DARE Essay

Dare is an amazing program with an impact that’s hard to put into words. In Dare, I learned how to express my emotions, my natural highs, and how to have a bright future that is not sabotaged by drugs. Although, Dare is a program made for fifth graders, it involves serious topics such as drugs, overdose, peer pressure, drunk driving, and bullying. Dare is a program that will change this young generation to eventually change the world for the better and hopefully this essay could help explain the impact it had on me.

Alcohol is a drug that has been accepted by the norms of society ruining and taking young lives full of opportunity and promise to the world. This glorified drug in fact is so accepted by society you have friends and family taking out young vulnerable adults on their twenty first birthday to go and get drinks that contain alcohol. After a long term relationship with alcohol, you start to develop these symptoms: memory loss, permanent damage to vital organs (such as the brain, heart, and liver), and uncontrollable tremors just to mention a few. I, myself, was born with essential tremors. I had to suffer this disability my whole life having to evolve the tremors around the activities I can and cannot do. Let me give you my personal advice: Please don’t do something bad to yourself when you have the blessed chance to avoid it. The Dare program is helping to spread the reality that if you drink alcohol it’s never just one sip, and once you allow yourself to take that first sip it will not go unpunished.
The Dare decision making model is a safe way of making safe and well thought out decisions using these four simple steps.

Define
Assess
Respond
Evaluate

Define the problem what or who is what and why.

Assess how should I react and what are the consequences for what I am about to do.

Respond. Do something about the situation.

Evaluate. What did I do, and did I make the smart decision.

The Dare decision making model or commonly referred to as the D.D.M.M., is a system created to help everyone, and not just fifth grade students to make the right and responsible decisions in a bad situation. It is always better to have that plan and truly thoroughly think through your life choices, instead of saying something and regretting it later. The dare program is about drug prevention, but it’s also about how to keep peace and communicate better with each other, and with the DDMM we can.

Gateway drugs are drugs that are commonly introduced to minors to form bad habits and eventually evolve into more strong more addictive and more dangerous drugs. Gateway drugs include marijuana, alcohol, and prescription painkillers. I am prescribed to a painkiller; my dad is prescribed the same type of prescription painkiller, but his pill is three times as large as mine. Our doses are adjusted to our height and weight it puts in perspective. It’s not made for 170 pound teenagers… it’s made for 200-300 pound women and men. When people get used to
gateway drugs, their body becomes used to it, and they start to want a stronger substance like meth, heroine, or cocaine to get the high that they think they need, and they’re so out of it they think it’s right. It is hard for me to see states in this country legalize the drug marijuana, opening the door for young Americans trying to have a good future get sucked into the terrible world of drugs. The government is trying to make marijuana like alcohol or cigarettes. They are trying to make it accepted in our society so they can tax it, but we kids hold the future. We have the power to turn this country around, and Dare has shown us this power.

A natural high is something you enjoy doing. It gives you that adrenaline rush of pure joy, something you do and you never want to trade it for anything else. It’s a safety net, something that tells you that you do not need drugs to feel good. My natural high is making the world a better place. I have always been obsessed with testing societal norms. Thinking about the way society works and thinking why is the world the way it is. I have always thought of the world differently than many people. I see a lot of things differently than many people. I love to lead people, and to speak words of fire. Words that have an impact and mean something that you’ll remember. I love to say something that will make you look at the world differently. When I grow up, I want to be a Politician. That will be my outlet: to speak up and to speak my words of fire – my opinions, my views, and my picture of the world. My natural high might not be a sport or entertainment related, but it is something that makes me happy, a sort of happy I can’t get with drugs.

The Dare program taught me about communication styles. You want to be confident, but are you sure that’s the message you are really sending? Sometimes you are trying to be confident, but you end up giving the message that you’re shy – like if you are quiet or slouched. If
you want something or you want to tell somebody something, you need to be confident. Maybe you could be overly confident to the point where you’re demanding something from someone or you act rudely. The thing is, you can’t demand respect, and that won’t get you anywhere. You need an attitude that’s natural and friendly but is not shy. The Dare program helps us with social skills we need in life and ones we need to make this society better.

**Bullying:** The form of repeated torment of a human being from a human being; verbal or physical. Both bullying, not one above the other, the disregard of another’s feelings, but then there is the witness. There are two types of witnesses, the ones who do something and the ones who will not do anything. As for the one who will not do something or tell someone, they are just as bad as the bully. They are just wearing a thin vale of “not my problem” or they’ll work it out, but in my book, that’s not acceptable and will never be. Last year I was bullied pretty bads with the words “fat, ugly, and the one – frankly because I am disabled – weird”. Those labels to the rest of the world were all that I was, but I am not. It’s just a thin paper wrap with those words scribbled on it. I am way more than that once you take the time to rip it off. If you were to ask someone how bad it was, even they would say it was bad. The thing was, if you know it was bad, then why didn’t you do something? This year I got a second chance. Now whenever I run for a grade in gym, most people cheer for me. This year I am not bullied. Please do this world a favor: if you see someone get bullied, do something.

I am thankful to the Dare program and all of the Dare officers that take the time out of their day to come to schools and educate children of the dangers of the drugs. The Dare programs impact will stick with me forever. Thank you for giving me my chance to DARE.