

Sophie Kinney

"No" is a fun thing to say in "D.A.R.E." I think the most important skill that I learned is how to say "No". Officer Appel taught us nine ways to say "No".

- avoid the situation.
- get others to say "No" with you.
- walk away.
- give them the cold shoulder.
- say "No" more powerful.
- give him or her a fact.
- change the subject.
- repeat yourself multiple times.
- use humor.

If my body does take in those harmful things I won't be able to do my three favorite activities, skiing, hula-hooping, and singing. When I take in the harmful things I will lose my balance and can't keep skiing. I will have slow reflexes so I can't hula-hoop. I'll have slurred language and will not be able to sing. I want to be able to do all of that stuff, and more.

Over all I found "D.A.R.E." very fun, but educational. We learned the threats of doing drugs, and what it could do to us. We now know that the harmful things won't make you cool no matter who does take drugs.

I pledge on my honor that I will never smoke, drink, or do drugs. I also hope everyone else does too. I promise to make my future safe and healthy.