

REC'D NOV 13 2008

Essay

I live in the city of Tualatin and I think it is a peaceful and normal city in Oregon. I think that the devastating effect on alcohol and substance abuse on youth, adults, and their families run low as far as I have seen and know. I think some high school students drink because they have problems at home with friends and family. For example they could be going through depression because a parent or guardian has died or is in serious injury and in a lot of dept from the hospital bills. This could also lead to suicide because of so much chaos. I think that the drug abuse is the same. But if you get caught selling it it could be a bigger consequences than just drinking under the influence. The drug abuse in Tualatin is also low as far as I know. Another example for drug abuse is if someone is trying to keep their business quit they could be put into peer pressure to try to be the king of drugs. Usually they get caught or get killed because of conflict in the business.

The most challenging factor in that decision is choosing the right friends. Also you have to learn how to say no to someone. Even If your parents are alcoholics or drug abusers it doesn't mean that you have to do the same thing.

There are lots of ways to resist drugs and alcohol. One way is making the right decisions. That means if your friends are smoking and drinking lots of alcohol you can just walk away from it because it is your decision. Another way is making the right friends. If you don't choose the right friends then you are already starting on the wrong path. It's hard to see who is a real friend but it's not impossible. One other way is to report stuff like if you see your friends selling things they aren't suppose to then you should tell someone that is going to help them. I think that instead of keeping it a secret like others will do you will just look like one of them and get in trouble because you didn't tell anybody. The reason why you shouldn't get into any of this stuff is to just be yourself and keep it real. Don't be a follower, be a leader and try to help other from being in that bad situation.

Drug & Alcohol Essay

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Tell me if you can answer me this: why is it people are warned and informed about the dangers of alcohol and drugs, and then choose to do them anyway? Why is it some kids choose to follow in the footsteps of their parents that just so happened to abuse substances? Why do some teens think it's cool to harm their bodies by injecting alcohol, tobacco, and drugs? The truth is, they don't know any better. But is there a way to just make these harmful things go away? Can we make them disappear?

There's always going to be addicts and people who are desperate to have these substances. No matter how low we set the bar, they will find a way to crawl under it. There's no way we can completely eliminate drugs. However, just because someone does drugs, smokes, or drinks, does not make them a bad person. In fact, I have friends that have gotten mixed up in that world. They're just like anybody else. But, the only reason they do it is because they're stressed out. They think these substances will make them feel better. They were wrong, and they feel worse now. For example, I have a friend who recently broke up with his girlfriend. He seemed perfectly okay to me. But I wouldn't have guessed he had gotten mixed up with marijuana. There were no visible effects, as he had only been doing it for a short time. He claimed he was doing it because his girlfriend broke his heart, I could tell he was going to be over her in a few weeks. But he just had to get all pessimistic. !!

It's sad, the reason's some people do drugs or drink. Most of them are just looking for an outlet, a way for them to dump their stress. That's

where the term "down your sorrow" come from. Many of these tressors include death of family members or close friends, being abused or a bad relationship, problems, depression, etc. So, as you can see, they start abusing substances because somebody else made them feel so negative, that they looked for an outlet, and found the wrong one. They were just fishing, and caught a shark. And it's not their fault what they catch, right? Or is it? Well, in a way it is. They chose the substance. But not what it does to them. Whether they knew or didn't, they still did it. And if need be, proper rehabilitation should be in order. It's not worth hurting yourself over something in the past. Drugs and alcohol can kill. They have, and it's a proven fact, lethal properties in big enough dosages. Millions have died, and there are millions to come. It's the bitter truth, one we can't escape. People tear themselves apart, and they continue. Why? They can't stop. The most addicting substances are the most dangerous. My friend got caught smoking pot. Now he's getting sent to a boarding school for kids that use drugs... It's hard seeing him go but it's for the best.

Drugs are terrible. And alcohol? Also terrible. Two things that a person should avoid at all costs. However, it is hard to be the only person in a room that isn't drinking or smoking when everyone else is. If you happen to find yourself in that situation, it's best to just get up and leave. It becomes harder and harder to resist as time goes on. So the bottom line is to stay out of the drug and alcohol world. I've seen them ruin great lives, and I would hate to see another.

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Drugs and Alcohol Kill

“Come on just try it..it’s not like it’s going to hurt you. Trust me.” Someday we all have difficult decisions in our lives, then we are stuck in the middle. Sometimes saying no can be an easy thing but for others they have to chose between their best friends.

Here in Tualatin it’s a small but growing city, pretty much everyone looks out for each other and that’s why I love living in a respected community. When high school kids take drugs and alcohol I think the number one reason is because they feel pressured to do take it. The reason they feel pressured is because they see other people doing them on TV, movies, friends and sometimes even family members. Most of them probably think to themselves that it’s so cool, they have to do it sometime with others, and that it looks like so much fun. By influencing people to try these deadly chemicals more and more people die each year from overdosing and not caring about themselves. If your friend was a true friend they wouldn’t be giving you something you can die from the next day. Instead they would be telling you not to try it and tell you how badly it can affect your body. Sadly, this doesn’t happen to everyone because most people are caught off guard in these situations. They say to themselves that they see so much of this stuff on TV and movies, I watch and they all have a successful career and everyone wants to be that person. So maybe just one..okay have bout another and eventually they turn into in addict and can’t stop. Ways to help you prevent from trying drugs or alcohol is just saying NO, walking away, tell them bad facts about taking them, make a joke out of it, or make something up like I have a baseball game soon. More ways to stay away is if you know where the “boos” are don’t go near it, tell a respected guardian to talk to the police or principal about solving the problems and banding them for good.

