

Dixie Heights High School

Grade 12

Peer pressure. High schoolers deal with peer pressure almost every day. High school is a time for new experiences and challenges which leaves lots of room for peer pressure. I have always had a strong opinion on drugs- I will never engage in any activity involving drugs because addiction is a battle and drugs can destroy a person. However, in highschool I watched multiple of my peers get sucked into the world of drugs. I started to get scared, because sometimes I felt alone, like I was the only one against drug use. Then I stumbled upon Drug Free Club. There were a multitude of people at the meetings who had similar beliefs to me. My parents had always told me the importance of staying away from drugs and encouraged me to join the club. I was relieved to find other people who were also drug free.

Being a part of Drug Free Club gives me a reason to not give in to peer pressure. If someone asks me to join them, I can politely decline and show them my Drug Free Clubs of America card showing them I choose to stay drug free. Drug Free Club also showed me how many people deal with addiction and how sometimes it only takes one hit of something to become an addict. It showed the importance of staying away from drugs and also advocating for a drug free life. I even convinced some of my friends to join the club to spread awareness and gain support for the club. By making posters and recommending the club to other people we were able to get a surplus of new members. Drug Free Club taught me that other people deal with peer pressure too and taught us ways to get out of those situations.

Drug Free Club showed me how supportive my family is and how their beliefs are rooted in me. My parents and other family members have always talked on the importance of removing yourself from situations that put you in danger. They also taught me about the effect of drugs and how even one time doing drugs can lead to a lifetime of addictions. Without my family, I may not have noticed the extreme harm that drugs put you in.

Being a member of the Drug Free Club taught me to have pride in myself. I have often been told I am no fun or have been made fun of for not drinking or smoking at social gatherings. Sometimes, the words these kids say hurt. However, Drug Free Club explained how you can have fun without those toxins and how in the end I am better off without those experiences. It showed how many young people are suffering with addiction already and are having to battle at such a young age. I now have the courage to decline offers and not be affected by the words of other people, because I know I am choosing the safe and responsible action. I am proud to be drug free and enjoy encouraging others to join the club with me as well.

I never realized how strong of a community my school had. Attending Drug Free Clubs of America meetings during school hours showed me how people from all different grade levels and groups can come together on a topic they feel strongly about. Everyone was about to put their differences to the side and focus on making our school the best it can be. We all brainstormed ideas on how to get new members and also shared why we feel it important to stay drug free. Drug Free Club brought my school together to encourage others to join our club and experience the benefits of a drug free lifestyle.

Overall, Drug Free Club has helped me to see the positive impacts of a drug free life. It also showed me how to combat against peer pressure. I am proud to be a DFCA member.