

### D.A.R.E Poem:

Dare is a treasure lost in yourself  
It reveals itself from a heart that's true  
I have used it throughout the year  
It has helped me conquer my fears  
Life is a path  
And anything that blocks my path  
Dare will break it open  
I treat people kind  
And help people find  
The best kind  
I have learned in Dare  
And that's all I care  
For now, I am safe, and responsible  
I will fight back anything horrible  
The Dare Decision Making Model  
Isn't just a model  
It is the path of life  
And will be throughout eternity  
If there's a problem in my way  
Or a nasty price to pay  
I will use Dare in every way

### D.A.R.E Essay

How do you make responsible choices? Well, I have D.A.R.E! D.A.R.E provides the best solutions to any problem. It has helped me conquer my fears, and allowed me to make the right choices. It has taught me that if there's a problem in your way, don't fear. Think wisely and vanquish it.

If I could tell you anything I learned in D.A.R.E it would be that tobacco and alcohol can give disastrous effects on children or teenagers because of their youth and because they are still growing. I learned that they can cause many diseases and can damage the heart organs and teeth. They can also slow down parts of the brain and cause memory loss. Tobacco can reduce the amount of blood that flows to the brain and chewing tobacco can cause, mouth cancer. Tooth loss, and can yellow your teeth to cause bad breath. In this lesson I learned not to use alcohol or tobacco.

My D.A.R.E officer has taught us how to deal with stress and peer pressure. I learned that whenever you get stress, you should take a deep breath and calm down. Some signs of stress are anger sadness, and shyness. Something I do to get rid of peer pressure or stress is I do activities that I enjoy such as biking, swimming and playing outside.

Sometimes in life it's not always you who uses the Dare Decision Making Model.

Sometimes it can be your friends, parents, or even relatives. I can relate to a situation where I got hurt badly and my friends ran and called a yard duty who took me to the office. This situation shows how much my friends care about me. At the same time it also shows the decision my friends made during this situation. Same thing with my teacher and my Dare officer. My teacher provides the best support for me and my classmates. She makes the t=right choices to help everyone.

My dare officer is brave, responsible and very kind. When he comes I feel very safe. My Dare officer known as Officer Bat takes his time to come to our school every day. He teaches us how to make the right choices and how to solve situations. Sometimes we do activities that are fun and very educational. I really appreciate the time and effort he takes to teach us about Dare. I learned a lot in D.A.R.E, and I will definitely use it every time a problem comes knocking at my door.

Dare has taught me alot, and I really appreciate it. I learned that when someone says hurtful things to you, it's not a reflection of you, it's a reflection of them. One day in the future.

Dare will go a long way. When a problem occurs, never fear. Don't think about what it's going to do, think about what you're going to do to stop it.

D.A.R.E song:

Right Choices

Live a life tobacco free

Achieve your dreams piece by piece

Accomplish your goals far away

Work hard day by day

Because you.. Make...the...right right Choices!

Ohh oh.. Woah oh Ohh..

Be safe, responsible and kind

Never fear, were here all the time

Having stress, calm down

You feel depressed, play around

Oh..oh..Woah..oh.ohhh.ohhh

Calm yourself and listen to me

Nothing will stop you from

Achieving your dreams

Ohh..oh..Woah..oh..ohhh

You are the future my friend

Show them you got this

And tell them you care

ABout... Making the right choices

Ohh... Ohhhh

Woah oh ohhh

Thank You Officer Bat for giving me the opportunity to write an essay, poem and song. I learned alot and I really appreciate it. I will never forget what you taught us and will definitely use it in the future (Not part of the essay or poem or song)