So next you are at your hangout with some friends or random people this time you have the courage to say no and walk away. Way to go you! You can do it!

On December 6, 2006 a student at a nearby collage was bicycling on the west side highway bike path and was killed by a drunk driver, he was only 22. The driver had been coming home from a party and of course had absolutely no business behind the wheel. For the life of me I don't understand why not only teenagers but any one gets into drugs and some cases alcohol. Is it for popularity? For girls or boys? Only the person that does it knows. The only challenge that I can think of is peer pressure, other than that its just stupid decisions. I resist drugs and alcohol by not just not being interested what so ever and I pay attention to the things around me. I choose my friends carefully and not one of them is involved. Everyday when I wake up I no that I am safe and it makes me feel lucky to have those kinds of people around me and proud because I don't have to worry about my family finding out about drugs and alcohol. I think i'm with the right kinds of people and I plan to keep my life clean.

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Drug Essay

I think high school kids take drugs to either fit in or to be a rebel. I also think the reason they drink alcohol because they are thirsty and that's all that is they have or because they are at a party and every one else is drinking and they are pressured into it like people will say "hey want to smoke" or "want some weed." I think the best way to avoid this situation is to avoid people who smoke or just choose not to be around them and a way to say no is you can be like "no I don't need that kind of stuff in my life." The most challenging factor influencing this decision is friends because they influence a lot of decisions people make. If some one is at a party and every one else is drinking then that person is most likely going to drink and drugs are so easy to obtain now days people can just use a sharpie. Some kids just ask their parents for it or they steal it from them or some kids just drink alcohol when their parents went home or steal it from a liquor store. A way to stop this is well its been used already but you could have a guard standing out side

The store checking ID and IR
They find a fake ID or someone
under age trying to get in. They
could be punished in 1 of all of
3 ways: 1. \$40 dollar fine 2. Month
of jail time 3. have to take alcohol
awareness classes for a month and
if they miss a day they have
to pay \$50 fee and have to go twice
the time. so if they miss 2 days
that is \$100 and 3 months of classes.
and if they are caught again they
have to go to jail for 3 months and probation
and they can't get their drivers license
for 2 years after they turn 16 and
a third offense is a full year in
jail and can't get their license for 2 years
if they already have it. If it gets revoked
for 1-2 years, for drugs the school
could conduct drug tests and if any one
comes up positive their back back is searched
and their parents are notified. When
caught with drugs it could be suspension
and drug classes for up to 2 months. The
penalty for missing a class is going
to classes for another month and \$100.
Fine EVERY CLASS missed and if more
than 1 week or class is missed it's jail
time.

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Drugs and alcohol aren't something to mess with if you are under the age of twenty-one. Kids in high school sometimes get introduced to these early. They will go to drugs and alcohol because of stress or family issues. The most challenging one I think is peer pressure. I think anyone will do something, wear something, or act like something if it will get them recognized. Some great ways to avoid drugs and alcohol is to avoid parties that might have it there and be careful of who you hang out with.

Substance abuse: long term pathological use of alcohol or drugs, characterized by daily intoxication, inability to reduce consumption, and impairment in social or occupational functioning; broadly, alcohol or drug addiction. That's the definition of substance abuse. But, is the definition all that it means? The answer is "no". The definition of a word is never all that it means. This particular phrase can either be heard and just be brushed by, or can be heard by a person whose life has been affected by those two words and bring them to tears. That is the devastating effect of substance abuse.

There are many reasons that a person may make the decision to drink or take drugs in the first place. One reason is because taking these things into the individual's body makes them feel happy. For example, if a guy is at home watching a football game with his buddies, they're almost definitely going to break out some cold, hard beers. This is fine if it's only one beer and once a week on Sunday night. However, things can start going wrong when drinking starts to become a habit, like if every night when he sits down on the couch to watch the news he drinks some alcohol. That's the road that could lead to places that you don't want to go, and the final stop on that road is addiction.

Another reason that a person would take drugs or alcohol is because they are led to think that if they do, then they'll be cool. Like when a teenager is not very popular at all and he wants to get out of Loserland. He leads himself to believe that girls dig the "bad" boys (don't get me wrong, some girls do) and imagines himself just standing there all cool smoking. So he goes to a mini mart, gets some cigarettes and then somehow gets his hands on marijuana. The next day he's leaning against a wall by the supermarket,

smoking marijuana and thinking that he's just the most flat out gorgeous guy that anyone could ever be and the guy of any right thinking girl's dreams. Of course, he's wrong.

Later he starts to hang out with other kids like him, and he starts to take "harder" drugs.

He gets hooked, overdoses, and then dies. So much for his "fool proof" plan to be cool.

