

# My D.A.R.E. Essay

## By K. S.



In D.A.R.E. you learn about drugs. D.A.R.E. teaches you facts about many drugs. D.A.R.E. also teaches you peer pressure and ways to say "no" to drugs and violence. These are the three main things you will learn in D.A.R.E.

Tobacco can cause many problems. Tobacco is a drug. It can cause you to have yellow teeth. Tobacco also causes you to have smelly breath and more colds. These are just a few things that tobacco can cause.

I've learned different types of peer pressure. There is good peer pressure that can come from anyone. Also, there is bad peer pressure that can also come from anyone. Then there is friendly peer pressure that is almost the same as good peer pressure.

You will learn ways to say "no". You can use the "skipping C.D." method. Being humorous is another thing that you can do. Or, you can simply change the subject. These are some of the ways you can say "no".

In order to stay drug free it is important to know the dangers of drugs, the many kinds of peer pressure, and different ways to say "no". D.A.R.E. is a program that helps kids learn about all three of these things. Stay drug free, just say no!

I pledge not to use drugs, except if prescribed by a doctor to keep myself happy and healthy.