

## Drug Abuse

It was a very quiet afternoon during a motivational presentation in a larger, local high school, as I talked to the students about the dangers of abusing their bodies with drugs and alcohol. It had really hit home with the students and teachers as I continued to tell a few stories of my childhood and dealing with an older brother that was abusing himself with heavy drug use. "It's very difficult to see someone from my own family hurting himself, without a care in the world".

Unfortunately we see it every day, friends and family wasting their precious lives that they were given. I look at my older brother's teenage life as a negative choice, however a positive lesson learned. It's great to see people learning from their mistakes, however I would feel a lot more comfortable if people would learn at an earlier age of how drug abuse can affect them internally and later in their lives, before they have the chance to potentially ruin their lives. That is what I am trying to do everyday as I speak to thousands of youth about these topics.

Most parents don't focus on the fact that their children are at heavy risk of damaging their lives everyday from drug and alcohol abuse. What parents also may not realize is that there are more dangerous drugs on the streets than just marijuana, readily available to the youth, such as cocaine, heroin and especially crystal meth. Their children may know that there are potential dangers, however they aren't fully equipped with the beliefs that their entire life is at risk by making the choice to use drugs, even for only a few times. This can lead to a decreased confidence level, which will unable them to make more positive choices in their lives, thus diminishing their career plans.

More and more young children are abusing drugs and alcohol at earlier ages. Studies have proven that children as early as eight years old have been addicted to drugs and alcohol and have been forced to attend rehabilitation. Wouldn't this world be a better place to live in if we focused on our youth a lot more closely and guided them to a healthier lifestyle?