

My D.A.R.E. Report by A. P.



I have learned a lot in D.A.R.E. Here are some things about tobacco. It is illegal to sell tobacco to anyone under the age of 18. Smokers have more colds and upper respiratory problems. Cigarettes contain nicotine, a powerful substance that causes addiction. Smoking is the #1 cause of lung cancer. There are more than 200 known poisons in tobacco. Over 400,000 people die each year from tobacco-related causes. Smoking can cause your teeth to be yellow and have smelly breath. Tobacco can cause cancer and heart attacks, too. Those are some things about tobacco.

I also learned several ways to say “no” to drugs. Here are some ways to say “no.” You can change the subject, give a fact or a reason, keep saying no, and use humor. Those are some ways to say “no” to drugs.

I’ve also learned about peer pressure. There is good peer pressure and bad peer pressure. The bad thing is someone or a friend can try and make you take drugs. The good thing is that a friend can help you reach your goals and not take drugs.

I have also learned about marijuana. Here are some facts about marijuana. Marijuana is illegal in the United States. There is more tar in marijuana than in tobacco. People who smoke marijuana have an increased risk of lung cancer.

I know some more things about drugs because my grandfather had a heart attack and is still smoking. I am trying to get him to stop. My Great Uncle John died from lung cancer.

After what I have learned about smoking I’ll never smoke. I do not want anything bad to happen to me.