigarettes. Also how to say "No" if I am ever offered. Thanks to DARE the choices I make will for sure be the right one.

Gale School

By: Selena Suarez

Smash! Crash! The noise rang in my ears like a bell. This was the sound of a car crash. A drunk driver had smashed into another car and people were crying. One baby was dead and a parent was badly injured. A terrible feeling penetrated me like a snake would inject poison into a mouse. Thanks to the D.A.R.E. program I don't have to worry about being a drunk driver. D.A.R.E has taught me about peer pressure, how to stay in charge and friendships.

As a kid I always got nervous or angry when somebody pressured me. When D.A.R.E. taught me how to handle pressure I totally changed. I wasn't angry or nervous at all anymore. There are many different types of peer pressure. There is positive pressure, friendly pressure, tempting pressure, teasing, and bullying / heavy pressure. D.A.R.E. has taught me to stand my ground when somebody is pressuring you.

One of the most important lessons I have learned from D.A.R.E. is how to stay in charge. If you don't know how to stay in charge, then it will be easy for someone to tempt you in use drugs.

I always remember that you are in charge of making your choices no one else. One of my 3rd. grade teachers once told me an experience she had to say no to drugs.

The teacher did not let anyone persuade her into having beer and took charge of the situation, which was a tough choice as she had to say no to her friends.

D.A.R.E. also taught me that friends are very important, as they help you during tough times. Friends are trustworthy, reliable, kind, caring and always there for you. D.A.R.E. stands for drug, abuse, resistance, and education. I thank the D.A.R.E. program every day for helping my future be way better.

By: Alexis Bush

To start off, D.A.R.E. stands for drug, abuse, resistance and education. I'm going to tell you may different ways to stay in charge. One of my favorite ways to stay in charge is by using humor. I use that a lot when I'm at school, home or with friends. So it's like second nature to me. Using humor, lets them know that using drugs, isn't my thing, but by not hurting their feelings or making them feel bad.

Someone that I know and love used to chew tobacco. He was determined to quit once and for all, trying different ways to stop as chewing gum and nicotine patches. He still wants to chew, but he doesn't have to, I'm so proud of him.

I have learned so many helpful facts, like marijuana can affect your brain and body. It can cause short term memory loss and the ability to concentrate. It can also turn your lungs black. I Alexis Bush, promise not to ever use drugs or do things that could effect my health in a bad way,

By: Madison Woolsey

Almost every kid is curious right? So trying drugs is like a snap But D.A.R.E. has taught ne not to. D.A.R.E. stands for drug, abuse, resistance, education and helped me learn 9 ways to say no to drugs or violence. Some of the ways are simple as giving a “cold shoulder” or repeated refusal, but others like using humor are harder for me.

If you want to stay healthy you need good friends. A “good” friend wouldn’t give you bad peer pressure. Some of the types of peer pressure are positive, friendly, indirect / tempting, teasing or bullying / heavy pressure. One way to stay in charge is to show confidence when speaking to the other person offering. An average amount of people don’t use drugs. Don’t do drugs it can give you migraines’, you can get high and hurt yourself or others. Don’t be fooled by beer and drugs that sponsor your favorite sport team. We learned how to think out problems by using the D.A.R.E. making model by define the situation, assess your choices, respond by making a choice and evaluate the decision made. I have learned ways to say no, how to avoid violence and aware some drugs can cause other diseases.

I pledge to stay drug free and avoid violence at all cost, I will make wise decisions.

By: Megan Brackett

Why do kids take drugs? Usually just to be cool. But it’s not cool! The only thing that is cool is being drug free! In DARE, we learned how to say no to drugs. We learned about possible effects drugs can do to you. Being drug free will keep you having a better life!

I won’t take drugs because they’re bad for your health. Like smoking causes lung cancer and more colds and respiratory problems. Also, if you take drugs, there is an increased risk of heart disease. Drugs lead to disease and disease leads to death.

Drugs even cause violence. People who drink alcohol can be hurt or cause accidents.

The use of marijuana affects speed and reaction time, causing problems if playing sports or riding a bike.

I have learned many things in DARE, like most people die from drugs. I have learned that people who smoke or chewing tobacco, increases the risk of getting diseases. But the thing that I found most interesting is that alcohol can damage every organ in your body. Most drugs are illegal to young kids like us. Marijuana is actually illegal every where in the United States

and Tobacco, it' illegal to anyone under the age of 18. Last but not least, Alcohol is illegal to anyone under the age of 21. I learned one of the most important ways to keep you away from drugs! FRIENDS! I learned that by playing sports, they keep you active and away from drugs. Also you have friends at school to tell you what is right and you should always have supportive friends who care about what you do.

Those are reasons why I won't take drugs and also why I will be drug free. Staying drug free lets you live a happy long life. I Megan Brackett, promise to never take drugs through my life.