

Why I Will Say No to Alcohol and Drugs

I have never been under the influence of any kind of drugs or alcohol, but I have heard stories about what can happen when you are. You may not know where you are at, or you aren't able to understand simple things, or you may start hurting others around you. In the year of 2015, 10,265 people died in DUI related accidents. When I try to picture that in my mind, it would be like all of the students in the Wenatchee School district, plus about half of the students from Eastmont School district that year; gone. It is so sad to think about it, because it's not just the people who died, but the thousands of people who knew and loved them that were affected as well.

I know several families who have been affected by people who have said "yes" to alcohol. My dad's dad grew up with alcoholic parents. My grandpa was one of seven children. I have heard stories about how on their way home from school, their dad would stop by the bar and claim to just be going inside to use the bathroom. Several hours later he would come staggering out of the bar, get in the car and put his life, along with his children's' lives in danger on their way home. My grandpa said that one time it got so bad that he and his siblings decided to run away. They wound up staying in a watermelon patch and survived off of just watermelon for several days! When my great-grandpa first said "yes", to alcohol, I'm sure he didn't think it would ever lead to his own kids being so afraid of him that they had to run away. For him, it was clearly a bad choice, with bad consequences.

My mom was a police officer for ten years. She had to deal with a lot of people who got trapped by drugs or alcohol. She has told me about how she would have to deal with kids as well. They were young kids who were still learning and who could have had a successful, bright future in front of them. Hearing stories of the people she would have to deal with, and what damage those people caused to others is really sad.

Some people turn to drugs or alcohol seeking comfort from their troubled home lives, as a result of getting bullied in school, or because they get pushed by peer pressure. People think if they just take one sip they will feel better, one pill and their troubles will go away. But in reality, the effect is the exact opposite.

I volunteer at a daycare and some of the kids there are being raised by their grandparents or other family members, because their parents have gotten involved with drugs or alcohol. It is so sad to think that they can't even go near or have custody of their own children. They sometimes miss their first steps, their first words, and their first days of school. I think that when people are making a decision to do drugs or alcohol they don't realize they are jeopardizing others' lives around them as well.

Thinking about, seeing, and hearing all of the things that drugs and alcohol can lead to is very sad. My family and I have spent a lot of time talking about the matter. There are many people who drink socially, and there always will be, but from what my family has experienced and seen we have decided to not say "yes" at all. There is always going to be that decision to do drugs or alcohol, but I promise myself and my loved ones that I will always say "no".