

Grand Canyon State Games
Essay Contest
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Medal Awarded
(circle one)

Gold

Silver

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Honorable Mention

Student's Name: Kaelyn Braun

Student's Grade: 7

Student's School: Mesa Academy for Advanced Studies

**** Note: Please paper clip this form to the top of the winning Essay**

Drugs and Alcohol: It's Your Choice

By: Kaelyn Braun

Imagine walking down a road that represents your life and choices you make. Up ahead is a fork in the road with a narrow and wide path that symbolizes two choices. The wide path illustrates fake pleasure in life by taking drugs and drinking alcohol. The other path is portrayed as staying away from these harmful objects and attaining happiness from real pleasures in life. Even if your friends are taking drugs or drinking alcohol, you should not be led into this temptation for multiple reasons.

When teens that are underage drink, the effects are much worse than if they were adults. When alcohol is consumed, it isn't digested like food normally is; alcohol is absorbed and taken straight to your organs. It takes about an hour for the drink to be processed through your liver, so multiple drinks at a time is hard on you and can cause liver disease or cancer. Alcohol is one of the top brain cell killers. It kills over twice as many in teenagers than in adults.

Drugs. A moment of pleasure for a lifetime of pain. Once you're down this road there is no turning back. Many drugs have a sudden rush of happiness, which your brain feeds on, demanding more and more. In some cases, drugs can become so addicting, they seem vital for life. Often drugs are taken because of the rumors of satisfaction it gives you; unaware of the other effects it has on your body.

So which path would you choose? It's a life changing decision. This choice affects you, and those around you, such as your family and friends. Some people will choose the easy way out with drugs and alcohol, but for me, I am going to choose to keep my body clear of these harmful substances.