My Commitment to a Drug-Free Lifestyle

By Leanna

Choosing to live a drug-free lifestyle isn't just a rule I follow, it is a decision that shapes who I am and how I interact with the world around me. As a sixteen-year-old high school sophomore, my life is filled with energy, growth, and constant connection. If you were to ask my friends and family to describe me, they would tell you that I am funny, kindhearted, loving, and someone who absolutely thrives on being social. These parts of my personality are exactly why staying drug-free is so incredibly important to me.

Being social is a massive part of me. I love meeting new people, sharing laughs, and building deep connections with my peers and family. To me, the best kinds of memories are the ones built on real conversations, shared humor, and new experiences. I choose to avoid drugs because I want to protect my mind and remain present for every single one of those moments. I never want a substance to cloud my judgment, mess with my personality, or hurt the laughter I share with the people I care about.

Furthermore, being described as kindhearted and loving means I care deeply about the impact my choices have on others. Drug abuse doesn't just harm the person using them; it is like a tree branch that reaches outward and hurts families, friendships, and entire communities. By committing to a drug-free life, I am honoring the trust and love my family places in me. It allows me to be a reliable friend, a supportive sister, and a positive presence in my school. I want to use my energy to lift people up and bring joy to my social circles, which is only possible when I am clear-headed and healthy.

Ultimately, my choice to live drug-free is a choice to fully embrace life as my truest self. I want to keep laughing, stay connected, and build a bright future based on real interactions and a healthy mind. This commitment ensures that I can continue to be the funny, kind, and loving person my family and friends know, while setting a positive example for the peers around me. Choosing this path means I get to protect my future while staying completely true to myself. By keeping my head clear and focusing whether that’s inside the classroom or outside , I can be the kind of friend, daughter, and sister everyone can depend on, while showing others that you don't need substances to genuinely enjoy life.