
Teens Need To Say No To Drugs

Anita Baker said, " We don't do drugs, drink or use profanity. Instead we instill morals and values in my children by raising them with a love of God and a love and respect for themselves and all people. I believe they will have a chance!" In today's dangerous world there are thousands of teens that have at least used drugs once, and one time is all it takes to become addicted and to turn your life around. Teens use drugs is because they are influenced, they think that they can be in the popular crowd, and not knowing how harmful these drugs can be. I think that more teens need to say no to drugs, and stay on the right and clean path.

Firstly, most teens are being drawn to drugs by the influence of teens. The NDA for teens stated In the United States 46,000 teens have at least used drugs once, 13% of eighth graders, 30% of tenth graders, and 40% of twelfth graders. The older the teens get the more teens use drugs, and I believe that the reason the number is going up is because the kids are getting influenced by other children. In high school that is a teens part in life where they are very insecure, and will do close to anything to fit in. If one of those reasons is using a drug then most likely they will use the drug without thinking or realizing that it could change their life forever. It is proven that if a teens peers, family member, or their boyfriend or girlfriend is using a drug they are extremely more likely to start using drugs. One of the main reasons that teens are doing drugs is because they are being influenced.

Next, one of the most used terms in high school," the popular crowd," is what every high schooler would want to be in. Alcohol.org says that teen social groups can act as a place for using drugs. As a high schooler all you want is to be in the popular crowd, so that means that most of the time you will do anything to be in it. Lots of teens feel lonely, and want something to fill the void in their lives. When it comes between saying no to a drug and becoming part of a high social group then over 90% of teens are going to choose becoming part of the higher social group. Teens are afraid that if they won't use the drugs then they will be shamed in there popularity status. The popular crowd lures in thousands of teens every year. Every teen should still say no even if their popularity status is on the line.

Lastly, when teens use drugs for the first time most teens don't know how harmful they can be. When a teen gets addicted to the drug they can start seeing signs of bad health at a very young age. If the teen continues to use the harmful drug more serious health issues are likely. Using drugs just one time can cause death. Addictioncenter.com stated that, ' Drug abuse can impact the brain's ability to function in the short-term as well as prevent proper growth and development for later in life.' Examples of effects on the teens development are: interfering with neurotransmitters and damaging connections within the brain reducing the ability to experience pleasure, creating problems with memory, causing missed opportunities during a period of heightened learning, potential, ingraining expectations of unhealthy habits into br-1 1ain circuitry, inhibiting development of perceptual abilities. All teens should be aware of all the harmful side effects that using drugs can cause to your health.

Even though teen drug usage is caused by influence, being in a higher social crowd, and by being unaware of the harmful things that they do to you still today 13 percent of 8th graders, 30 percent of 10th graders, and 40 percent of 12th graders have used drugs, but every day that

number is increasing. Drugs are so harmful to the teen body, and if used can lead up to death. Teens need to stand up, and say no to drugs even though that may be hard!

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