

D.A.R.E.

My name is Austin. I'm in 5th grade. This year I had a great opportunity to have D.A.R.E. classes. Officer Cardinal was my D.A.R.E. teacher. I had a great time learning about drug facts so I do not do drugs. I had D.A.R.E. classes every Monday for ten weeks.

I feel good about the D.A.R.E. Program. Alcohol can damage every organ in your body. Marijuana is illegal in the U.S.A. I can't believe in other countries Marijuana isn't illegal. Tobacco can't be sold to anyone under 18. I feel good about that law.

Smoking causes breathing problems. I would like to play football in the future and I wouldn't be able to do this if took drugs. There are 200 poisons in cigarette smoke. It drives me crazy that someone I know smokes cigarettes. Smoking causes breathing problems. I know that I wouldn't be able to run if I smoked cigarettes.

Marijuana affects your mind and body. That is important to know, so I don't use drugs. Marijuana can be very addictive. Now that I know that I will not use marijuana. Alcohol slows down your brain and body.

I had a great 10 Mondays of D.A.R.E. . We learned about drug facts. I promise to never do drugs. I learned that drugs are very unhealthy so I do not want to ever use them. I am making this promise to myself and my teachers, my parents and Officer Cardinal.

D.A.R.E. ESSAY

I am writing an essay, It's about D.A.R.E.,this is about drugs,alcohol and tobacco. In this essay you will learn about the most important things that you couldn't even learn ANY place else. The best person that you could learn D.A.R.E. From is Officer Cardinal.

After going through with the D.A.R.E. Program, I have learned a lot! So,If you are 16 and smoking Tobacco and you get caught, then, you will immediately get in trouble. It is crazy for people who smoke tobacco! If you want to have yellow teeth and stinky breath then that's what you will get from tobacco! If you try Marijuana just even a little then you might have a chance of getting cancer. When you smoke Marijuana you will be addicted! I can't believe somebody would smoke,that's GROSS!! When your in a car with somebody who's been drinking. Their not only in danger but you are to! If your in a car and somebodies either drunk or has been drinking,than your putting yourself in danger. It sounds like...if you got in a crash,then that's a trip to the ER!

If you smoke then you will have upper respiratory problems. I could not believe my ears when I hear that somebody would even dare try tobacco. Marijuana will cause you breathing problems like, Asthma or you could have a chance of death. If I were that person I would just not even try because there would be problems that I haven't had before. Alcohol will make you lose some of your self-control and there's a 50% chance of death. If they were me and took D.A.R.E. Class then they would know what alcohol does to you, if you didn't take D.A.R.E. Then you are probably one of that 400,000 people.

Lets say you drink alcohol and your old enough and you mix the alcohol with your medicine,then your in danger! I don't think that somebody would do that,but somebody might. Marijuana could affect your brain and body like,you could have short-term memory loss. I would never try marijuana and I wouldn't want anybody else either! If you even TRY tobacco,this could be you! More than 400,000 Americans die.(you could be one of that 400,000 people.) I definitely wouldn't want to be one of those people and I don't think you would either.

The D.A.R.E. Program has taught me a lot of stuff! Like drugs,Alcohol and staying away from bad stuff. When I grow up I want to be a teacher and in order to do that I have to stay healthy and not do drugs, or smoke. I promise to myself and to my family that I will never get involved with drugs and alcohol!

By:

Kelsea Turcotte

DARE Essay

I just finished the best class EVER! The class is called DARE. It tells you about how bad tobacco, marijuana, and drugs are. An officer tells you about it and she or he comes to your class about once a week. DARE is super fun and it's SUPER educational.

The DARE program taught me how to stay away from drugs, marijuana, and tobacco. Marijuana smoke contains more tar than tobacco smoke. People who smoke tobacco are already doing something bad for themselves, but if you smoke something illegal like marijuana, you're just killing yourself faster! So either way, you're going to go down somehow. Marijuana is illegal in the US. Since marijuana is illegal in the US, if I saw someone with or smoking marijuana, I would call 911 right away! Over 400,000 people die each year from tobacco related causes. Over 400,000 people die each year. That's sad to know and all the smokers that caused that will keep on causing that every year unless they stop.

