



ST. JOSEPH

Catholic School, Inc.

1st Place Winner

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2013 Red Ribbon Essay Contest

A healthy me is drug free because I like my highs the way they are. My highs are accomplishing goals in school, playing sports such as soccer and basketball, having good family and friends, doing fun things with friends, being respected, and giving to others. I would never trade these highs for the highs of drugs.

The highs of drugs may make you feel good but only for a very short time. Those highs are costly and the damage could last forever. Drug highs cause you to lose your focus and do poorly in school, not completing homework and failing tests. Another price to pay for a drug high is not being able to make healthy decisions. A drug may make you commit other crimes like stealing money to pay for more drugs. These crimes may put you in jail. Drugs also tear families apart and sometimes cause you to replace good friends with bad ones. The cost of drugs could even be death. If you lose your focus while driving, a car could stop in front of you, and you or someone else could be seriously hurt. Drugs slow down your reaction time so even if you did manage to stop your car it might be too late. Sometimes a drug overdose can even stop your heart. Would you risk all of this just for one short high?

A healthy me can deal with the lows of life by depending on friends and family, and sometimes just knowing that it's okay to be sad and low. I know I have a bright future, and I also know that drugs will not help me fulfill it.