

Saying NO to Drugs

"Say NO to Drugs" a phrase we hear every day. We hear it at home, at school, on TV. But for some kids it isn't that easy. Kids everywhere are turning to drugs because of family problems, peer pressure, and influences from adult family members. The only problem is they don't know that by doing drugs, they are killing themselves.

Illegal drugs such as marijuana and cocaine are very harmful to your body. Even legal drugs such as cigarettes and alcohol can hurt you. Long time smokers can develop lung problems, and even lung cancer. If you live with someone who smokes you may be exposed to second-hand smoke. Being exposed to second-hand smoke is worse than being a smoker yourself. Alcohol can do horrible things to your body. If you drink too much alcohol you have a good chance of dying of alcohol poisoning.

Drugs can influence your decisions. When you're on drugs you're not yourself. You make bad decisions and you are a danger to yourself and others, especially while driving. If you are drunk while driving you can cause car accidents and innocent people can be hurt or worse killed.

The next time you see a family member or friend turning to drugs say something to them. Tell them the consequences of doing drugs. If you are the one doing drugs talk to someone you trust and get help as soon as possible. The sooner you stop the longer you'll live.

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8th Grade