Mixing alcohol with medicine is dangerous. Since mixing alcohol with medicine is dangerous, if you don't listen and just do it, you could probably die. Alcohol is illegal for anyone under the age of 21. If someone under the age of 21 drinks alcohol, they can mess up their body. Teen bodies are still growing, therefore, alcohol effects them more severely than adults in school and in sports. If a teen drinks alcohol it can SERIOUSLY mess up their growth and if they play sports it will be harder for them to play and stay focused. There are 200 poisons in a cigarette. If you smoke cigarettes you are getting 200 poisons in your body. Smoking causes heart disease. People who smoke have an easy chance of dying because smoking can cause heart disease. Smoking causes breathing problems. People who smoke can pass out easily because smoking gives you shortness of breath.

DARE taught me about all the bad things that drugs, alcohol, and any type of tobacco, can do to my body. I PROMISE to never do ANYTHING like that to my body, and I promise this to my family, my friends, Officer Cardinal, and to myself.

By: Musaab ~~Abu Zaid~~

DARE ESSAY

I just finished the D.A.R.E program. It was taught by Officer Cardinal and I learned to stay drug free. It can be harmful to your body and damage your brain. I learned in D.A.R.E to stay away from drugs and violence. Alcohol is bad and mixing alcohol with medicine is bad too.

After going through the D.A.R.E Program I am so thankful to know everything that I do. The first thing I'm thankful for knowing that marijuana smoke contains 50% to 70% more of some cancer causing chemicals than tobacco smoke. I can't believe people would use this stuff to risk their life on it. I also learned most teens don't drink alcohol. I think that those teens are great for not drinking alcohol and I'm glad I learned that teens don't drink. Lastly I learned smoking is the most common cause of lung cancer. I can't believe that people would smoke and don't care about what they're doing to themselves. I'm glad that I learned that smoking is bad.

Mixing alcohol with medicine is dangerous. I think it's so dangerous to be mixing alcohol with medicine and you could hurt your body. I learned this in D.A.R.E class. Per serving, beer, wine, and liquor all contain about the same amount of alcohol. I think people who drink all those kinds of drinks and it's really bad for them and I learned this in D.A.R.E Class. Teen bodies are still growing there for alcohol affects them more severely than adults in school and in sports. I think it's so dangerous for kids or teens to be drinking that stuff and it affects them.

Marijuana users have an increased risk this in of cancer. It's so gross to think people would risk their lives to use it. I learned D.A.R.E class. Marijuana can be addictive. I can't believe that people would start to use it and that it can be addictive. Smoking marijuana causes breathing problems. I'm so surprised that people would use it to stop their breathing and I learned this in D.A.R.E class.

I learned in D.A.R.E class that if you smoke a cigarette that you can't do as much as you used to be able to do. I want to be able to do more than other people that smoke. I promise that I will not smoke or use drugs because I want to be a hair stylist when I grow up.

BY: Kayleigh Thoroughgood

D.A.R.E

Drug, Abuse, Resistance, Education. A program with a real police officer, her name is Officer Cardinal. A great ten weeks, but we only had D.A.R.E once a week on Mondays. So now that I'm almost done I'm going to tell you what I've learned and express my feelings.

I'm happy that I learned about tobacco because now I can tell my friends not to use it. I learned that if you use tobacco and play sports you could breath in the smoke and you could get short term memory and dizziness. I play sports so I don't want that to happen to me or my teammates, I really hope it stops because I don't like it. What I also learned that tobacco has about 200 poisons in it. I don't get why anyone would put poisons in tobacco, I mean a lot of people probably don't know that there's poisons in them, so there pretty much drowning themselves in poisons. I feel so very bad! All adults are legally allowed to drink alcohol at the age 21 and over. I still don't get it just because your 21 you don't have to drink alcohol.

I've learned a lot from Officer Cardinal. So here are more facts to keep you safe and healthy, also to keep you away from drugs and violence. I've learned that if you drink alcohol and then go to school it could affect your school work. If you'r still in school, do you really want bad grades or get suspended. The next thing I learned is marijuana is a very bad drug that causes lung cancer. Do you want this to happen to you? Well if you don't, don't use marijuana or any other drugs. If you want to use or use tobacco I just wanted to tell you that you might die because 400,000 people die each year. I don't want tobacco to be around anymore, because I don't want to hear that people died from tobacco. I don't like it!

