

DARE Report

By Madison Priest

Some of the knowledge and skills I have learned at DARE have been amazing, above and beyond my expectations. Some of the things I have learned will last me a life time, and hopefully I can share my knowledge with friends who did not get the chance to go to the DARE classes. I believe that if enough people try to make our world a safer place to live in, it can happen.

What I have learned here at DARE will last me a life time, from when I am 10 to 110. The reason why DARE is such a great class is because they get down to specific details to teach you what drugs will do to you if you abuse them. I have learned that drugs are never the answer, and taking them could be a serious problem to your health, and you will regret it. You should always make a good choice and don't let peer pressure get to you because if you do, you could show people a side of you that is not really you, and you don't want people thinking that is who you are. Officer Baldwin has taught me that the only way gossip will hurt is if you let it. What he means is that you know yourself better than anyone else and if you just let it go then you will be fine.

What Officer Baldwin taught us is how to respond to someone who is trying to convince you to do the wrong thing; he taught us that violence is not the answer because if you get into a fight with someone and it gets really dangerous you could get a serious consequence. It would be smarter to tell a grownup who could do something about it. Officer Baldwin taught us what the correct way to respond he said to just say no. I learned that if you say no and that still doesn't work you should walk away. Never be afraid to get a parent or guardian involved, because if you don't, you or someone else could get hurt.

Over the couple of sessions we have had, two of the main things we have focused on is smoking and chewing tobacco. I learned that smoking is wrong because it damages your lungs and it will be harder to breath. Smoking is also addicting. Even if you try to stop, the more you did it in the pass will make it harder to quit. Smokers have more colds and upper repertory problems. When you smoke it also hurts the people around you. What I mean when I say this is there is something called second hand smoking. Second hand smoking is when you have to stand around someone who is smoking, and the fumes around you are not healthy for your lungs. So second hand smoking is almost

as bad as smoking. Tobacco is also very bad because it causes bad breath and yellow teeth. It can lead to lung cancer which can lead to death which would not be good. Tobacco affects your body's development, this is bad if you are taking tobacco when you're young because it will change the way your body grows. It is also bad if you take it any other times.

Have you ever learned about what marijuana does to you if you use it? Well I have, and this is what happens. When you smoke marijuana it causes breathing problems. It also affects your brain and body, like it cause short term memory loss, slows down coordination and reflexes, and loss of the ability to concentrate. Marijuana also can be addictive. There is also more tar in marijuana smoke than in tobacco smoke. When using marijuana it also increases the chance of cancer. It is illegal to sell, have, or use marijuana in the United States.

Have you had a friend that has let you down or made fun of you for something you can't help? If a friend ever teases you, think about all of your other friends you have made, that like you for who you are. Some of the examples a bad friend would do are peer pressure and gossip. If a friend is giving you peer pressure then they are pushing you to do something that is uncomfortable. Gossip is when they are spreading rumors about you that are not true, because normally their jealous. If you spread gossip or give peer pressure to a friend, it will eventually come back and hurt you.

To summarize the skills I have learned at DARE I would have to say that the most exciting thing we have done so far are the drunken goggles. It really taught me that alcohol will screw up who you are, and you need to respect that. Everything I have learned at DARE I will need to know, and it will last me a life time. DARE was one of the best classes I have taken and will probably be one of the best classes I will ever take.

I pledge to be a great role model to my friends and peers. I also pledge to stay alcohol, tobacco and drug free.