

Drug **A**buse **R**esistance **E**ducation

By Tucker M

D.A.R.E. means a lot. It means Officer Jeff is going to lay his guitar and we're going to learn what drugs and alcohol do to your body.

I like Officer Jeff because he plays the guitar and he throws pencils at you if you get an answer right. Here are some examples: What's my wife's name? Answer: Ilene. What's the definition for drug? Answer: any substance other than food that affects the way your mind and body works. What are my hobbies? Answer: hydroplane, golf, and helicopter.

Another thing Officer Jeff taught me was about how self-esteem is like a balloon inside you. If you got 100 percent on a test the balloon would get bigger and if you got detention it would get smaller.

I learned about cigarettes and that 400,000 people die a year from smoking. There are 200 known poisons in each cigarette. Approximately 3,000 people die a year inhaling smoke from a cigarette. I'm never going to smoke!

Officer Jeff taught me what assertiveness is, it is a way of telling someone your rights while still respecting their rights. That means he doesn't want you to be demanding and he doesn't want you to be unsure, he wants you to be confident.

I also learned what stress is, it is any strain, pressure, or excitement felt about a situation or event. Stressors are situation or event that causes stress.

Another thing I learned is what media is and it is any means of communication that reaches or influences people. Some examples are TVs, computers, newspapers, and radios.

Other things Officer Jeff taught us was pressure, any force or influence that acts on a person to do something. Peer pressure is pressure from someone that same age. There is also violence which is any destructive action directly towards things both living and non-living.

I really liked D.A.R.E. and I'd really like it is we could do D.A.R.E. longer.

I promise that I will never do drugs, drink, or smoke ever!