The biggest reason for substance abuse is also a two word phrase: peer pressure.

At least, that's where it all starts. Let's say that you're at a big party. Everyone's drinking booze and having a great time, that is, everyone except you, the outcast who isn't

drinking. A guy comes up to you, hands you a beer, and says, "Dude, here's some beer.

Drink up!" What are you going to do? You're going to drink it, of course. So, you have a

couple drinks, and, consequently, you're judgment is all blurred and you can't think

straight. Suddenly, someone shoves you into the middle of a circle with another guy and

they start chanting, "CHUG! CHUG! CHUG! CHUG!" You both look at each other, then

at the bottle of beer, then at each other again, and then you chug. A couple bottles later,

you're out. BAM! Coma. That's it. You're waiting at death's door just because of the two

phrases: substance abuse and peer pressure.

The things that can happen because of the combined effects of drugs, alcohol, and peer pressure can be terrible. Jail, failure, and death, to name a few consequences. And all

of that just to be cool or some dumb idea like that. So what if you don't turn out to be the

coolest kid in town? It's sure a heck of a lot better than dying. Taking drugs and drinking

alcohol. Is it really worth the risk? Think about it.

The city I live in would be devastated because of alcohol and drug abuse. If teens drank then there would be more dropouts, more D.U.I.s and more alcohol related incidents. If a member of the family drank alcohol then other family members would be the ones who got hurt especially if the person was an alcoholic because they care about this person. The reason why some high schoolers drink alcohol or take drugs is so they can relieve stress. Another reason why high school students may take is because of peer pressure, one of the most challenging factors for high school students influencing this decision is the fact that they can't legally influence it. Another factor is that they can get very addicted to both alcohol and drugs. Another factor influencing this decision is that it hurts the people around them. One way is to cut cold turkey which means to completely stop but the problem is that it is one of the hardest ways to resist the influence especially for people who are very attached to the influence. Another way is to get help from places that are anonymous and you don't always have to go. Those are all the hardest ways for someone to do to help them sober.

Alcohol S.A.

Date 11/5/08

I think high school students do drugs and drink alcohol because friends pressure them into doing it. Moreover, They think they will be more popular and fit in with the crowd if they do drugs, Also I think another reason why high school students drink and do drugs is because their trying to have fun at parties and fit in or on the other hand the might be depressed about their life, and what's going on in their family, like child abuse or separation of parents and other big things so they get high or drunk thinking it will solve all there problems in life, and when they find out it doesn't its to late and they keep doing it because they are addicted.

I think one of the most challenging factors of influencing this decision would be trying to get all of the students to stop bringing drugs to school because some kids come to school high and messed up thinking its funny. I think stopping it from school would be hard because you would have to check all of the kids lockers for drugs and alcohol, do test on all the kids to see if their under the influence. for the most part I think this influences me a lot because I don't want to grow up in an environment where every one is offering you drugs and telling you to do them so you can be cool and fit in with the crowd. I also think drugs are jest another dumb way to express yourself and how you feel and think about your life. When I see people doing drugs it shows me that the person doesn't care about his/her life they jest want to try and get rid of all there emotion and depression by getting high and trying to have fun. However, really, if you look in the mirror all you will see is a person trying to get by in life Nevertheless, end up going the rong way.

Some steps I could take are, when I see kids, smoking or drinking I can tell them to stop and say drugs and alcohol are bad, and tell them the risks they are taking. Moreover, most kids know the risks their taking and do not care because they want to have fun and be cool and fit in with the crowd, what bothers me is high school students even knowing the risks they still do drugs and alcohol. Some of these high schoolers will realize in the future they should not have done drugs and should of studied for test and got good grades, but by then it will be too late and they will be addicted to drugs and alcohol and won't know how to stop.

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report about the affects of drugs and alcohol, say, 500-1000 words, oh and you can win say, 2500 dollars toward your college fund.

So there are 2 ways to do this: 1 procrastinate, or two: just get it over with. I have long been a fan of the first one. Oh, so all of your friends say that if you just do it and get it over with then there should be no problem in winning the ton of money. That there is good peer pressure.

Alright, therefore all that's left is Specimen B. So all I have to say is that Specimen B is the exact opposite of A. So if people are encouraging you to procrastinate then it's on your own self to decide from there. In conclusion, this is word number 498, thank you.

this is my essay!

by ~~XXXXXXXXXX~~

When all is all in the town you live in, where everyone is friendly, the little ones believe in the tooth fairy. Everyone is how they should and every thing is perfect. There is only one thing that can break this perfect cycle. You already knew what this report was about so you probably guessed drugs and alcohol. Which is right. You'd be surprised at how young some of these kids are. And in some places a majority of alcoholics are teenagers at high schools and such. More than likely at college also. If anything high schoolers, write for a list of reasons that could go on forever. Number one: Believe the pressures of every day life, homework, sports, finals etc. Two: family problems, family abuse, only one parent. Money problems: poverty. Popularity: not cool enough and/or make you "cooler."

This list can go on and on.

As I just said there are many things that can lead up to this event.

