Dear brother,

I am not going to talk in clichés but forgive me this time – you are young. Don’t be stupid. You have a bright future, so I want to tell you – do not throw it away. Please just give me this moment to give you a heads up about something you may not take into consideration.

I learned a hard way, with awful luck. I was the good kid – I still am. I studied in high school and college. I got A’s on tests. I worked to earn my way through college in 3 jobs and maintained leadership in the community through service. I really never babbled in something dangerous, even something that may be as seemingly harmless as alcohol. I never made choices that were high risk – I know that could get t me into trouble. I stayed in and kept myself low-risk this means keeping things mild.

I am telling you this because I fell into a common slightly high-risk behavior. I am a very social person and what happened was me engaging in herd behavior. I drank with friends even within low risk guidelines (3 rinks on any day). I got into trouble because I was underage.

Because of this, it could have been easy to segue into high-risk choices. Making these puts into jeopardy my future, my career, and positions in the community all of which are important to me. You’ve watched me – I work hard in school, in my jobs and in service – these are important to me because I want to success in my life and help others learn what I am passionate about. Making high-risk choices is a slippery slop away from what I want and I don’t want it to happen to you.

I do what to share what I have learned so you are aware also. Anyone is at risk to make choices that can screw up your life. People can have different biological risks, but the outcome is also impacted by your choices so be responsible. Lastly, every time you do make a high-risk choice, you can go back. Please stay low risk – you will thank me.

- Your sister