

### Drug Free Clubs of America Scholarship Essay

My name is Gianna B■■■■, I am in 12th Grade at Central Catholic High School in Wheeling WV, and being a part of a drug-free club has had a profound and positive impact on my life. As a four-year member, I have witnessed this club have a great influence on me and my fellow peers. Being in Drug Free Club has provided me with a sense of belonging, a community of individuals who share my values, and the courage to say NO when given the opportunity. Through this club, I have been able to build confidence in myself and others to make the right choices even when difficult. It is so important to surround yourself with people who encourage positive choices and personal wellbeing and that is exactly what this club has done for me. The support of my peers and the accountability being held within the club have helped me stay focused on making the right decisions and avoiding the negative influences that come with substance use.

Throughout my life, I have witnessed many instances where the harms of substance abuse have been prevalent. From peers to relatives and even my community as a whole, substance abuse can affect everyone. Living in Wheeling, WV, I witness this in my everyday life. I see individuals daily begging for money to buy substances or even sleeping on the street because addiction took everything away from them. I have also witnessed how addiction can affect families while volunteering with the less fortunate youth in my community. While volunteering, I hear stories from kids about the struggles of having one parent because the other is struggling with substance abuse. I see first-hand how this can impact children academically, physically, and emotionally. Through these encounters and my involvement in Drug Free Club, I have a profound sense of strength when resisting substances.

This club has given me the power to make healthy decisions for myself and pursue activities that align with my values, such as sports, working hard in school, and investing time in hobbies and interests that contribute to my overall well-being. I have learned that substances are not only harmful mentally but also physically and can take away functioning human abilities. Additionally, being a member of Drug Free club has boosted my self-esteem and confidence. I feel very assured in my ability to say NO to drugs and alcohol.

Being a four-year member, I am committed to keeping my values and standards to a level I deserve. Knowing that I am making choices that benefit my physical and mental health has made me proud of who I am. I pride myself on making good choices and being a good influence for those around me, especially younger students. I am passionate about spreading and promoting good habits whether it is avoiding drugs and alcohol or being nice to others. By having dignified role models, younger generations can stop the trend of substance abuse.

Overall, the experiences and lessons I have gained from being a member of this club have helped me better understand my self-worth and values, which pushes me to aim higher in life. I want to aim for a successful, prosperous life and I know that substances would only set that back. Ultimately, the drug-free club has not just kept me away from harmful substances but has also played a major role in shaping the person I am, which is someone who values integrity, health, and success.