Here's a scenario: driving to a party.

ready to have fun, you show up, ready
are you watching, get ready, no booze.
what do you do? But, oh man you wanted to
look cool and have fun. And hang out
with random party kids. Dude, I got
suggestion go outside man, you don't need
booze to have fun. And if you do, go
counselling.

Scenario 2: You're on your way to
a party, ready to hang out, you show
up, ready are you watching, get ready,
there's alcohol. Everyone except 3 people are
drinking, what is your? Have a few safe
options. Bring a friend and have a gas- not
to drink. Two, hang out with the people who
aren't drinking. All you have to know is that
you can't need, drugs and/or alcohol. In the
words of a great teacher: Mr. Steve Jakobowski,
"It's easier to do something if others are doing
it." Because there is different kinds of peer
pressure.

• There is specimen
A: "Good." And specimen B: "Bad."

Let's focus on "A" for a little bit.

The "good" peer pressure is when

Ok, Scenario 3: You have to write a

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Health Essay on Substance Abuse

Did you know that drinking too much and taking drugs is extremely unhealthy? I'm sure probably everyone knows this, yet people still do it anyway despite knowing there can be serious consequences. There may be numerous reasons for doing drugs or drinking, but I think we all know the main motivation behind this; peer pressure.

Have you ever felt the urge to please someone so much that you told a lie as a result that they would like you more? Peer pressure is part of what makes you do this. You may want to fit in so bad that that you're willing to do anything to get there, such as drinking as many beers at a party to prove that you belong. When really all you're doing is getting drunk which is very bad for the body and if too much alcohol is consumed, could lead to death. Since I'm only a freshman, there haven't been too many wild parties I've gone to (or any) where pretty much everyone's drinking, such as all the parties you always see in movies and on T.V. Trust me though, I may haven't actually seen anybody drink, but I can point out various people at school who do. The same goes for drug users as well.

As kids, we are always taught to be polite, but that doesn't mean you have to be excessively courteous, especially when it comes to drugs and drinking. If someone offers you drugs or alcohol just be straight forward and say no. If they're a good friend then they should understand, and won't get mad at you. If you're willing to say no to a friend that's awesome because it shows that you believe in yourself and can live above the influence.

If you know of anyone who might be thinking about taking drugs or alcohol, give them your voice. Don't literally give them your voice, but tell them that they don't have to take drugs and alcohol if they don't want too; that they could really hurt their body if they do. The rest is up to them though. You did all you can do, now it's up to them to make their decision.

In conclusion, the choice is really up to you. You can stay healthy and live your life knowing that if you don't drink you'll never get a D.U.I., and if you don't do drugs you'll never get caught and get kicked off your soccer team. Or you could choose to do drugs and drink, knowing that you have a more likely chance of dying, then if you don't. The chose is up to you, and I hope my advice helps you to pick the right one.

In Washington County, alcohol and substances are abused by many teenagers and their parents. I think that high school students take and abuse the use of alcohol and substances because of peer pressure and they see their parents doing them so they think that it is okay to do it as well. If a student sees the popular crowd or someone they look up to doing and abusing drugs and alcohol then they feel as if they have to do it as well as to be able to stay friends with them. If the student has a parent that abuses the substance then they are not in their right mind to discipline the children who decide to abuse these substances so then they get hooked and they begin to influence their friends and then they feel pressured to at least try them.

I think the major reason teenagers abuse the use of drugs and alcohol is to get a sense of feeling good. They might do it because they think it is funny. Or they might even do it just to try it because everyone else is doing it and they might think that it doesn't harm them or they look fine so maybe it is safe. But even if you just try it once and you get a feeling of being high and happy then you are likely to do it again and that is how you get addicted to it.

The way I resist the influence is I think for myself and I don't let other people think for me. I set goals and I know I can only reach them if I stay away from the alcohol and substances. I influence people by showing I have confidence and they should too. That there is nothing wrong with who you are and you don't have to do drugs to prove yourself and if you do have to prove yourself to your friends well then they should reconsider who their real friends are.

This 500-1,000 page essay is on drugs, peer-pressure, and what can be done to prevent such horrific things.

To start with, I am Peter Hinkley, I am 14 years old, and I am a freshman at Tualatin High School. Anyway, in my opinion any type of alcohol is a vile drink and all non-prescription drugs should be outlawed. For many reasons. One is simply: addiction. People, when under the influence of drugs on any occasion, become addicted. When a person becomes addicted they will go through almost anything to get what they desire. Also, a person can become addicted on their 1st try at a drug or alcoholic beverages. Another reason is that people act stupid when they use or abuse a drug. They say "I'm cool because I smoke pot." or "I get drunk every week," and it can really show signs of ignorance. And yet, somehow, even when they flaunt something like that and hurt themselves (injury or death) we feel bad because any person has a chance at anything at anytime in life.

Peer-pressure is also one of the leading causes in all drug or alcohol abusers. When friends do that to another person, it is like saying: "Here, take this gun, shoot yourself, and when you get to wherever you are going, remember that I convinced you to do it!" No. That is wrong and in my point-of-view, selfish. If you are truly a person's friend, you wouldn't try to force someone to do a drug against your friendship. If anyone does that, then you know that they are a bad choice of friends and you say: "Then you know what? If it really boils down to this, I choose the sane way. Whether you are still my friend or not." Pure pressure not only about 85% of the time works but can cause additional stress to make your border break from the pressure. It causes the person to worry if the person will make everyone call him or her a chicken and make that person look like that for the rest of their high school career. So they break and throw their lives down the drain.

