

# D.A.R.E

By: C.O.



What I learned in D.A.R.E is peer pressure, ways to say no, and facts about tobacco and drugs.

I've learned tobacco can cause breathing problems, colds, upper respiratory problems, lung cancer, mouth cancer, bladder and kidney cancer.

Another skill I learned is saying no. When you say no, give a reason or fact, or change the subject, or keep saying no, or use humor.

I've also learned about marijuana. Marijuana can cause short term memory loss. It is illegal in the United States. It can also cause an increase in cancer.

I've learned about peer pressure. Peer pressure is when someone wants you to do something you don't want. Although there is another type, this peer pressure can help you get pushed to your goals. Sometimes you can apply pressure on yourself. Personal pressure is something that tempts you to do something. I've learned all about these skills in DARE.

I pledge to never smoke, do violence or do drugs.