Dear Friend,

I know you think drinking, vaping, and weed are all safe and harmless, but you need to hear me out. I know everyone does them, including me, but they are very harmful. One thing can lead to another and the next thing you know, you are addicted. I don’t want to see you facing problems you shouldn’t have to go through.

All of these substances can take over your life. I don’t want you to get hurt or hurt anyone else. I have learned just how easily and quickly addiction can happen. I don’t want it to happen to you. You could easily get hurt or die. You can’t really trust what you are doing. Lastly, think about how it would affect your daily life. Friendships could be lost. Family members could realize they don’t want anything to do with you. You don’t want that do you?

This class has shown a lot about what high risk decisions can do to your life. They can even possibly be life threatening in some cases, according to the videos we watched. We owe it to ourselves to keep high risk choices out of our life.

Take Care,

Your Friend