

Dear Teenager:

So you have become involved in using drugs. As I don't know you, I don't know what kind of drugs you are using, but whatever it is, it is not a good life choice for you.

Maybe you don't want to be reading this right now. Maybe your parents want you to read it. Maybe you found this for yourself. Whatever the reason, please at least finish reading this letter.

Why? Well, I care about you. You are a unique individual and have much to offer to this world. You have talents and gifts which you have only just started to explore. I hate to think that you will damage your abilities by using drugs.

Drugs will damage your body and your mind. You may not see the effects now. Many drugs don't show their dark side for years. But, sooner or later you will be affected. I am not saying this to scare you but I want you to know the risks you are taking, so that in years to come, you cannot say, "Oh, no one told me"

My friend Della used drugs from the time she was a teenager. When she was 45 she got a severe infection in the back of her neck in her spine. She barely lived. She was told she may never walk again. The doctors did not expect her to even survive. She did live, but she is impaired mentally and physically.

Max was the 'Big Man' in an area and both dealt and used. He developed cancer in his bladder. He had his bladder removed and had a bag to collect urine, fastened to his stomach. Not very attractive, huh?

Walt was 15 when he went with his cousin to a rave. He drank alcohol and took Ecstasy. When he got home, he felt ill and went to bed. He never woke up!

There are a lot of things I could tell you, but this gives you an idea what the long dark shadow of drugs can do. Please stop using drugs. You do not know what you are putting into your body. The people who create or cut drugs are not going to be with you when you are sick and they won't be there with your family to cry over your grave.

You have people who love you. Let them help you to get away from drug use. If you have any questions about drugs, you can contact me on my website and I promise to answer you.

Wishing you well,

Vivienne

[www.drug-addiction-family-recovery.com](http://www.drug-addiction-family-recovery.com)