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How Drug Free Club Changed Me

Joining Drug Free Club was one of the best decisions I made in high school. Along with a majority of my friends and peers, I am a student athlete. Being an athlete has become a big part of my life. As a high school athlete, there are a lot of responsibilities. For the sake of my team, league, and coaches, I have an obligation to participate and perform to the best of my ability on the court and even inside of the classroom. I know first-hand how stressful this can be at times, and I have watched a lot of my peers turn to drugs.

I have seen close friends turn to nicotine, alcohol, and even marijuana, in hopes of solving all of their problems, when in reality, it only made them worse. This had a lot of affect on me as well. I felt the enforcement of peer pressure and I have seen my own friends fall into the trap of it. Knowing that there was little I could do to make them quit or convince them how bad drugs really were, I had a loss of hope. That is until our school discovered Drug Free Clubs of America.

Last year was the first year my school offered this program and it was an amazing addition to Westfall. This club offered so many incentives and opportunities that it was hard to resist and almost impossible to turn down. Because I was able to convince my friends to join this club, I was also convincing them to become drug free. Now it being our second year in this club, I have slowly watched the positive affect and impact this club has had on my friends and myself.

This club has not only made my friends and I drug free, but it has made us better people. I saw drug use increasing a lot before we had the chance to join this club, especially in fellow athletes and friends. Now, a lot of my fellow classmates and I have committed to continue our athletic careers at the next level. I believe that this club gave us the opportunity to do so. Because of this club, saying no is a whole lot easier. Drug Free Clubs of America has truly changed my friends and I for the better and has affected how we choose to continue our careers to this day.

For it only being our school's second year participating in this program, I was excited to see the amount of participation of the students, especially student athletes. I was pleased to see that most of my friends decided to join this program, which taught me how to be trustworthy and appreciative of the people I have in my life. There will always be peer pressure in school, but this club has taught me how to surround myself with the right people. This program has taught me that sometimes people make mistakes, but it is important to be forgiving, open, and patient.

This organization has taught me many things about myself. I used to be gullible, rebellious, and a follower. This program has taught me how to be a leader, set good examples, and make my own decisions. I have learned that I do not have to do something just because someone else wants me to. I have learned how to set boundaries and how to be adventurous without drugs. This club has taught me how to be self-disciplined and respectful of other people's decisions, even if it is a decision I wouldn't make. This organization has brought me a form of sophistication I will always have. This club gives me another reason to say no. Drug Free Club has affected my life in so many different ways. Most importantly, this club has taught me how to say no, and I have changed into a better person because of that.