

“Say No to Drugs “

By Kaylin Peterson

I feel so bad for Uncle Danny. Do you know why? Because Uncle Danny smoked cigarettes, drank alcohol and used drugs and his wife didn't like it, nobody did. No one wanted to live with him and he had no money so he had to live on the streets. Whenever he got money, he would go to a drug store and buy materials to make cigarettes. Once he came up to my brother and me and he asked us something. He asked us if we wanted to learn how to make a cigarette. We just walked away. We just said, “No” to drugs. Uncle Danny never stopped using drugs and alcohol and he died alone.

Drug use can lead up to very horrific things, including illness, loss of family and friends, loss of your job and home and sometimes even death. I know, it's very scary. Cigarettes can give you lung cancer and make us physically ill. Amphetamines, which are stimulants and can also be called “speed,” can be inhaled, injected or swallowed. They can make functions in your brain and body accelerate. They pump up your heart rate, breathing and blood pressures and they can also cause shaking, sweating, headaches, sleeplessness and blurred vision. Alcohol is the oldest and most widely used drug in the world. It is a depressant that alters emotions, perceptions and senses. Teens who use alcohol usually become psychologically dependent on it. They think they need it to feel good, deal with life and even to handle stress.

Can't you see how destructive drugs can be on your body and life? They can make you dizzy, tired and nauseated, cause memory loss and depression. They can be very addictive and hard to stop using. My dad is a police officer. He taught my brother and me to have good manners and to stay away from drugs and people who try to influence us badly. He tells kids that he sees at work to stay away from drugs because of what can happen to people who use drugs. Drugs can get you into a lot of trouble!

I can try to tell people again and again to stay away from drugs but many won't listen because of negative peer pressure. Peer pressure can get you into trouble just like drugs can. The way I see it, peer pressure can be like a good drug or a bad drug. It can help you or weaken you. My video teacher Mr. Jollif calls peer pressure, “Afrienemy” (a friend or an enemy). We have to make the right choices every day. We can't become a victim of negative peer pressure. I suggest we use positive peer pressure to help others.

So, as you can see, drugs can be very harmful. I hope that my essay can help you realize that drugs are horrible for you and the people around you. I learned that doing something positive can help others and also teach you something. I also learned about the drugs that I talked about in my essay. So, that's my essay. Just say, “No” to drugs, tobacco and alcohol. Because I found that they harm you and can destroy your life.

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