



WHAT I HAVE LEARNED
IN
THE DARE PROGRAM

by

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25 Years

WWW.DARE.ORG

I've learned many different things in D.A.R.E to help me make the right decisions in life. I know that I'm getting older and I'll soon have to make tough decisions and if I don't get them right it could affect me the rest of my life. Like my mom says it won't matter 10 years from now what clothes you wore or what hair style you had, but the decisions and friends you make now could affect you for life. Especially smoking could cause you to live a shorter life, it is very dangerous and anyone with a brain shouldn't do it. Here are some things I learned during D.A.R.E that can help you to not make the wrong decisions in life.

Here are some facts about tobacco that you should know when deciding whether or not to try it. In the United States it is illegal to sell tobacco to anyone under 18. There are 200 known poisons in cigarette smoke. Cigarettes contain nicotine an extremely addictive substance. Over 400,000 people die each year due to tobacco related causes. Smoking causes lung cancer. It's hard to play sports if you use tobacco. Lastly you're putting your friends and family at risk because they're inhaling the smoke which could still give them lung cancer.

Here are some facts about alcohol that you should know when considering trying it. Alcohol is illegal for anyone under 21. Too much alcohol can slow down your body and lead to a coma or death. If you are with others who are drinking then there is a risk of injury like a car crash and violence. Alcohol can kill every organ in your body. Your body is still growing, therefore alcohol affects you more severely than adults in school and sports.

Here are some things to keep in mind about bad peer pressure and who a good friend is. A good friend is caring, always with you, gives you positive peer pressure. A true friend, sticks up for you, and has the same interests as you. A bad friend gives you bad pressure, gives you late night text, they use you, ask you for things, ignores you when other people are around, and doesn't like you for who you are. If your friend pressures you to do something like smoking or drinking alcohol here are some things you can do. Say no I would rather play video games or you could say no my parents would ground me for life! Lastly you could say no and walk away or say no and try to make them stop doing it.

These examples and many other ones can help you to get through the tough decisions in life and help you to make the right ones. Even if your friends are doing it it doesn't mean you should. Do what you think is right and don't let anyone else tell you different. You can even help your friends to make the right decisions too! All that's left to say is don't do it!

Pledge Statement

Don't do drugs because it could affect you for the rest of your life. Make the right decision!

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