Cigarettes contain nicotine a very powerful substance that causes addiction. I don't think nicotine should be used. I feel sorry for the people who are addicted! There is more (tar) in marijuana than tobacco. Why do people put tar in things anyway? It's non-sense!! Did you known 3,000 non-smokers die each year from lung cancer? I don't smoke, I don't want to. I definitely don't want anyone else to have cancer.

D.A.R.E has been such a great help to me and my family. It was really fun. I want to do it all again. I hope who ever reads this listens to all these facts and doesn't smoke. I promise to always stay drug and alcohol. I make this pledge to my family and Officer Cardinal. THANK-YOU D.A.R.E and Officer Cardinal!!!

By,
Sierra ~~Sky~~ Dawson

Drugs, alcohol, marijuana and inhalant. All things I learned about in D.A.R.E. In this story you will learn how to avoid drugs and violence, you will also learn whats out there. And finally why D.A.R.E can help all people .

Alcohols can damage every organ in your body. I would have never known that if I didn't have D.A.R.E! D.A.R.E makes me feel so lucky, because before I had D.A.R.E I didn't even know that cigarettes are the leading cause of lung cancer. If you didn't know how would you feel?

I learned how to avoid drugs and violence because of D.A.R.E ,you could do healthy things instead of drugs, like baseball or basketball. If somebody offers you a drug or cigarette say your parents would ground you for life, this is called blaming your parents. There are other ways to be in control like giving the cold shoulder. That is when you turn around and say nothing to them .you could also use humor make a joke, say someone offers you a beer you could say"i need to speak English latter not drunkinees." If all else fails do a skipping CD which is repeatably saying no.

It is important to stay drug free and avoid violence because drugs and violence because they can kill you. I don't want to die and I do NOT know any one who does. Plus if your dead you cant DO anything so whats the point. For example, say you have been doing drugs your whole life. Then on day bam your dead. The scientist will know why, because of drugs. Also being around people who are doing drugs can put your self in danger . People who drink are more likely to start a fight or get into an accident.

What did you learn from this story ? Well I will tell you what I learned from D.A.R.E, I Karisa Leigh DuMaine will never pick up a drug or anything else bad I learned in D.A.R.E. In the honor of my family and my D.A.R.E officer, Officer Cardinal.

By Karisa DuMaine

WHAT D.A.R.E. MEANS TO ME?

HI I'M BRADLEY. I learned a lot from the D.A.R.E. program and I learned that Smoking causes heart disease. There are 200 known poisons in cigarettes. Smoking is the leading cause of death. Cigarettes can cause lung cancer. I also learned that smoking causes the health of your friends and family at risk. Did you know that about 3,000 non –smokers die because other people's smoking. I did learn alcohol slows down the brain and the body. It is dangerous to mix medicine with alcohol. This could kill you. I'm glad that I have the D.A.R.E. program to learn about these things. I promise to try to stop other people from smoking. I promise to avoid smoking, alcohol and drugs and stop violence and live a healthy life 😊😊😊

D.A.R.E IS GREAT

I just finished a DARE program with officer Cardinal. We learned a lot about not smoking cigarettes and marijuana and drinking alcohol. I know this is bad for grown-ups and children. We learned by being drug-free. We will have a good life.

The D.A.R.E. Program was very helpful and I learned a lot about making good decisions. Officer Cardinal taught us that smoking marijuana is bad for you. Did you know marijuana has more nicotine than cigarettes? Still, cigarette smoking is very bad for you. You can have breathing problems and may not be able to think clearly. I know when people blow smoke in my face, my eyes hurt and it's not a good smell.

I'm glad that the D.A.R.E. program is in our school and it is good for you. I learned a lot of information in the program.

In the D.A.R.E. Program, I promise I will not smoke and drink anything at all. I promise you that I will live a good and healthy life.

D.A.R.E ESSAY

Wow! That was an awesome D.A.R.E class. In this essay I will tell you my feelings about D.A.R.E class. D.A.R.E stands for Drug, Abuse, Resistance, Education. It is taught by a real police officer. Her name is Officer. Cardinal. We had D.A.R.E every Monday. We had it for ten weeks. Now read this essay because I'm sure you will love it.

