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DFCA Essay
Grade 12
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Being a part of the Drug-Free Club has been a fun and educational experience. I started in the group when I was a freshman and I am still in the club today as a senior. It is crazy to see how much everyone has changed physically and mentally. As a freshman, I knew I had a lot to learn in school, but I learned so much outside of school as well. The friendships I made affected my high school experience more than I realized. I see the club differently than I did as a young freshman.

To me, the club has more meaning than just discouraging the use of alcohol or drugs. It brings people together who share a similar view on how we should take care of our bodies. The club gives great information on what harmful substances can actually do and how they can affect you long term. The club meets up occasionally and we receive gifts. The club taught me not just how to avoid these substances, but how I can help others avoid them too. I think the fact that Drug-Free Club had us take a drug test every so often, actually helped some people stay healthy. This club brings people together and keeps us safe.

Through the years I made friends and lost friends. Sometimes the reason for losing friends was because they used illegal substances. I saw how these substances would change them and how they acted in a school environment. As a freshman, everyone was still trying to fit in and figure out how they want to be seen. During sophomore year, I started to see parties that had drugs or alcohol. The choices people make and what they choose to put in their bodies will affect them not just in high school, but forever. I think some people do it to be cool or maybe they think it makes them feel better. Many students lose sight of the whole reason why we are in school. In my Junior year, I saw more harmful substances being used. I worry about those who overuse these drugs because we are so young. I now see the club differently than I did when I first joined. I think I see it differently now because I have actually been in situations where I was offered drugs or I have seen friends use them.

Today, I am a senior. I think as we get closer to having to choose the next step in our lives it scares us. People think the way to get the most out of high school is to drink or do drugs, but that is not the answer. I have seen some of my friends get addicted to nicotine because it helped with stress. There are other ways to cope with this. I think a great way is to take part in this club or find a hobby. As juniors and seniors, we start having to worry about money as well and people waste their money on illegal substances. This club has shown me that there are others out there that can help. It provides information that helps people refrain from putting harmful things in their bodies. I have noticed the more worried people are the more they want to use drugs or alcohol. This is not the answer because it often will only make things worse. This club

is just one of the many ways to keep you from doing something you will regret. In the future, I hope there is less use of drugs and alcohol so our society is healthier.