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12th Grade

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How have Drug Free Clubs of America affected or changed your: friends or yourself?

Drug-Free Clubs of America (DFCA) has shaped my life in unexpected ways. Growing up, I was surrounded by addiction. Drugs took the lives of my uncles and grandfather, and I saw firsthand how substance abuse changed people I loved. My father, despite being a good man, struggled with addiction, creating instability in my home. Watching my family's struggles made me determined to take a different path. However, staying drug-free showed my family I wanted to be different than what everyone thought of my family, and being in DFCA showed that I was willing to make change.

Before DFCA, I sometimes felt alone in my decision. Peer pressure is everywhere, and saying no can make you feel like an outsider. But DFCA changed that. Through this organization, I found a group of friends who shared my values and supported my commitment to making smart choices. I no longer felt like I was standing alone. Instead, I had a team of people who encouraged me, held me accountable, and showed me that choosing a drug-free lifestyle wasn't just the right choice—it was the best one.

DFCA gave me more than just support; it gave me confidence. It taught me that being drug-free isn't about avoiding something—it's about choosing something better. Because of DFCA, I was able to focus on my goals in sports, academics, and leadership without the distractions that substance abuse can bring. As a multi-sport athlete and an active member of several clubs, I have to be at my best physically and mentally. Staying drug-free ensures that I can perform at my highest level.

Beyond my personal growth, DFCA has also helped me become a leader among my friends. I've had tough conversations with people who were considering making bad choices, and I've been able to offer guidance and encouragement instead of judgment. Seeing my friends choose better paths because of the example I set has been one of the most rewarding experiences of my life.

DFCA has even influenced my family in ways I never expected. Before, addiction was something we rarely talked about—it was just a painful reality. But after joining DFCA, I started sharing what I learned with my family. My younger sister now sees a different example, one that proves we don't have to follow the same cycle. My mom, who has worked hard to give us a better life, has told me how proud she is that I've chosen a different path. Even some of my extended family members have taken an interest in my decision to stay drug-free, opening the door to conversations about healthier choices.

In the end, DFCA has been more than just an organization—it has been a source of strength, motivation, and purpose. It has given me lifelong friendships, helped me stay true to my goals, and shown me that being drug-free is a choice worth making. Because of DFCA, I know I have the power to create a successful future, not just for myself but for the people around me.