

D.A.R.E Report

In the D.A.R.E classes, I learned about tobacco, marijuana, and alcohol. I learned to say no to tobacco, marijuana, and alcohol. I also learned that you don't need drugs or alcohol for anything and it doesn't help yo~it hurts you.

I think the D.A.R.E classes are important because kids need to say no to drugs and alcohol. Captain Vincent helped us say no to drugs and alcohol and helped us understand.

I think the impact on me would be that to say no because you don't need alcohol, tobacco, or marijuana.

I have learned to walk away from drugs and alcohol, say no, cold shoulder, hang around with nonusers, use humor, change the subject, give a reason or fact, and to keep saying no.

I) Olivia Price pledge to make wise decisions and say no to alcohol, tobacbo, marijuana, and other drugs. I will stay drug free.



Olivia Price

We have been taught many things in the weeks we have had D.A.R.E. In the last eight weeks we have been doing D.A.R.E., I have learned that drugs have destroyed many lives. I have learned that alcohol can affect everything you have built for yourself.

We had role models come in and help us learn various things. The role models have answered questions we have been eager to ask. Emily Thompson and Zavier Sanders helped us learn about a lot of kids who have done drugs and alcohol end up doing bad things. They told us what to do if we get in a bad situation with drugs. The best question they answered that I asked was how have people that have had drugs or alcohol act inside or outside of school.

Captain Vincent has also taught us a lot. He taught us how to say no and mean it. He taught us that a shot glass of liquor is as much as a glass of wine.

If I had to summarize all the skills we have learned, I would say we learned about how tobacco, marijuana and alcohol can affect your body, about how many ways to say no, and about how many people have died because of substance abuse.

I am making a commitment to not take drugs or drink alcohol. With this commitment, I will become a better person. I plan to take the information I learned to help others make good choices about drugs and alcohol.





D.A.R.E.

By: Sarah Wallace

I feel the DARE program is important because it taught me not only the health risks of tobacco, alcohol, and drugs but also how to handle peer pressure when offered them.

I learned that smoking causes breathing problems, heart disease, and lung cancer. Before DARE I didn't know that smokers have more colds and upper respiratory problems and that it can affect your body's development. I can't believe people would begin to smoke if they knew that there are 200 known poisons in cigarette smoke and that more than 400,000 Americans die from tobacco related causes each year. To think that those deaths could have been prevented if they had just said "No".

Before DARE I didn't know that much about marijuana but had heard that a lot of older kids smoke it for fun and at parties. After learning about it, I can't imagine the fun in having memory loss or not being able to make good judgment while on drugs.

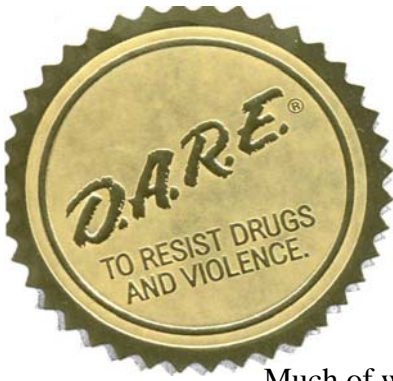
The same goes for alcohol, I can't see how it is fun to drink alcohol when it can cause loss of self-control, poor judgment, and that too much alcohol can slow down the body and lead to coma and death.

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I'm glad DARE gave examples of different situations where tobacco, alcohol, and drugs might be offered. It made me think of the choices I had, how to make the right choice, and also how to respond with my choice.

I pledge to make wise decisions about alcohol, tobacco, and other drugs. I also pledge to encourage all my friends and family to make wise decisions.





Ramses Thomas-Miller

D.A.R.E.

Much of what I learned in D.A.R.E. has been what my parents and teachers have always told me about drugs and violence. The D.A.R.E. program not only taught me why I should stay away from drugs and violence but also how to make smart and healthy choices. I learned a lot about the effects smoking cigarettes and marijuana can have on my body. None of them were good for my health. Drinking alcohol is just as dangerous for a person my age. Especially, since I do want to live a long healthy life.

D.A.R.E. has taught me to think seriously before taking any drugs, drinking alcohol, or smoking. I was informed that using marijuana and smoking tobacco affects the body's development and increases the chances of getting cancer. Alcohol slows down the brain. I really don't want any of these things to happen to me. It is also illegal to drink alcohol under the age of 21 and to have tobacco under the age of 18. Smoking marijuana is illegal at any age in the U.S. I ask myself, "Why would I risk living a good life trying to be cool?"

There are other things that I can do that are fun and cool. Such as playing video games, riding my bike, talking to my friends on the phone, and just spending time with my friends. I learned and understand the difference between a good friend and someone who is not my friend. I intend to be around good friends. I thank the D.A.R.E. program for showing me different ways to stay out and get out of risky peer situations.

I pledge to take care of myself by making wise decisions about alcohol, tobacco, and other drugs. Also I pledge to make wise decisions about whom I surround myself with.