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D.A.R.E. Essay

### D.A.R.E. to Live Well

I have learned many things in life, but what I have learned in D.A.R.E. is by far the most important. With the knowledge I have gained, my life is put into a new perspective. My number one most important piece of knowledge that I have learned, is that you have to make your own decisions. You cannot go through your life with people always influencing you into bad choices. This is supposed to be the life that you want to live, not somebody else's. In D.A.R.E. I have learned how to make healthy choices, like not doing drugs, or drinking alcohol. Above any other reason, I have learned what it means to live life to the fullest, by not doing things that don't belong in my solar system of life.

When you are uncovering the dark side of life, you can feel like you have been struck with a baseball bat. That's how I felt when my class first started D.A.R.E. I thought up until then that I had a perfect life, in which nothing could ever hurt me, but I discovered otherwise. The day we were learning about bullying, I was trying hard to fight back tears. The way people were being so rude to others made me shudder at the thought. Seeing the pictures of the kids who got bullied, and then committed suicide, pulled at my heart. Avoiding peer pressure is probably the hardest rule for me to learn. At times I feel like I don't fit in, so I try to do things that other people do so that I can be "cool." Since I have been in D.A.R.E., I have figured out that "fitting in" is not always a good thing. I think it is better to even stand out, and just be you. I am all for taking risks, if they are the right ones. I have always wanted to skydive, and that would be a risk that is not stupid, where taking a risk by trying one glass of alcohol would jeopardize my whole life. I just

want people to learn about making the right choices. Don't throw your life in someone else's hands. If you leave your life to someone else, you turn into a robot. Whatever they say, you follow. You take that chance, that one inhale, that one sip, that one pill, will impact you for the rest of your life. Don't throw your life away.

Learning. It can be easy or difficult. But what you make it is your choice, and what you do with your knowledge is the important thing. The thoughts I have learned in D.A.R.E. is key to success in my life. I am planning on having a great education, and I can't do that if I am losing all my brain cells by smoking and doing drugs. My future is one of the most important parts of my life. Since my future is important to me, I won't want to party every night and not graduate because I am too focused on drugs and more. I don't need to be high to have a good life, all I have to do is dream BIG, and reach my goals.

I know how to take life seriously. I didn't think I did, but now life seems like it should be the most precious gift you can ever be given. It's not just, "Oh well, I didn't do my vocabulary." Or "It's just one cigarette." Or "You can't make me stop drinking." It's your entire life that is put in front of you and you want to throw your hopes and dreams away. When watching the video "Meth" is when I had my "ah-ha" moment. I finally discovered that once you take a risk, it could cost you your life. I don't want to end up like the faces of meth. I have been considering the thought of helping people with addictions. My idea was that those people would listen to children, if we say it from our hearts, to please get back on your feet. I want to help people, and I don't want more to be

killed because they tried it one time. People should be helped when they have a problem like addiction, even if they did it to be cool. I know in my heart that I can make a difference, if it was possible. I have been impacted by my knowledge from my D.A.R.E. class, and I want others to join me to conquer all the bad things drugs and alcohol do to people.

Natural-adjective-existing in or formed by nature. That is the meaning of natural, as opposed to artificial, or unnatural. My natural high is...laughter. I love the way it can be like a plague. Once one person starts, it spreads to others and it keeps going until it has been passed on to everyone you are with. And more importantly, it is always finding a way to make it through my body. The way it makes everyone lighten up, and bring life to them is joyous to me. Being happy and getting a good laugh with friends makes me so happy I could shout it to the world from a mountain top! To me, laughter truly is the best medicine for everyone. Laughing is pleasant, and is your friend whenever you need one. Laughter is my high, and not a single drug will ever be equivalent to that.

I pledge that I will never try drugs. Never think of using meth. I never will try alcohol underage. I promise to be drug free for the rest of my life. I will do this, because I am important and I will take care of my health, and well being.