

# My D.A.R.E. Report

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The D.A.R.E. program teaches students how to make safe and responsible choices. This year, I learned these lessons with the help of Mr. Kinney. He showed us how to think carefully before making decisions and how our choices can affect our future. One of the most important things I learned about in D.A.R.E. was learning about the decision making model. This was a very important key in this program because it helps me in everyday life and will continue to help me for years to come.

Throughout D.A.R.E., my officer Mr Kinney taught me that my choices can shape my future. I learned how drugs and alcohol can affect the body and brain. Not only that, but also affects goals and relationships. Before D.A.R.E., I didn't fully understand how serious the consequences can be. D.A.R.E. has also taught me how to recognize peer pressure and how to handle it in a confident, responsible way. Throughout these lessons, I've learned that I do not need to follow others to fit in, and making my own safe choices is important. I now understand that being responsible and thinking ahead will help me stay safe and healthy, and successful as I grow up.

The D.A.R.E. decision making model will help me whenever I am faced with a difficult choice. Instead of reacting quickly, I can slow down and think through the steps, define the problem, assess my choices, respond carefully, and evaluate the outcome. By following these steps, I can make decisions that are safe and thoughtful. I have already used this model when I feel unsure or pressured, and it helps me think about the consequences before I act. This process also helps me consider how my decisions affect the people around me, and using this model will continue to guide me toward making positive and responsible decisions in school, friendships, and everyday life,

I plan to use what I learned in D.A.R.E. to make safe, responsible choices as I grow older. When I am faced with situations involving drugs, alcohol, or peer pressure, I will remember the lessons about staying drug free and protecting my health. I want to choose friends and activities that support positive decisions and keep me on the right track. The skills I learned about confidence and saying no will help me avoid risky situations and stand up for what's right. I think about future goals before making future goals before making choices, so I do not do anything that will harm my opportunities using what I learned in D.A.R.E. will help me stay safe, make responsible decisions, and become a good role model for others.

In conclusion, in D.A.R.E I learned how my decisions can affect my future relationships, and my health. I also learned how to use the D.A.R.E. decision making model to think carefully before acting. Overall, the lessons I learned in D.A.R.E. will help guide me as I get older and face new challenges. As I move forward, I will continue to use what I learned to make smart decisions and stay on the right path. Because of D.A.R.E., I feel more prepared to face challenges and choose a healthy future.