

Just Say NO

By: Kennedy Eastman

Just saying no seems pretty easy, but it is not. So this is why I want to tell you how to just say no. First, if you are in a situation where there are drugs, alcohol, cigarettes, and tobacco, use the D.A.R.E. decision making model! Oh wait a second, I forgot to teach you the D.A.R.E. decision making model! First is D and it means define, describe the problem, challenge, or opportunity. Second is A and it means assess and figure out what are your choices. Third is R and R means Respond, Make a choice, and Use the facts and information you have gathered. Fourth is E, E means evaluate, and review your decision. Did you make a good choice? That is what I always want you to do in a situation with drugs, alcohol, cigarettes, and tobacco.

Now I want to tell you about nicotine. Nicotine is horrible for you in every kind of way. I want to help spread the word around. Nicotine is in tobacco, cigarettes, and pipe tobacco. E cigarettes don't have dried tobacco, but that doesn't mean they don't have nicotine in them. Finally cigars, cigars have a lot of nicotine! If you smoke one cigar it's like smoking a whole pack of cigarettes!

Now I want to tell you about smoking. Cigarettes have nicotine in them like I told you before. Smoking is harmful in many different ways. It can cause lung cancer, and trouble breathing, and that is a fact I can prove with my real life! My grandparents used to smoke. They finally quit, but after doing it for so long my grandpa only has one lung, and my grandma is on oxygen. My grandparents both got Covid-19, but my grandpa got over it quickly. My grandma in other words had to go to the hospital, they had to turn up her oxygen. It was not good, she was there for over a week.

Of Course you have to be 21 to buy these products, but that doesn't mean you should. Making the right choices gets you a lot farther in life! So here are some more ways you can just say no. You can also talk to a trusted adult about under age drinking, smoking, and chewing tobacco. Don't ever get in a car with someone who has been drinking. Finally don't

get in the car with someone who is smoking, because they might have the windows up. That's called second hand smoking, that also leads to child abuse.

So when you come to the point where there is someone using those products, tell a trusted adult, and use the D.A.R.E decision making model. Please make the right choices when it comes to drugs, alcohol, or tobacco. Now you can make the right choice, and have a good path in life. Remember to just say NO!