To prevent such things you can 1st: get a positive mindset of not doing drugs or alcohol. 2nd: you can just never do drugs and maybe drink a light amount of wine on special occasions. And 3rd: either be a good friend and even if you ask someone to do drugs or alcohol with you and they say no, don't go all snooty on them or if offered, even if your best friend (which you have known since you were a toddler) offers either drugs, or no friendship, turn them down. All of the above are good ways to prevent you from ever doing drugs or alcohol at any time.

Finally, what I have seen or heard at my school. People really never talk about that kind of stuff, but there are people who smell like it. It worries me, but at least they aren't going up to random people saying: "Here, take it, and take it now!" Other than that, nothing at our school really ever happens like that. That is all for the essay. Thank you for reading.

P.S.: Sorry for what has happened.

Health Essay

The use of drugs and alcohol amongst minors needs to stop. And the only way for that to happen is for drugs to be stopped completely, and alcohol to become more difficult for minors to get. For that to happen, I believe that harsher punishments need to come for drug dealers and users and for under aged drinkers.

First off, there needs to be more strict laws against drug users and dealers, everywhere. The only exception should be for medical uses. The laws against drugs should be a lot more severe to teach people lessons. I think they should be fined and thrown in jail for at least 20 years. It's ridiculous that people have gotten away with it for so long and had very little punishment. The only way for people to get it to stop for good is by being blunt and to the point, if it's not severe enough, then they're just going to do it again. It will also save lives of generations to come, if we put it to an end now. We need this to be completely and totally finished as soon as possible, action needs to be taken.

As for alcohol, I believe that drunk drivers need to be punished longer, and fined more, I believe that d.u.i.'s should have the same punishment as drugs. People need to stop wanting to get in their car at all when they're drunk, because they are a risk to everybody around them. And every time they're caught, they get a slap on the wrist and let go. It's astonishing that our government as let it go on for so long. Plus, it's a negative influence on minors. Which brings me to another point, I think that adults need to have their alcohol, if they have any locked up to where their kids can't get to it, and throw a party. It starts kids off early on drinking, and then they start competing with friends to see who can drink more, then they're alcoholics, and it becomes hard for them to stop. If we can stop this at an early age, then it can save lives. Because when they get their licenses, they're going to be able to drive, and they're going to start crashing and getting d.u.i.'s. This needs to be delt with.

In conclusion, I believe that drugs and alcohol need to be completely finished with. With the exceptions of medical reasons for drugs, and the age of 21 or higher for drinking alcohol. If we stop this now, we will save millions of lives, if not more.

How to Make the Right Choice and Say NO

Okay as if living in Tigard Oregon isn't enough I am also a skater and I don't care what you say, almost every teenage skater in Tigard has either experimented with drugs or alcohol and sometimes both. I can tell you that every parent, well every parent that knows about the experiments are devastated inside, but some don't care about there family and others don't have a family. Honestly the big reason high school students experiment with drugs and alcohol is either there whole family is into it so they started at a young age and didn't know any better or there friends talked them into it and they gave in, after awhile it's like a big chain reaction. To prevent the influence make sure to find a group that you like, it doesn't matter if they do drugs or alcohol just as long as you KNOW you can trust them. If you don't have a group you can trust it will make it so much harder to make the right decision.

If the group you find has a person that dose drugs or alcohol chances are you will be asked more then once and if you are bad at saying "NO", you have a problem. O the other hand lets say you are at the skate park and a stranger asks if you want to buy, it will be easier if you are if a group to say "no" also the kid that dose drugs and alcohol in our group can help you out a lot.

As a result of that, make sure one: You have a group, two: You need to be able to trust the kids in your group, and three: It is okay if some of the kids in your group do drugs or alcohol, it might help you in the long run. For the students that don't care about your family you are the ones keeping the chain reaction going, by carelessly leaving your alcohol and drugs on your desk for your 10 year old brother that thinks the world of you to take a swig or a hit. Once again you can trust me on this, seeing as I am one of the few skaters in Tigard to NEVER do any type of drug or alcohol.