I have learned a lot of things in D.A.R.E And I'm glad that I have the knowledge of those things. Too much alcohol can slow down the brain and body and lead to coma or death. Why would somebody risk their lives to drink alcohol when you could be doing healthy things and not risking your life. Then I learned that tobacco affects your body's development. I don't know why you would want to affect your growing because you need to grow. The last thing I learned is that there is more tar in marijuana smoke than in tobacco smoke. I'm so glad that we got taught that smoking marijuana is wrong from our D.A.R.E officer. I hope people that do that stop.

The first thing I learned is that marijuana smoke contains 50% to 70% more of some cancer causing chemicals than tobacco smoke. I can't believe people want to give themselves cancer. Alcohol can damage every organ in your body. You need all of those organs to live, people wreck their organs. That is crazy to me! Lastly I learned that smoking is the most common cause of lung cancer. You need lungs to breath so why would you ruin them.

Alcohol is illegal for anyone under the age of 21. I'm so glad that I can't drink because it is bad for you. Marijuana is a bad drug that I don't like because it makes you violent and it's hard to be drug-free. Lastly I learned that tobacco can be dangerous. That is a bad thing because you can't live a long and healthy life.

D.A.R.E. Has taught me many things about alcohol, marijuana, and tobacco. I want to be famous one day so I promise that I will never misuse anything that could kill me. I will make a pledge to myself, my family, and Officer Cardinal that I mean it when I say this, I will never do marijuana, tobacco, and alcohol.

By:

Morgan ~~Komproy~~

D.A.R.E Essay

I just finished an amazing class called D.A.R.E. I'm going to tell you all about it. Officer Cardinal taught us all about D.A.R.E. She taught us how not to do drugs.

Marijuana is illegal in the United States. I'm glad marijuana is illegal because the USA could be more polluted. Most teens don't drink alcohol. That is good because teens are still growing. There are 200 known poisons in cigarette smoke. Why would someone put 200 poisons in their body?

I have learned in D.A.R.E that I can stay drug-free and avoid violence. Approximately 3,000 nonsmokers die of lung cancer each year of breathing other peoples smoke. If you smoke, you're killing someone else. Cigarettes contain nicotine, a powerfully addictive substance. So if you smoke you never want to stop so I don't smoke. Alcohol can damage every organ in your body. If you drink you are pretty much hurting or killing yourself.

Smoking marijuana causes breathing problems. So if you want to breathe don't smoke marijuana. Alcohol slows down the brain and body. If you're a sports player and you drink you must be pretty slow. Marijuana can be addictive. So once you start you never want to stop.

In D.A.R.E., we learned how to stay drug free. We learned not to smoke because of how it could hurt or kill us. The best part of D.A.R.E. was learning how to get out of situations like smoking. You should never smoke because it would ruin your life.

I, Dean [REDACTED], promise to myself to stay drug free because I want to stay healthy.

DARE essay

Hi my name is Keegan and I take a very special class called D.A.R.E which stands for drug, abuse, resistance and education. It teaches us about drugs and violence and teaches us why we shouldn't do drugs.

DARE has taught me many ways to avoid drugs and violence. My first fact is that there are over 200 known poisons. I really hope people know that so they can stop. Another fact is that smoking is the leading cause of cancer in our country. If people know that then I wonder if they are trying to stop. Smoking affects the upper respiratory system. I really hope no athletes smoke because they will get fired and won't be able to play.

DARE has taught me that tobacco kills more than 400,000 people a year. If people know that it kills more than 400,000 people a year then why do they still do it? Smoking causes shortness in breath and dizziness. I bet that athletes who smoke got fired because they had shortness in breath and got dizzy a lot. Approximately 3,000 nonsmokers die each year from people who smoke around them each year. People who smoke need to stop because they will kill their loved ones. I think it is important to stay drug free because I really like playing football and if I do drugs then I won't be able to play football and any sport. Smoking contains poisons and I really don't like poisons so I am not going to put it in my body. I am not going to do drugs because then if I do the people who give it to me could have a gun and I really don't want to get shot.

These are all the reasons why I am not going to do drugs and I promise to avoid violence and not to do drugs. This I swear to my family and to Officer Cardinal.

