

Evelyn Canny  
Ms. Bryant  
Wilson Elementary

### **D.A.R.E to be a Leader**

A leader is someone who sets a good example for others and you need to be respectful and trustworthy to others. You need to show the people what to do and demonstrate responsibility. You also need to show respect to others. You need to stop them if they are trying to bully someone and make the decision and help anybody.

You should make responsible and safe decisions for yourself and others. If there is any bullying you should use the 5 w's you need to ask who was bullying you? What happened? When did this happen? Where did it happen? Why did this happen? Sometimes when you are a leader you will run into some risky situations. You need to ask yourself how do you know that is a problem? Then after you think about that question you need to ask yourself why that question is important. If you are someone who has gotten bullied or has witnessed bullying you need to report it to an adult or a teacher.

In Dare, I learned the DDMM strategy. This strategy is Define the Problem or Challenge, Assess your Choices, Respond and Make a Choice, and finally Evaluate the Decision you made. Now you decide the two safe ways to report things. Make sure that the way you decide to report it is a responsible decision. To define the problem you are going to describe the problem, challenge, or opportunity. To assess you are going to ask yourself, what are your choices? What are the consequences of each choice? To respond you make a choice, use facts and information you have gathered. To evaluate you have to review your decision then ask yourself did you make a good choice?

In DARE, I learned when people express their thoughts and feelings with each other that is called communication. When you communicate effectively that means that you are learning better ways to communicate with others. Whenever you have to fix a situation, you will have to define, assess, respond and evaluate the problem. When you define you need to ask yourself if it's a problem. When you assess you need to make a choice. What are your two options? Responding means you need to use one of your options, and finally evaluate.

In DARE I learned that there are different kinds of resistant strategies, such as walking away, changing the subject, making an excuse to avoid the situation and finally strength in numbers. All those strategies will help me from doing anything unsafe. If you see anyone doing underaged things then you need to report it to the principal or teacher so they can stop the kids from doing underaged things.

Whenever you are in DARE you have to respect and listen to your DARE officer and your teacher! I feel that DARE is helpful because it teaches kids about what to do in any kind of situation. I learned that DARE is something that is helpful for kids like me.