Date: 11-7-08

Health Essay

Alcohol and drugs are two of the many causes of deaths in people and more recently they are on the rise for teenagers. Why teenagers? I think that teenagers tend to start drugs because of their parents and also whom they choose to hang out with. Most people that start with marijuana or alcohol end up trying more deadly types of drugs such as meth and heroine. In Portland, I think we have big problems with meth. Meth has definitely been on the rise and it is claiming many people's lives by surprise. Alcohol is probably the most common substance abuse around for teenagers today. The thing is, is that these teenagers have these big parties where alcohol is present and they have drinking competitions and other games they play. However, what they don't understand is that alcohol can kill you when you drink too much. If you don't pass out after the party then you will try to drive home and that is never good. Alcohol and driving just doesn't make sense and it is a leading cause of death in teenagers. On the news, we hear stories of teenagers getting into horrible car accidents and all too often alcohol plays a big factor. I think that the state has done many things to control substance abuse. Whether it is passing laws or health classes for schools, it is all very important. The question is, how effective is all this? I think one of the most effective ways of preventing substance abuse would be teaching kids about it in school and really, in a way, make them scared of drugs. Quite frankly, I think that being scared of drugs is good because it will keep them away from you no matter what. Also, choosing your friends would be a great method of preventing substance abuse. If you know that your friends are doing drugs stay away from them. Don't get me wrong because staying away from friends that you like hanging out with can be hard. However, it will pay off in the long run. These teenagers are not just killing or hurting themselves, but they are also hurting the people around them. These reckless and selfish drunk drivers kill many innocent people. There are always going to be drunk drivers and people that abuse drugs. My personal take on this subject would be that you can choose to do what ever you want and if you believe it is okay to put others lives in danger because of your own stupidity then go ahead and do so. You will learn your lesson the hard way, which is one of the best ways to learn something. Be responsible and take this into consideration before you get into that car or you go to that party.

Being Drug Free: How to Live a Happier Life

Drug Free is one the top words in my vocabulary. Because I know that if I stay away from drugs and alcohol I'll lead a happy and healthier life. Today in our community the drug rate is high. Kids on the bus talk about getting drunk and high very casually because it has become a very casual topic in society. This isn't right. Kids should know when they drink smoke sniff or inject they are basically putting poison into their bodies. Did you know that? More than 50 percent of teens admit that they've tried alcohol and drugs. I got this information from www.teenshealth.com/kids/health. Our fellow acquaintances do, but they like the risk or they believe that they are safe doing drugs. There's always that factor of "it could never happen to me". A another reason kids get involved with drugs and other controlled substances is because of natural peer pressure and they want to fit in but I think that you'll get noticed (in a good way by choosing to stay away from substances and drugs). Kids who are involved with alcohol are often abused and stressed. They don't lead good home lives and are looking for a way to escape or forget about life. Poverty is also a factor. Poor judgments are often results of drinking and getting high or it may be used to sedate yourself or someone else drugs are involved with many crimes such as date rape, DUI and most impulsive crimes like jumping on train tracks are committed while someone is under the influence.

Many local kids think that Downtown Portland is a place where the majority of drugs are distributed and consumed but that's false. Drugs and alcohol are everywhere. Most of drug and substance use are not suspected but it happens more commonly than maybe thought. I understand the effects of alcohol and drugs because my aunt suffered from alcoholism and became more and more isolated from our family as time passed. She'd occasionally call my parents and their mom dad and siblings for money for drugs and alcohol and payments for debts. Until one day she died from a stomach ulcer caused by excessive alcohol intake. There was nothing we could do she wouldn't answer our calls. It was hard for me especially because I wanted to help her break the habit. Her dangerous mood changes, skistaprehic distance between our homes made it hard for us to travel (she lived in Chicago) she refused to take her medication and it was horrible to have her die without saying a proper goodbye.

It takes time to heal the body and mind that's why if you know someone with alcoholism suggest Alcoholics Anonymous (AA) you cannot make them go. Life would be easier and safer if you could but you can't make them go, they must make the decision themselves go with them if you must but they have free will. People who start drinking in their teens are more likely to become an alcoholic early in life because your body starts wanting more of it every day. An anonymous teen I know started smoking when she was 9! Her mom doesn't care if she smokes or not. Personally I'm glad that I have a good will and that my parents don't promote smoking at all especially at a young age.

I think we should have more programs for those addicted to cigarettes and other dangerous things, in school as well as more real life examples of the bad things that happen when you smoke. Past smokers should come into health classes and show the damages that drug and substance abuse has

leaves behind and I think we should go see Body Worlds™ at OMSI because that would promote a healthier respect for your body. We should visit poor towns and learn more about how to make our community drug free. Drugs and Alcohol will affect everyone and addicts can be anyone. That's why I have chosen to be drug free. After reading this I hope you have too! In conclusion, make smart choices because a life drug free is a happier healthier one!

Essay

I lived in a lot of different places. I know what its like to be around people who use drugs and drink. When people do drugs and drink its usally because they arent happy or they do it because everyone else does them.

If something really bad happened in their past it can also lead them to drug obuse. When a person is depressed they have a higher chance of using drugs. Sometimes friends can be a bad influence and might encourage them to try a drug.

Drugs can change a person and get them to do things that they wouldnt do. When a person is on the drug they can get abusive to their friends and their partners. Sometimes they throw things yell and even hit thier partners. Other times they end up in jail.

When people do drugs and drink they are putting themselves and others in danger. It sometimes leads to death and sivear injeries. when kids are living around drug users they often end up using drugs too.

Health Essay

The topic of drugs and alcohol is very serious subject and should be explained properly so everyone could understand. The main problem with drugs and alcohol today is how they are being abused by kids these days. I am writing this essay to place my opinion on three questions on drugs. I hope that it will help to explain to anybody that needs advice or help on this subject.

