

## Why I Am Drug Free

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I'm sure everyone knows someone who uses drugs. Many will not admit they are addicted. Many may only use drugs occasionally, like at a party or restaurant. I am drug free because I choose to do what's best for my body.

There are many types of drugs. People may not think of smoking cigarettes as a drug, but cigarettes contain nicotine which is a drug. Chewing tobacco is another seemingly "harmless" drug that many use. You've probably guessed it, but alcohol is the most widely used drug today.

People start using drugs for various reasons. The most common cause of drug use among young people is peer pressure. Another reason for drug use is the taste, especially the flavorful fruity alcoholic drinks. Habits are formed after using a drug for a length of time.

Once your body becomes used to taking the drug, it becomes an addiction. There are many other bad effects of drug use such as lung cancer, mouth/throat cancer, and liver disease. Many accidents are caused by drug related use like car accidents, accidents at work, poor performance at school, and withdrawal from loved ones. Extended use of drugs could result in premature death.

I am drug free, not only because I believe my body is the temple of God, but for other reasons too. I choose not to smoke, chew, or drink alcohol and tobacco. Although people I may know use drugs and say they're cool, I choose to stay drug free. The results of drug use causes many medical problems and even early death. I choose to remain drug free forever and hope you choose the same.