

# D.A.R.E.

By Sydney

D.A.R.E was more interesting than I thought it would be. The first and most important thing I learned was what D.A.R.E. actually meant. Those letters stand for Drug Abuse Resistance Education. Some more important things I learned were WHY smoking was bad for you. Seriously, I knew it was bad for you but how many people actually KNOW what is in cigarettes? A few other things I learned was how to make good choices and how to deal with peer pressure. Plus I liked the caramel apple suckers we got.

I learned a lot of things from D.A.R.E. One of those things was what it is like to be drunk. We used these really awesome three hundred dollar goggles to make us see things like how we would if we were drunk. It was fun then, but if we weren't in school and were actually out in the real world, I don't think it would be fun at all. Some other things we learned was that in tobacco there are about two hundred poisons and that four hundred THOUSAND people die from tobacco EACH year. Those facts are enough to make anybody feel even a little creeped out. Seriously after knowing that how can you even think about smoking. It's just gross!! Like I mentioned earlier, we also learned how to deal with peer pressure. Even when peer pressure isn't even that serious, it's still annoying!!!! Sometimes, it's not even from your peers, but you still feel pressure!!!! Freaky!!! Another lesson that was helpful was the one about support groups. That was SUPER cool. Those D.A.R.E. books were good too. Both of those books were helpful.

I also learned a few skills from D.A.R.E. that WILL be helpful. A lot of this stuff I've already mentioned, but I guess I'll mention them again. I learned how to deal with

peer pressure. Not that I was going to do drugs before or anything, but I don't know anyone that would want to do that kind of stuff to themselves. I don't know anyone that would rather be crazy rather than be normal and happy. SERIOUSLY!!!!!!! Another skill I learned is how to make good decisions. One other thing I learned was that if you hang out with the right people, like people who don't do drugs or people you can actually trust. So those are the skills I've learned from D.A.R.E.

This paragraph is the last part that I'm required to write so here I go. I'm going to pledge not to do drugs and make wise decisions. I, Sydney pledge not to do alcohol, tobacco, and other drugs. Another thing I pledge to do is make wise decisions.

So yeah, this isn't really related to the subject, but I also learned how to spell the word decions. I mean decisions. D-E-C-I-S-I-O-N-S.

# My D.A.R.E. Report

By Kris

If you are the only one smoking or drinking alcohol, does it really hurt anyone around you? Well, it does because there are 4,800 chemicals, 69 that cause cancer in tobacco smoke. If you drink alcohol and drive you can get in car accidents that can kill someone. Your choices have an impact on other people!

It is illegal to buy tobacco when you are under eighteen, but that doesn't stop some people. Some people start using it when they are young and they get addicted to tobacco. Four hundred-thousand people die from it each year. You can get bad teeth and bad breath, and if you smoke you can get gum disease or mouth cancer. Tobacco is the number one cause of lung cancer. Smoke has carbon monoxide in it, and that is what car smoke is. The cost of \$150 billion dollars goes to helping people with tobacco related illnesses.

Some people may not be smart, but drinking can worsen that. Alcohol can lead to loss of coordination, poor judgment (I experienced that in D.A.R.E. with the drunk goggles), slowed reflexes, memory lapses, distorted vision, and even blackouts. It can also damage your organs very badly. It goes right into your bloodstream and can increase your chance of cancer. Large amounts can lead to coma or death, and like I said before that you can get in car accidents and kill you or someone else. Just like tobacco there is an age requirement for buying alcohol but it is twenty-one, which is a little older than for tobacco products but some people still buy and use alcohol when they are too young.

This very bad as the brain is still growing and alcohol can kill brain cells and it can be addictive. Some young people die from drinking too much and that is called "alcohol poisoning."

Other drugs that are not as common as tobacco and alcohol can be even more dangerous. If you smoke marijuana you're in big trouble, because it is illegal in the United States. Drug charges can be a felony that can put you in prison. It may damage short-term memory if you use it because it has THC, the main active chemical in marijuana, which changes your brain's workings. Like alcohol, using marijuana hurts your body. It kills brain cells and impairs your judgment.

Cocaine is another dangerous drug that people can sniff. Cocaine can make you have aggressive behaviors, and usually if you stop doing it you get depressed. It can damage the septum so much (the skin in-between your nostrils) that it may collapse. You can die from using cocaine because it can cause heart attack or seizures followed by respiratory arrest.

Heroin is a drug that is injected with a needle. Heroin can make you have bad judgment and often share needle with other users which can give you A.I.D.S. or hepatitis which can both kill. This is an extremely dangerous and addictive drug that could also kill you from an overdose.

Meth is a very public drug. It is a cheaper drug and some people make it themselves. Too much Meth can cause psychosis (you go psycho) and it is distinguished by paranoia, picking at the skin, auditory and visual hallucinations. Violent behavior is a common in major users and it is highly toxic. It is also very addictive.

All of these drugs have some things in common. They are deadly, dangerous and they

are out there in the world today. Now it is time to end with my pledge. I pledge to make responsible choices and I will not let peer pressure get to me. I understand how important it is to make the right decisions for my health and my mind because every day I have to make the right decisions on what I eat because I have Crohn's Disease. In the future I plan to be healthy and happy without alcohol, tobacco or drugs.