I think that in Tualatin there are many people who abuse drugs and alcohol. There are so many reasons that substance abuse can effect families and kids these days that it is impossible to list them all. The main reason that drugs affect families is that it impairs judgment. When someone is under the influence they do not think or function properly. It will make you do stupid things that you will regret later in life. It can also give someone prolonged health issues or possibly even death. I think the main reason that teenagers today use drugs is because of peer pressure. If someone is at a party and everyone else is drinking or smoking than it will be easier for you to join in. It might also stem from family problems where they most likely want to relieve stress from home.

In my opinion the most challenging factor following the decision to drink or smoke would be the chance of getting addicted. You never know; it could only be the first time you smoke or drink and you might want to try it again and again and again, and you might become addicted. Just trying it for the first time could be the start of a downward spiral of an addictive and abusive lifestyle. It can also resort in death the first time you try drugs if your body can't tolerate the drug.

The best way to avoid drug use is to know the effect drugs and alcohol can affect your body. You can also avoid drugs by simply staying away from the wrong people that will pressure you to try drugs. Second the best way to prevent students today from experimenting with drugs is to give them the proper education in health so you really know what drugs can do to you.

In conclusion I think that there needs to be steps put forward if we want to decrease drug and alcohol use from kids today. It is just way too easy for someone to get sucked into the black hole of drugs, just because of peer pressure. The effect drugs and alcohol have on everyday people today is devastating. It is very important to teach proper education to kids so they know the effect of drugs and alcohol so they stay away in the first place. There are too many teenagers today who have lost their lives to drugs and alcohol. There is an apparent lack of knowledge because of how much kids continue to abuse drugs and alcohol. If you stay away from bad situations, such as crazy parties, and bad people than it will be much easier to avoid the deadly calls of peer pressure to do the wrong thing and use drugs and alcohol.

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Health Essay

Would you want to have a future that involves family, love, and friends? Do you want a *future*, a life? Well, for me the answer is definitely yes. If you would want these things, simply just do not use drugs or alcohol. Using them result to many bad things, sometimes death. Even though it can be tough at times, there are many ways to abstain.

Abstinence from drugs and alcohol can be challenging at points, but overall you just need to stay away from them and remind yourself of the terrible effects. I have lived in Tualatin for all my life and have never had a problem with them; although, I do know people who have. A lot of those kids have parents who used them so it made them think it was not that big of a deal, and they tried it for themselves. Kids who use drugs and alcohol then share with their friends and it just keeps getting passed on to more people. I think these people use them because they want to look cool and fit in with their "group". But I just stay away from those kind of people and do what I think is best and not drink or use drugs. Anyone who does not want to, and just afraid to say no to the person offering, should just stick up for themselves and do what is best for them and maybe get some new friends who accept you for who you are. But it certainly isn't as easy as it sounds at times to say no. The peer pressure kicks in and you worry about what people will think and how they'll treat you. But, really, if you think about it, most of the time, people who offer are not forcing you and aren't going to hate you if you decide not to use them. You may just not be accepted to their "group" anymore, but you really don't deserve friends who use drugs and alcohol. I personally have chosen a right path and none of my friends even think about using drugs or alcohol, and they are very responsible. But for kids who have trouble with this may ask, how do I choose and make friends that are responsible and abstain? I say that you should maybe join a few school clubs and get to know some new people and find out what kind of people they are. The best way for more people to abstain from drugs and alcohol, I believe, is to let them know the effects of it. It causes so many bad things, sometimes death, and I think if more people were informed of that, less would drink or use drugs.

In conclusion, the best way to abstain from drugs and alcohol is to just say no and stay away from people who use them. If more people learned the results from them, a lot less would use them. If more choose right decisions about drugs and alcohol, our world would be a lot better place.

Substance Abuse Essay

Drugs and alcohol are a prominent factor in cities across America. Doing drugs and drinking alcohol is like putting poison in your body. They both effect vital organs that are needed to survive. There are also many deaths related to drugs and alcohol. Deaths of not only people who were doing drugs and drinking, but also those who were not, and never had. So we must ask ourselves, why do so many teens drink alcohol and do drugs on a daily basis?

There are probably many answers to that question, but I think that most teenagers have things going on in their life that make them unhappy. Whether it be family issues, or problems with friends, school work, and everything in between. They want to find an escape from the stress of life. When they have no one to turn to for help, they may turn to drugs and alcohol to make themselves feel better.

It's hard to stay away from alcohol and drugs, especially when you see other people doing it, hearing about it in music, seeing it on T.V. and just about everywhere else you turn. It's very important not to turn to that though, because in the long run you end up feeling worse than you did to start with. Drugs and alcohol ruin lives. It doesn't just effect those who are abusing, but everyone around them too. Substance abuse can take the joy out of living and often can result in death. However, there are many ways to keep from abusing alcohol and drugs and ways to help you stop.

I resist drinking and drugs in many ways. I find that just but having knowledge of how it effects me, keeps me from doing them. I also know from experiences that the hurt and pain that goes along with it emotionally, isn't worth drinking and doing drugs. I know that doing drugs as a teenager will effect me the rest of my life and the consequences aren't worth feeling good for a small amount of time. Teens are able to talk to councilors for help any time. It's important to have friends and family to turn to when you need help. Not doing drugs and not drinking alcohol is the best choice for everyone.