By Keegan Johnson

My DARE essay

I have been taking a class called D.A.R.E. And it teaches to avoid drugs and you should NOT to drugs and how unhealthy it is to do drugs. today were learning about how some people lost there friends by alcohol. I will never drink alcohol and never smoke in my life,it can affect your body badly,you can get shortness of breath and short term memory loss by alcohol,and if you drink way to much you can get really sick from alcohol. Some teenagers drink alcohol.

We learned about tobacco in our first class, and we did a fact sheet for tobacco first we did was is what we learned its illegal to sell tobacco to anyone under the age of 18 and chewing tobacco can cause mouth cancer, lung cancer, and kidney cancer and what makes all that happen is the 200 poisons in tobacco. Why can't people chew gum instead of chewing tobacco? But what makes tobacco so addictive? The substance is called nicotine it is a substance in tobacco that makes it so addictive.

There is another reason not to do drugs and it is alcohol. Beer and wine or any other drinks with alcohol is the same amount of alcohol you should never drink or drink too much.

Then the next week we learned about marijuana it has more tar then tobacco the worst in my opinion is in marijuana smoke, it has many poisons and it has a chance to cause upper respiratory problems. And there are many poisons in marijuana. It very important to never smoke in your life you can do many other things in life like playing baseball, going to a skate park/roller blade and go hang out with friends that don't smoke

I would never smoke if someone asked me if I wanted one I would walk away. very important that kids or adults should never smoke in your life it can effect anything in your body so anyone that doesn't smoke that you know will say no to smoking and anyone else will I promise to everyone I know I will NEVER smoke or do drugs by dare it has showed me what will happen if I smoke and I told my friends what I learned that don't do D.A.R.E. And it changed the life track of his life. D.A.R.E. I think is the best class in the year and the most messages of your life and others life. it was fun taking this class I had a great time and a great lesson.

by James
~~over~~

I just finished a fantastic class in D.A.R.E. I learned so much about alcohol and drugs. I am so glad that we had D.A.R.E officer Cardinal is the best officer. I learned so much in D.A.R.E.

People who use tobacco and play sports are crazy and I can't believe that they would do this. Marijuana affects your ability to judge distance, speed and reaction time. These are important in sports or even riding a bike. Who would do marijuana and ride a bike or play sports? I can't believe it! Tobacco causes yellow teeth and smelly breath. I can't believe that people use tobacco because it causes smelly breath and yellow teeth. If you are with others and you are drinking, there is an increased risk of injury, car crashes and violence. I wouldn't drink and drive with a person in the car in case of an injury. Marijuana smoke contains 50% to 70% more of some cancer causing chemicals than tobacco smoke. I don't know who would smoke marijuana when the smoke causes cancer.

In the United States it is illegal to sell tobacco products to people under 18. I don't get it! Mixing alcohol with medicine is dangerous. Who would mix alcohol with medicine. I can't believe it! Smoking causes shortness of breath and dizziness and chewing tobacco causes dehydration. I can't believe it. It can be hard to play sports if you use tobacco. I can't believe people who use tobacco if it causes shortness of breath.

During D.A.R.E. I learned so much about drugs and alcohol. I wish I had more D.A.R.E I learned so much stuff that I never knew before. 3,000 non-smokers die from breathing in cigarette smoke. I make this pledge to my family, to myself and to Officer Cardinal.

by
Dominic [REDACTED]

D.A.R.E ESSAY

MY name is Garret Whitney and I am writing about a class called. D.A.R.E. D.A.R.E is important to people all around the USA. It keeps you away from... If you want to know the ending of that sentence you have to read the essay. Hopefully you will like it. I'll give you a hint its in all of the paragraphs.

After having my D.A.R.E teacher Officer Cardinal teach us D.A.R.E, I learned what to do and what not to do. I was glad to take D.A.R.E because now I know that cigarettes contain 200 poisons! When you take D.A.R.E you learn what marijuana is and that it is illegal in the U.S.A and probably some other countries too! You also learn that marijuana and cigarettes contain a little tar in them! I wonder what their lungs looked like.

