D.A.R.E. ESSAY

INTRODUCTION
(1 paragraph, 4-5 sentences)
My name is ___________________________ and I am in the 5th grade. This year I participated in a program called D.A.R.E. My instructor was Deputy Nick. He is a Deputy with the Monroe County Sheriff's Office. D.A.R.E. stands for.... We talked about topics such as....

BODY
(3 paragraphs)
Pick any 3 of the following topics below. Each topic should be a minimum of 1 paragraph and include details and specific examples about what you have learned, how you are using those skills, and a plan to use them in the future.

MAKE IT PERSONAL

- D.A.R.E. Decision Making Model (flip the flap – double dare)
- Alcohol (Lesson 2)
- Tobacco (Lesson 2)
- Responsibility/Risk (Lesson 3) – Why is it important to be responsible (give example). What are the consequences of taking risks? (give example with positive results; give example with negative results)
- Resistance Strategies (Lesson 4) – What are 5 resistance strategies? When would you use them? Give an example of a time in your life when you had to resist someone. Why did you resist? Did resisting help you?
- Peer Pressure (Lesson 4) – How can I use my influence to positively pressure my friends to make safe & responsible choices while resisting other peers’ negative influence?
- Signs of Stress (Lesson 5) – How does your body feel when you are stressed? What are some actions that might show you are feeling stress? What are some possible ways to relieve stressful feelings in a healthy way?
- Communication (Lesson 6 & 7) – List 3 communication styles. Why is it important to communicate confidently? Why is it important to be an effective listener?
- Bullying (Lesson 8) – What are the 4 types of bullying? (Verbal, Social, Physical, Cyber). What is a bystander? What’s the difference between ‘tattling’ and ‘telling’? Why is it important to report bullying? Who should we report bullying to? What are the 5 W’s of reporting bullying?

CONCLUSION
(1 paragraph AND PLEDGE STATEMENT)

EXAMPLE of Pledge:
I, ___________________________, promise to make wise decisions about alcohol when I turn 21. I also promise to make healthy choices in my life and stay drug and tobacco free. I will share my D.A.R.E. knowledge with my friends and family.
My name is _______________________________ and I am in the 5th grade. This year I participated in a program called D.A.R.E. My instructor was Deputy Nick. He is a Deputy with the Monroe County Sheriff’s Office.

❖ D.A.R.E. stands for...

❖ We talked about topics such as... (LIST YOUR THREE TOPICS)

Make sure your paragraphs include:

☐ what you have learned about each specific topic.
☐ strategies that will support you dealing with these topics.
  *Be sure to include how YOU will personally apply these strategies.
☐ a PLAN to apply these strategies in the future.
**BODY # 2**
**TOPIC:**

Reminder:
Give at least **3 DETAILS**
AND **SPECIFIC EXAMPLES**
to support your topic!

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**BODY # 3**
**TOPIC:**

Reminder:
Give at least **3 DETAILS**
AND **SPECIFIC EXAMPLES**
to support your topic!
EXAMPLE of Pledge:

I, ________________________________, promise to make wise decisions about alcohol when I turn 21. I also promise to make healthy choices in my life and stay drug and tobacco free. I will share my D.A.R.E. knowledge with my friends and family.