

My D.A.R.E. Report

By Morgan Verbosky

Teacher Captain Harold R. Vincent



I have learned that the most powerful way of saying no is just saying no. Some other ways of staying healthy is get into sports, clubs or things you like. these things will take your mind off drugs, smoking or alcohol. which can be really bad for you and your body. Like rot your teeth, damage your brain cells, causes colds and upper respiratory problems and turns your lungs black.

I have learned that before you do something. Such as taking drugs or smoking. You need to go over all your problems, challenges, opportunities and choices. And pick the best one for you. the best choice may be different for everybody. By going over all of my choices I can pick the best one for me. So think about what your about ready to do before you do it.

I have also learned that friends are very important. If you have the wrong kind of friends, who take drugs or smoke. You will probably be influenced and take drugs or smoke to. But, if you have good friends they won't do drugs. And if you do drugs or even think about doing drugs they'll tell you to stop. Because that is what friends do.

And most importantly I have learned that 11 eight graders have smoked in the last 30 days. And that 14 eight-graders have drank alcohol in the last 30 days. This means that the more popular people are the people who don't smoke or drink. So if you are going to do drugs just because you think it will make you cool, you are wrong!!! You would be more cool if you don't smoke or drink alcohol. And you would be healthier!!!!!!

The skills I have learned are that there are many ways of saying no. Such as walking away, cold shoulder, changing the subject, using humor, strength in numbers or just try to avoid the situation. But these things may not keep the bad kids away. So if you really want them to leave you alone say no! And when you say no say it like you mean it. NO!! Not, no.

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

Austin Bowley
May 9, 2007
D.A.R.E Report
Mrs. Folkers



D.A.R.E.

This year in D.A.R.E. I have learned many valuable lessons. Some were more useful than others for me. I learned staying drug free is very important for my education and my life.

I have been waiting anxiously for D.A.R.E. this year. I cannot believe that it is almost over. D.A.R.E. was very important to me this year, because it showed me how to be responsible and how to choose good friends. Walking away from unhealthy or dangerous situations is how I plan to win my parents trust.

Saying no very sternly is the best way to avoid drug, tobacco, and alcohol offers. I have a younger sister who looks up to me. I want to set a good example for her. I want to teach her how to live a healthy lifestyle.

I believe and encourage everyone to stay involved in some kind of activity. This will take up a lot of free time and prevent people from making bad choices. I plan on staying in sports which will help me to stay on track.

The D.A.R.E. program has educated me about the dangers of drugs, tobacco, and alcohol. It has also given me confidence in saying NO to peer pressure. I, Austin Bowley, pledge to be drug, tobacco, and alcohol free. I pledge to avoid violence and confrontation.