

# What about drugs



Drugs Drug use is unhealthy and not something I condone doing. While I have certainly taken legal drugs before - such as over the counter prescriptions, Tylenol, caffeine and sometimes alcohol - I understand that drugs are addictive and something which one should avoid in life. I drink the occasional cup of coffee and enjoy the occasional beer but I am certainly not addicted to drugs and nor will I ever be. I choose to use legal drugs in moderation but have taken it upon myself to never use illegal or mind altering drugs. This would violate my principles and is not something that I would ever consider doing. Substance abuse is frightening and I pride myself on keeping my body as healthy as can be.

Recreational drug users are filling certain needs when they take drugs and this is directly related to the addictive nature as well as the chemical properties of certain drugs. Accordingly, recreational drug users who need their "fix" are actually filling a need which they themselves have created. We are not born with addictions, such as an addiction to tobacco or cocaine, these addictions are created by us and they become self-fulfilling prophecies. It has been medically proven that physical activity helps people overcome the issues associated with drug use and chemical dependency. Promoting activity, whether it is going to the gym, going for a run or playing a sport, can help people overcome the challenges associated with drug addiction.

Children need to know that drugs are out there but that there is a fundamental difference between drugs which are legal and drugs which are illegal. I will talk to my kids about drugs and aim to provide an open forum for them to ask any questions they may have about drug use. Children are naturally curious and many teenagers experiment with drugs in high school.

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It is important to keep them knowledgeable about the effects of drugs so that they are aware of the ramifications of drug use. Kids should not be encouraged to experiment but they should be given opportunities to ask questions about drugs and expect an honest answer in return.

My personal opinion is that alcohol and nicotine are dangerous and that both should be illegal. More people are killed by alcohol related violence or accidents than those cause by drugs such as marijuana and we as a society should not be promoting alcohol as a good thing. Smoking as kills millions of people but it remains legal and the government continues to earn tremendous revenue from the sale of tobacco products. Dangerous drugs such as alcohol and tobacco should not be legal due to the harm that they inflict on society. I believe that is the bar which should determine whether or a not a drugs should be legal. The legalization of drugs is a contentious issue and certainly the criminality of alcohol and tobacco remains even more contentious. Due to the harms caused by these two drugs however I believe that both should be illegal. This makes sense from a personal as well as from a social standpoint. I guess I will now have to forgo that occasional beer!