

## DARE Essay

Through the dare program, I have learned to make smart decisions regarding the use of alcohol, tobacco, and drugs such as marijuana. Also, I have learned about other unhealthy choices, like inhalants. I was taught about the pressures that I will potentially face from others such as friends and even family to use these substances. I was taught many ways to say no and to avoid the situations that put me in harm's way.

The dare decision making model influenced me the most it showed me how to access and make the right decisions in life. Due to what I learned in dare I know I'll live a long healthy life. Since going through the DARE program, I learned that the largest pressure to use drugs, tobacco, and alcohol comes from my friends. This is something we have talked a lot about peer pressure. Being in the lowest risk circles and avoid risk and these pressures. Through dare I was taught how to use the D.A.R.E. decision making model.

There are four main steps in the DARE decision making model. The first step is to define the situation by describing the problem challenge or opportunity. Then access the choices by gathering facts and looking at possible outcomes. Third is to respond by making a choice using the facts information or outcome you assessed. Finally, evaluate by reviewing the decision ask if I make the best choice and what I could do to better if faced with the decision again. Putting myself around friends/foundation that lower my risk regarding the use of drugs etc. The dare program has had a magnificent impact on my life and will only help me and guide me to live a healthy and positive life.

My pledge:

Today I Colby Turbeville pledge not only to myself but to all my friends family even strangers across the world and most of all my teachers I have had and will have through the years that I Colby will never use drugs tobacco or any kind of drug inhalant what so ever. I know the effects and what can happen if I was to use them. I pray that God will continue at my side and guide me for I know that there will be a lot of peer pressure I will face. I pray I pledge myself and I will stay true to my pledge from this day.