I think D.A.R.E helps you because I wasn't even thinking about this stuff until now. I'm glad I know how bad these things are for you. I like taking D.A.R.E because I didn't know that cigarettes have poisons in them and tar. I am glad that D.A.R.E is even a class in school. If I didn't take D.A.R.E I might get into fights with the people I hang out with and they might get in trouble.

I'm glad I don't take drugs because I would probably get hurt and get in bad situations. I'm glad I don't like to get into fights because a lot of things could happen and I mean bad things could happen. The only drugs you should take are the ones that are used for medicine or the ones that your doctor gives you, if you see someone that is younger than 21 years than you need to call the cops or their parents if you know them.

I promise that I will NEVER take drugs and NOT get into violent situations so I make this pledge to my family, friends, and Officer Cardinal.

BY,
GARRET
WHITNEY

D.A.R.E ESSAY

I just finished a fantastic D.A.R.E program. We were learning about drugs. The program lasted 10 weeks. I will never forget those 10 weeks. Our D.A.R.E teachers name is officer Cardinal. Officer Cardinal told us what to do and what not to do and why we should be drug free. I'm going to be talking about how I felt about the D.A.R.E program.

The D.A.R.E program taught us a lot about drugs. Alcohol is illegal if you are under age in the United States. I can't believe that people drink alcohol if they under age in the United States. Marijuana is illegal in the United States. If marijuana wasn't illegal even more people would use it and the population would decline. Tobacco contains more than 200 poisons. I can't believe people smoke tobacco if it has more than 200 poisons.

If you are with others who are drinking there is an increased risk of injury and car crash. Too much alcohol can slow down the body and lead to a coma and death. I would never want to go into a coma and die. Alcohol can damage every organ in your body. I would never want to damage every organ in my body.

Smoking is the most common cause of lung cancer. I would never want lung cancer and I would not want to smoke. There are 200 known poisons in cigarette smoke. I would never want 200 poisons in my body. Smoking can affect you in sports. I play a lot of sports so I would never want to smoke.

During D.A.R.E I've learned so much and I'm really thankful to know a lot about drugs. I'm a person who wants to play a lot of sports and I want to live long. In order to live long I, Connor promise to my family and Officer Cardinal that I will always stay away from drugs.

By: Connor ~~Johnson~~

D.A.R.E. Essay

By: Caitlin [REDACTED]

I just got done learning about how to stay drug free. Now that the D.A.R.E. Program started I don't want it to end. In the story below you will find most of the facts that I've learned in D.A.R.E.

I learned that alcohol is illegal for under the age of 21. Some people that are under the age but they drink any ways, that is crazy! Teen bodies are still growing then for alcohol can affect them more. If you play sports then you can get shortness of breath and then get dizzy. Mixing alcohol with medications is very dangerous. That means if you take pills and take then with alcohol that is very dangerous. So don't do it.

I also learned that too much alcohol can slow down the body and lead to coma or death. Who would want to get coma or die? That is crazy! If you are with others who are drinking there is a risk of injury car crashes and violence. That means don't be around others who are having more than two beers. Most teens don't drink alcohol. A lot of teens drink but most teens don't.

I also learned that marijuana can be addictive. Marijuana can be addictive because it has nicotine in it. There is more tar in marijuana smoke then tobacco smoke. I can't believe that it has tar in it that is crazy! If you smoke marijuana you can get short term memory loss. I would never want to get short term memory loss and I don't know any one who would.

I learned in D.A.R.E that if you smoke or use drugs you will never live your life long dream. I am so glad that I went through the D.A.R.E program. I promise that I will not smoke or use drugs because I want to become a vet.

D.A.R.E Essay

I just finished an amazing D.A.R.E class. D.A.R.E stands for drug abuse resistance education. It teaches you to stay away from drugs and what drugs can do to your body. D.A.R.E took 10 weeks to complete but it was totally worth it. My teacher for D.A.R.E was Officer Cardinal she did a fantastic job teaching us about drugs and what they can do to you.

I feel very thankful about the D.A.R.E program because it helped me stay away from drugs and knowing what is in them. The first thing I am very thankful for knowing is that smoking is the leading preventable cause of death in this country. Every year about 400,000 or more Americans die because of tobacco related causes. That is outrageous why would you buy cigarettes do you know that you could die. Second thing is why do people do marijuana, tobacco and alcohol? Do you know it is poisonous it can kill you. You could get so many problems because of chemicals and drugs. Last thing is there is more tar in marijuana smoke than in tobacco smoke. Do you want tar in your body? People do not know that there is tar in marijuana which is the pavement. It can make your lungs gray.

