

D.A.R.E. Report by M.H.



I've learned a lot of things in D.A.R.E. but here are some.

Here are Things I've learned about Tobacco. It's illegal to sell tobacco to someone under 18. Smokers have more colds and upper respiratory problems. There are more than 200 known poisons in tobacco. Over 400,000 people each year die of tobacco-related causes. That's just some things I've learned about tobacco.

I also learned many ways to say "no" to drugs. Here are some: give a reason or a fact, change the subject, repeat refusal, or keep saying no. You could also use humor. Those are some ways to say "no" to drugs.

Some more things I've learned about were marijuana. Marijuana users have an increased risk of cancer. There is more tar in marijuana than in tobacco. Marijuana smokers have more colds. Marijuana is illegal in the U.S. Smoking marijuana causes breathing, brain, and body problems. That's what I learned about marijuana.

I've also learned about peer pressure. There is good peer pressure and bad peer pressure. Your friends can push into drinking or smoking and that's bad peer pressure. Or your friends can push to your goals and that's good peer pressure. I've learned all of this in D.A.R.E. class.

After learning about drugs, peer pressure, marijuana, and how to say "no" to drugs, I will never use drugs in my lifetime.