

Dear younger cousin,

I know that right now can be a very stressful time for you. With school and your parents' expectations, but stay strong. I already know that some of your friends may be experimenting with drugs or alcohol. I just want to tell you that it is not worth the time or money. Now I am not going to say that smoking pot is terrible, but I will say that it is not smart to do. You have to remember that it is an illegal drug. There are reasons in place on to why you should not drink until 21 and even then, you can still damage your brain. When you drink at a younger age, you are more susceptible to cause permanent damage to your development. Also as a kid when you drink you normally tend to drink to get drunk. Now the problem with that is when you drink to get drunk your tolerance goes up. This might seem cool, but it is very bad. As your tolerance goes up so does the amount you drink, when the amount you drink goes up, the more you make high-risk choices, the more high-risk choices you make the more you head towards your trigger point. And even just trying a drug once might not seem bad but a lot of drugs can get you hooked or even kill you on first use. I am not saying all of this to scare you out of drugs and alcohol I am saying this to warn you. Just because it is legal does not mean you should do it. Trust me on this one, it is a terrible idea to get into drugs or alcohol. I have probably wasted at least five grand the 8 years I've been using. I am not just another adult trying to tell you what to do. I am someone who made the mistakes and almost threw my life away just to get high. Take it from me it is not worth it. There is a way too much risk and definitely not enough reward. I promise you when I say you are not missing anything more than a headache. If I didn't care and didn't worry I wouldn't be saying any of this. Please take this letter into consideration when you have to make the choice whether or not to use.

Sincerely,
Your Cousin