

Dare Essay Examples – Paragraphs sticking to the topic sentence

There are four main steps in the D.A.R.E. Decision Making Model. The first step is to define the situation by describing the problem, challenge or opportunity. Then, access the choices by gathering facts and looking at potential outcomes. Third is to respond by making a choice using the facts, information and outcomes you assessed. Finally, evaluate by reviewing the decision, asking if I make the best choice and what I could do better if faced with the decision again.

It is important to learn how to say "no" to drugs, alcohol and violence, because they can harm you physically and mentally. They can ruin your life and make you miss opportunities of a lifetime. I plan to be a paleontologist and will need to be physically strong to travel around the world and spend months or years excavating archeological sites. Marijuana is addictive and makes it hard to concentrate. I want to be good at my job. Marijuana has chemicals in it that increase my chance of getting cancer, and it is also illegal not just in the United States but a lot of other countries, too.

Peer pressure is when someone pressures you to do something you don't want to do, or something you know is wrong to do. Peer pressure is something that every student experiences at some time. I have felt it in class and at recesses. I can remember feeling pressured to choose between picking a good friend to be on my team or picking other people who were better players. Everyone kept shouting at me to pick the "best" players. I wanted to be a good friend, but I felt everyone was pressuring me to do what they wanted me to do. I knew that my friend wasn't the best player, but it would have been embarrassing and disappointing for him if I didn't pick him first. Not letting him down was more important to me than winning a game, so I chose my friend. It wasn't a matter of life or death, it didn't involve drugs or alcohol, but it helped me understand that peer pressure is something that can influence me if I don't remember what is important.

Stress was one of the things Officer Williams talked about that really stood out to me. I get stressed about a lot of things, one of them being school, and another one of them being my social life and status. If I'm not pretty enough, or if I don't get good enough grades I might become an outcast or get made fun of. After going thru the DARE program and learning about stress and ways to deal with it I am much more calm and definitely not as worried about the silly things like status. Grades are still important and I do want people to think I'm a nice person, but it's not worth stressing out and getting upset over. The DARE Program has helped me to see that my worth isn't in looks, grades, or status. With DARE's help I am learning that my value and worth is found in Jesus Christ and Him alone! He declares me valuable and worthy because of His willingness to die for me on the cross.

