

## DARE Essay

By: Kira

I have learned that you got to be yourself. Don't do drug to impress your friends. You need to prepare for what might happen in the future.

You can believe in yourself to follow your dreams. I have learned that drugs such as tobacco, alcohol, and marijuana can kill you and your friends. You can do drugs if you want to give up your life. If you are at a wild party and you want to leave, LEAVE! Do you want to die with a cold image of you smoking? I wouldn't.

So think before you smoke or do any kind of drug, it could end your life.

Out of the last few weeks I have been at DARE, I've learned that pressure can be a chill down the spine, a bark of evil laughter, or even a thick lump in a person's throat. You can try to hide doing Tobacco, but your yellow teeth give it away.



My pledge to be drug free:

**I want to be drug free FOREVER**

**I will be a good DARE student**

## D.A.R.E. Report

By: **Hannah**



In D.A.R.E., I learned not to use tobacco, marijuana, alcohol, meth, and so many more drugs!

By learning these things, they help me choose or make healthy choices. You stop and think, then you make a decision, then you ask yourself if you made a wise decision. Learning about drugs helps me make healthy choices because if someone asks me to take a certain drug D.A.R.E. would pop into my head and I would automatically say, "No!" bravely and proud!

In D.A.R.E. I have learned about tobacco, marijuana, alcohol, meth, friendship foundation, peer pressure, and ways to be in charge. These things help me understand the difficulties in life with drugs and how you have to have courage to say no!

Learning about these things is important because all those drugs are disgusting and I don't want them affecting me. So if I didn't know about these things, I wouldn't know how to react or what to do.

The way all these drugs and pictures impacted me made me feel disgusted and horrified taught me to stay away from drugs and alcohol. Just learning and thinking about these drugs made me nauseas and dizzy.

At the end of our D.A.R.E. lessons, I've learned to say no to drugs and peer pressure. I've learned to always respect myself and the positive decisions I make.

My pledge:

I promise to make wise decisions about alcohol, tobacco, and other drugs.