

## To Regret or To Not Regret

I live in Portland, Oregon. I have dubbed my graduating class the “most party class,” because all of but five people have not absorbed a drink, inhaled weed, snorted a line, etc. I’ll admit that I have smoked weed, did drugs, and drank. I am a teenager, but that’s no excuse to do so. I say, have, because that’s behind me now. Since I will be starting College soon, I want a fresh start and leave my high school stories behind.

I mentioned that I live in Portland, because everyone here believes in being free; free to do whatever, such as do drugs, party it up all night, be an individual; as those bumper stickers would say, “keep Portland weird!” I have a friend who I hold dear to my heart, who at a very young age experienced his mother and father being taken away from him by the Law due to them being Drug Dealers / Users. He, along with his siblings, don’t get to see them that often as they would like to. He lives with his Grandmothers who live two blocks away from me. He is one of those five people that go to my school that don’t dabble themselves into that nonsense. I believe that is an excellent idea.

I believe that High School students drink and take drugs for many reasons, not so much good reason though. The students who intake the drugs / alcoholic beverage want to be labeled “cool.” Others say “since every one is doing it, I can and should too!” or peer pressure was brought upon them. That is what the most challenging factor is, Peer Pressure. If a student gets invited to a party, the student would be asked if s/he would like to practice in drugs and alcohol; if s/he doesn’t comply in doing so then s/he is deemed “un cool,” s/he would keep getting egged on to do so until s/he would try it. It’s mostly done by friends and close peers.

It doesn’t necessarily have to be their friends who influence them, it can be their parents. If a child sees their parents taking drugs / alcohol, then the child considers this to be okay. It’s some one the child looks up to, and it’s disappointing because the person who teaches them right from wrong is doing the wrong thing. It is encouraging the child to be like them, by behaving like this in front of the child. The parents are role models to their children; they have such an overwhelming power of effect to them. By the parents doing this kind of disappointing actions, they are taking their children down with them.

All it takes is that one time; one time and your life is over. The addiction overpowers your mind to think straight. It’s all downhill from that one puff, that one sip, that one time forever changed your life to the whole outside world. I resist to fall under the category again because it’s not worth it. To get high and drunk every Friday night after the Football Game, just to wake up the next morning with a mind blowing headache and no remembrance of my actions from the night before isn’t worth it to me anymore. My academics mean more to me, doing drugs and drinking doesn’t help me do better in school, it doesn’t get me and anywhere and it doesn’t give me anything but regrets.

I have no control over anyone’s life but a way I would help influence my peers into not taking drugs and drinking is to simply talk to them, talk them out of doing it. That’s all it takes; just to have a five minute sit down with them and tell them why these things have more downs than ups. That five minutes could end up saving their life from later over dosing or from killing someone while drinking and driving or other regrettable

conduct. There are never good reasons for stuff like this and that is why I have stopped. It's one chapter in my life that I would have to live with, but it's one chapter I don't want someone else to live with and regret.

Sincerely,