D.A.R.E can help you stay drug free and avoid violence. First thing is warning labels. All over cigarette packs there is warning labels but people don't read them. I am so mad because of that. If I was ever president the first thing I would do is take away tobacco, alcohol and other drugs. Second thing is D.A.R.E can help you. D.A.R.E is a way to not smoke when your older it tells you ways to be drug free and avoid violence. If I could I would put D.A.R.E everywhere at every school around the world. That would be healthy to all those people it would probably stop smoking and drugs. Last thing is alcohol. Alcohol can seriously injure you or kill you it is very affective and dangerous.

It is important to be drug free and avoid violence because your body needs to be healthy or it will not work. First thing is alcohol is affective. Alcohol is dangerous it doesn't just affect you it affects people around you too. Let's Say if you're in a car and the driver drinks alcohol he could crash not only it is going to hurt the driver it can hurt you too. Second thing is tobacco can kill you. So many people are smoking tobacco and they do not know they are putting their life at risk. Why would people put 200 poisons and chemicals in their mouth? That is crazy to me! Last thing is marijuana is bad for you. Marijuana is illegal in the United States. If you have marijuana you can go to jail why would you want to do

By

Joseph



that.

During D.A.R.E I have gotten so much information because of Officer Cardinal. I promise to stay away from drugs because I want to live a long happy life. I make this pledge to my family, friends and Officer Cardinal.

D. A. R. E. Essay

Do you think you want to do D. A. R. E? I just graduated and I know not to do drugs or drink. We learned about drugs and alcohol and how they affect your brain and body. Then we learned how to stay away from drugs and alcohol.

I felt good about the D. A. R. E program. Marijuana can affect your brain and body and can cause short term memory loss. Marijuana is illegal in the U.S.A. When you are being with a group of people that do drugs you should stay away from them or say no to them if they offer you any drugs. Mixing alcohol with medicines is a dangerous thing to do. If you drink alcohol and marijuana you would not be able to think straight.

It is illegal to sell tobacco to anyone under the age of 18. I am not going to get in trouble because I know not to buy it, to walk away and to say no to the person that is doing drugs. It would feel good because you would walk away and say no. Marijuana can be addicting to people. I think it is bad that people smoke marijuana and that you can be addicted to smoke

marijuana. One beer has as much alcohol as a glass of wine. I did not know that one glass of wine is as much as a beer.

Alcohol affects the body of a growing teenager more than the body of an adult. I feel that that it is sad that hurts teenagers more than adults. Marijuana contains 50% to 70% more of some cancer causing chemicals than tobacco smoke. I feel that people that smoke marijuana are people who don't think about their bodies. Tobacco has over more than 200 known poisons in it. I think that if people smoke, then they cause people to die because of their smoke.

I liked D.A.R.E. because it was fun. We learned not to smoke or drink. Officer Cardinal was the best D.A.R.E. officer ever. She was nice and she knew what she was doing. I am thankful that we have D.A.R.E.

I, Kiara ~~Bume~~, promise to never do drugs or be around people that do!

D.A.R.E CLASS
By Tyler ~~Correll~~

After going through dare class I learned not to smoke because it has 2,000 poisonings in just one cigaret. It can kill you and you could like kill your lungs and you could possibly have lung cancer. I also learned not to drink alcohol because it could ruin your teeth, and your breath will smell. I also don't want to smoke because I want to play sports and if I do smoke I won't get to play sports because it will be hard to breathe and I will black out. What I learned in the United States, is that if you smoke under 18 it's against the law if you smoke.

Smoking causes heart disease, I think it's crazy that people give themselves heart disease. Smoking is the most common cause of lung cancer, don't smoke because it will make you happy. This is important because your body is still growing and changing.

I am very thankful for Officer Cardinal's time visiting us. I'm so glad she came because I know if you drink you could go to jail and you could possibly die because you could drunk drive which is really illegal. I promise to not drink or smoke because it's bad for me and you. I promise this to my my mom, step-dad, dad and grandparents.