Drugs adults and teens can get drugs fast. Meth is common now like Coke. Drugs are life killers, you try it once you can not stop. This rich kid he tried meth he could not stop. His mom and dad tried to help him by buying a new car, but you guessed it he sold the car to buy more drugs. He is now homeless. If you think that doing drugs is cool well then you're a moron. People who do drugs end up with 3 things have to get fake teeth, they lie a lot, and lose all of their friends or they die of a drug overdose. If you do drugs you will go to jail. The one who get help will get off or get back on and go back to jail. If you know someone dealing them or using them get them help.

Alcohol puts your health at risk. Is it away to feel happy? NO! it make you feel like your happy but you're getting hammered out of your mind. EX: you get in the car and you are drunk, and you drive but a cop see you speeding and you get pulled over, and he said, "sir (or miss) have you been drinking to night?" you said, "no, no, no off officer."

Bam you have a DUI. Now if you are at a party and someone said, " where is the beer?"

It is time for AA but you can go yourself or the court will make you. Alcohol can kill you two ways to much to drink and this one takes longer but it can damage your liver or kill it you can have a party and drink if you want to but make shore you have a sober drive.

Now if you do both you can get in big time trouble. People can do stupid things to get drugs. One guy here in Oregon killed a father and almost killed his five year old son just to steel videogames, game system and controllers to turn right around to sell for drugs. Drugs and alcohol can get you kicked off a sports team, it can get you fired, it can do a lot more damage than you think. Kids from the ages of 12 to 20 can and or could become stuck on drugs and alcohol. It is hard to stop but you can do it. You could go all the way and get your life back on track. We are here for you, your friends and family.

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Wednesday, November 13, 2008

High school kids drink and take drugs for many reasons. It all depends on the person though. Every person's life and surroundings are different. A teen could be living with a drug addict or a health freak in their home so it is plainly seen how easy it is to be like the people that surround you. I think that that is a huge factor in whether or not kids will drink or take drugs in their lifetime. They would probably be much more likely to do drugs if there family member or the people around them did it and if it was accessible and around them all of the time. On the other hand a person for whom it would be difficult to obtain drugs and alcohol and has no family members that do drugs or drink would most likely stay away from them. But that's not always the case because it depends on that person's morals and will power as well. It would be very possible for a person growing up in a non-drug family to abuse the substance just to rebel while somebody that is around it constantly may stay away because they know how bad it is for you.

Most kids succumb to taking drugs and alcohol because of peer pressure. I think that this is the biggest factor. Its very difficult in high school to say no because people care so much about their social image that they will do anything for it, including things with unknown consequences that could affect the rest of their lives and the lives of the people around them. They don't realize how selfish they are being in those few minutes of decision and action. They don't realize that they are hurting their family, friends and all the people that they come in contact with.

It is personally very easy for me to resist drugs and alcohol because I know what I want in my future and from all that I have seen none of that will benefit me in any way possible. I know that I want to go to college and have a family. Drugs and alcohol will definitely not set me on a good path towards those goals. I have learned so much throughout all my school years about the effects of drugs and alcohol that I am completely convinced that there is no point. I believe that decisions are not difficult to make if you know what your morals are. So set your morals high and know who you are and what you stand for and staying away from drugs and alcohol will be a breeze.

Alcohol and Drugs Essay

Alcohol and drugs have a big impact on the kids from ages 14 – 19. During high school it's hard to say no to a lot of things but saying no will help you in the long run. If you get caught up in alcohol and drugs in your early life then it will affect the outcome in a later stage in your life. It could keep you from having a well paying job or even getting a job at all. If you get caught and have to go to jail for it then it will show up on your resume and some jobs won't accept you if you have a bad record.

Alcohol has a big impact on the city I live in because all of the kids in my neighborhood are in high school. If their parents are drinking a lot then it can carry over and the kids will think it's ok for them to drink too. I think high school students drink alcohol because they go to parties where parents aren't around and the kids drink the parents' alcohol. High school students take drugs because they just want to try it and then they get addicted and can't stop then get really messed up.

One of the most challenging factors in not drinking or taking drugs is saying "no" to whoever is asking you. They might be your best friend and could be threatening your relationship but you still have to say no because you will get caught and your life will start going downward from there if you start drinking too much on a regular basis.

A way to resist negative influence could be walking away or just saying no. Even though saying no is a hard thing to do it will still pay off in the end. Walking away is probably an easier way because you don't have to say anything to anybody. Drugs are another hard thing to stay away from because a lot of high school kids take them and they are around you all day. Drugs and alcohol are provided at parties and if they are you should take the initiative by saying no or leaving the party. If you get caught at the party you're still going to be in trouble because you were with other people who were doing things against the law.

In conclusion, I think all drugs won't get you anywhere in life and you need to stay away from them as long as you can. Drinking alcohol can hurt you if you drink too much of it at an early stage in your life and it could turn into a habit. Once you're above the legal age to drink I think it is fine to drink alcohol as long as you can control the amount you are drinking. I will not drink until I am over the legal age limit and will never take drugs.