

D.A.R.E and How its Helped Me

Do you want fast heart rate, hallucinations, lung cancer, and heart disease? No, I thought so. If you don't want those things to happen to you then all you have to do is one thing, don't do drugs. It seems simple just don't do drugs, but with all the peer pressure in the world it's harder than you think. One thing can help you through is D.A.R.E. D.A.R.E also has helpful decision making models that help you with any tough situation you come across. I will be telling you about what I learned in D.A.R.E, how I used the D.A.R.E Decision Making Model, and how I plan to use the model in the future.

I don't even think I could count how many things I learned in D.A.R.E. I've learned about drugs, alcohol, life skills, bullying, and much more. If you see bullying happening on the playground, what do you do? You probably are thinking " Oh just tell an adult, simple". Yes, you are correct, but how do you tell an adult? You use the 5 W's. The 5 W's consist of Who, What, When, Where, and Why. We also learned interesting facts about drugs. For example, Did you know that if you chew tobacco you can get mouth cancer and tooth loss and nearly 50,000 people die from secondhand smoke every year. Here's just a little of the interesting and surprising things I learned in D.A.R.E.

I have used my D.A.R.E Decision Making Model so many times since D.A.R.E has started. The model's initials are D.A.R.E. They stand for Define, Assess, Respond, and Evaluate. One time I was sitting at a table and people were talking about who would get their first kiss and stuff like that. Everyone said one girl (name disclosed). I defined the situation which was people were saying mean things about someone. I assessed my choices, do nothing, join along, or stand up for the girl. I responded by telling them that we were *WAY* too old to be thinking about that. I evaluated my choice and I think I made a good choice because I haven't heard them talk about it since. A time I definitely wished I had known about the D.A.R.E Decision Making Model was in fourth grade. I was being bullied by getting name called and I let it happen. I told only my good friends about it at the time, but they did nothing and so did I. I wish I would of defined the problem which was someone was bullying me. Assessed the choices which were tell an adult, do nothing, or stand up for myself. I chose the choice do nothing, but if we had already had D.A.R.E I would have picked tell an adult. If I had told and adult I would have evaluated it as a good decision because the name calling would of stopped, but I chose to do nothing so they would have evaluated my choice as bad because the name calling still continued until I finally told a teacher. As you can see I have had many experiences where I had used and could have used the model to help myself and others.

I am going to make safe and responsible by using the facts I learned about drugs and alcohol and use the D.A.R.E Decision Making Model to help me with further problems I might have to face. I know when I get in highschool and college people might drink underage and do illegally drugs. D.A.R.E has helped me think of ways to avoid drinking underage and doing drugs. You can walk away, say no while still giving a person an excuse, changing the subject, hanging around non drug/alcohol users, and staying out of places I know people drink/ do drugs. My sister has actually had to change the subject many times with her friend who's not very responsible about drinking alcohol a couple of years ago (my sister is 22 now so don't get the wrong idea) and she had to change the subject many times. My sister is definitely a role model for me when it comes to saying no to alcohol or drugs. I'm definitely going to use the D.A.R.E decision making model to help make tough choices in further in life.

You can see D.A.R.E isn't just teaching you to stay away from drugs anymore, D.A.R.E teaches you communication, life skills, how to report bullying, how to make safe and responsible choices, signs of stress. Some people may think that 5th graders shouldn't have D.A.R.E because we're not going to face drugs or hard choices until we are much older, but that's not the case nowadays. 5th graders may not face drugs or saying no to them, but we do face hard choices. I thought that D.A.R.E was very interesting and exciting to learn about all the drugs there are, but scary at the same time. Learning about how to make safe and responsible choices was also very interesting because I had come up with all sorts of problems in the past where I could have used the D.A.R.E Decision Making Model. I would say that overall D.A.R.E was a great and awesome experience and I would do D.A.R.E all over again if I could!