

I am Proud to be Drug Free!

“Why so serious?” Those are the infamous words from my favorite actor Heath Ledger in his award winning role as the Joker, in the movie Batman. He may have been prosperous in the acting world but his personal life wasn't so successful. He died from drugs in 2008. Heath Ledger was one of my favorite actors until I found out that he used drugs in a harmful way. However, I know my future is going to be brighter than that because I'm going to be drug free!

According to www.dictionary.com, drugs are defined as, “A chemical substance, such as a narcotic or hallucinogen, that affects the central nervous system, causing changes in behavior and often addiction”. I came across some articles on the CNOA website that gave a better explanation on the misuse of drugs. I have realized how this can explain to people that drugs are bad for you and can even kill you. On this website there is information about drugs such as: heroin, cocaine, steroids, and other harmful and fatal narcotics. Drugs have been ruining people's lives for many years. First of all, people think drugs can make a person seem “cool” but honestly they make a person look stupid. At least that's how they look in MY eyes. I don't think people realize how drugs can affect the body. They make a person tired and sluggish, kill the brain cells (which make you unable to do your best in a job or school or even in your life), and drugs also change a person's physical appearance, and I'm not talking for the better!

At my school we just finished Red Ribbon Week. I am so grateful that we have this program because it really helped me to see what drugs are and how they affect your body. During lunch time at school, the students were given bracelets and balloons that had the words, “I am proud to be drug free”. This bracelet showed me how important it is to not to be peer pressured into using drugs. To me it seems as if each generation is getting worse by using drugs as one of their daily activities. The Red Ribbon Week program really makes an impact on even elementary school students by making them aware of the effects and consequences of using drugs.

When a person uses drugs it is usually because they have a problem with their family, self-esteem, or they just want to look cool in front of their friends. You may feel cool for a couple minutes but in the end, you will look back at your life and see that what you had done was absolutely pointless. So honestly think before one of your “friends” tells you to go and do drugs!

All in all, you should not use drugs because it will not help you fix any problems you might have; it ruins your health and overall physical appearance, your ability to do well in school or in life in general, and you DON'T look cool doing it. So once again, I am proud to be drug free, and I am happy to say NO to drugs!

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