

DARE PROGRAM

The DARE program was a helpful program where I learned what drugs can do to your body. The effects of drug use are harmful. That is why I choose to be drug free.

I learned that drugs can have serious effects on your body and ruin your life. Cigarettes are bad period. It can lead to breathing problems and cancer. Breathing in second hand smoke from cigarettes can lead to cancer also. Alcohol is highly addictive, kills brain cells, and causes liver disease. I learned that when drinking alcohol, it goes to your brain. This happens because alcohol is attracted to water and most of the brain is water. Also, other drugs like marijuana and cocaine are very addictive. When someone does a drug like cocaine, it changes their personality. He or she may do things that are not normal. These types of drugs can make people have fits and go into rages.

If someone offers drugs to me, this is what I plan to do. First, I will look at the problem, challenge, or opportunity I am presented. Then, I will think about what I can do to help the situation. Next, I will tell a teacher, parent, or responsible adult about the problem. Lastly, I will make the right choice and say no to drugs. It is a choice and one I choose to make.

It is very important to be drug free because doing drugs can cause cancer and then possibly death. It is important to be drug free because it can cause sickness and health problems. It is important to be drug free because it can affect your brain and kill brain cells. It is important to be drug free because drugs can cause someone to do and to say wrong things. I think these are some reasons to stay drug free. Doing drugs will not help someone fit in and it is not a cool thing.

Therefore, my pledge is to stay drug free because I want to be healthy but more importantly I want to stay healthy.