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11/16/15
DARE
Essay

How D.A.R.E Has Changed My Life

Imagine this. You're at a party and BAM, your best friend falls to the ground and is not responding to anyone or anything and she has to be taken away by ambulance. When you get to the hospital you see her hooked up to IV's and oxygen. Soon you have a sick feeling in the pit of your stomach as you realize it was your fault for pressuring her to do drugs. Do you ever think of what drugs can really do to your body?

Our very first lesson in D.A.R.E. class was about "decision making". I learned that making decisions that will affect my life are a lot more difficult than deciding whether to go to a birthday party or a big soccer game. In our later lessons we learned about the consequences of doing drugs. I don't want to do drugs because they will affect my future. For example, getting into a good college is very important to me as well as having a good reputation. Doing drugs and drinking or smoking is just a waste of my time, and it will definitely ruin my reputation as well as ruin my chances of getting into a good college. In addition to ruin my reputation and chances of getting into a good college, I would disgust many of the people around me if I choose to smoke. Smoking stinks super bad, makes your breath stink horrible, and it turns your teeth yellow. To me, that's just disgusting!

In the future, I plan to use the D.A.R.E. decision-making model to help me stay on the right track. I will remember the things detective Doug told me and all the book pages we did about Michael, Josh, Sofia, and Darryl. D.A.R.E has taught me how

to speak confidently and say no to drugs. I have had amazing fun in D.A.R.E and I'm so glad that I got to go through it. It was an amazing experience to go through and I hope that the 5th graders have just as much fun as I did in D.A.R.E.

D.A.R.E. means a lot to me, as it has already really changed my life. It has really helped me understand how much damage drugs, drinking, and smoking can do to my body. I wish that everyone had the opportunity to go through the D.A.R.E. program, so they would know how much they are hurting their bodies. D.A.R.E is way more than just about having fun; it's about telling all the 6th graders that drugs and doing anything to your body is extremely bad for you. D.A.R.E has made me realize that taking drugs can almost kill you and they it can put you in the hospital. I don't ever want to be in the hospital because of doing something stupid like drinking or smoking. That's just a waste of my time!

Thank you Detective Doug for teaching me how much peer pressure can hurt me. I could not imagine having my best friend almost dead because of me peer pressuring her. I pledge to never do drugs and I will help anyone around me who is doing drugs and try to help them stop.