

## DARE ESSAY FALL 2007

By

Stacey S

I have a few things that are bad to get involved with. One of them is tobacco. It is illegal to sell tobacco to anyone under the age of 18. Cigarettes contain nicotine, a highly addictive substance. Also there are more than 200 known poisons in tobacco. Smoking can cause disgustingly yellow teeth and bad breath.

Another one is called marijuana. Marijuana smokers have more colds and upper respiratory problems than a normal person who doesn't smoke marijuana. There is more tar in marijuana smoke than in tobacco. Marijuana can affect your brain and body. Marijuana smoke contains 50% to 70% more of some cancer causing chemicals than tobacco smoke.

The last one is called alcohol. Alcohol can go directly in your bloodstream and can increase your risk for a variety of diseases. Alcohol is illegal to anyone under 21. If you mix alcohol with medicine it could be dangerous.

All the facts that you have heard are what I've learned from DARE. (except the part about alcohol, I learned that from my mom)