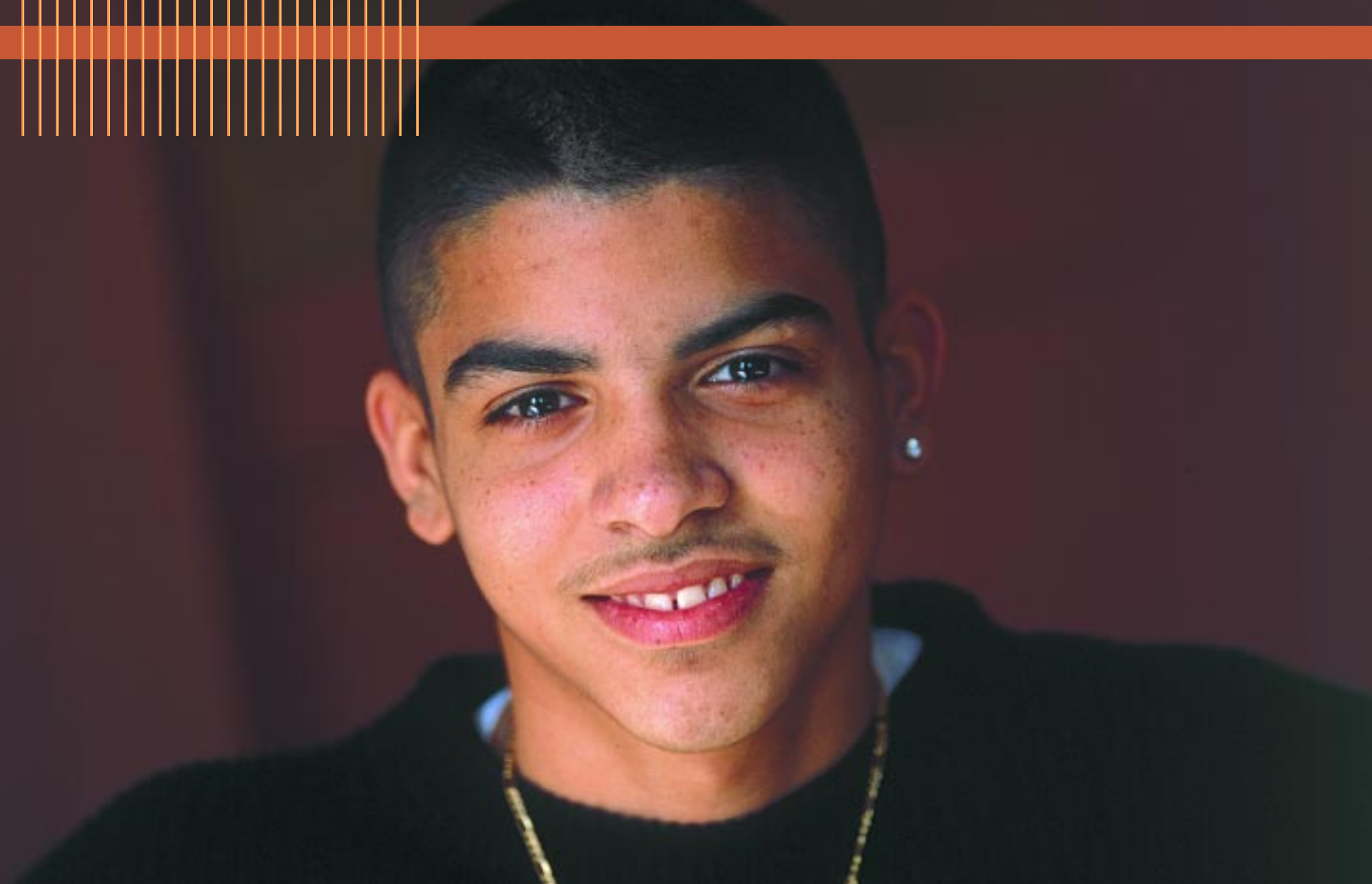


WHAT'S YOUR ANTI-DRUG?



“MAJORITY RULES.
MOST KIDS DON'T USE DRUGS.”

Most of us have something in our lives that's important enough to stand between us and drugs. As these pages show, we are making good choices – great choices – for ourselves. Featured here are several of the hundreds of personal “anti-drugs” that we really care about. And that we want to share with each other. Our stories. Our art. Our poetry. Our photography. Our voices.



WHAT'S YOUR ANTI-DRUG?

HOW ABOUT Creative

Thousands of young people ages 10 to 17 from across America answered the question “What’s Your Anti-Drug?” by sending in submissions for this supplement as part of a national campaign to invite kids to share the one thing that stands between them and drugs. Space constraints added to an already difficult task of choosing final selections for publication. Check out www.whatsyourantidrug.com or call 1-877-958-4900 to find out more about this nationwide initiative by the White House Office of National Drug Control Policy’s National Youth Anti-Drug Media Campaign.

POETRY

MY ANTI-DRUG .

Life with drugs it is like...

A flower without sun
A night without stars
An ocean without fish
A city without cars

Courage without hope
Love without lust
Heroes without heart
Love without trust

Life without friendship
Life without love
Life without family
Life is just better off without drugs.

JOSHUA SANTIAGO | 15 | DOVER, NJ



DRAWING

MY ANTI-DRUG .

DIANA BARRIENTOS | 11 | ALEXANDRIA, VA

SKETCHING

MY ANTI-DRUG .

MICHAEL DESMARAIS | 12 | ESSEX JUNCTION, VT



WRITING

MY ANTI-DRUG .

“Moving”

Dread.
Pack.
Can never look back
At
Your old home.
You must depart
From friends
And memories.
Soon, the house and friends
Will fade
And become
decrepit.
But the memories will
Always
Last Forever.

ABIGAIL TANG | 12 | BROOKLYN, NY

MUSIC & ART

MY ANTI-DRUG .

PHILLIP WASHINGTON | 15 | WASHINGTON, DC



DRAFTING

MY ANTI-DRUG .

BRANDON KIMBALL | 14 | FRANKLIN, PA



Expression



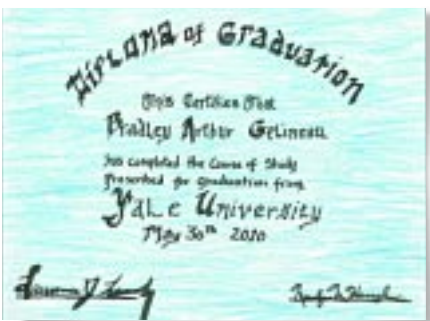
“Music is like another place. There’s no judgments, no stereotyping, no criticism.”

— MARIE GOTT | ERIE, PA

EDUCATION

MY ANTI-DRUG .

BRAD GELINEAU | 13 | ESSEX JUNCTION, VT



CARTOONING

MY ANTI-DRUG .

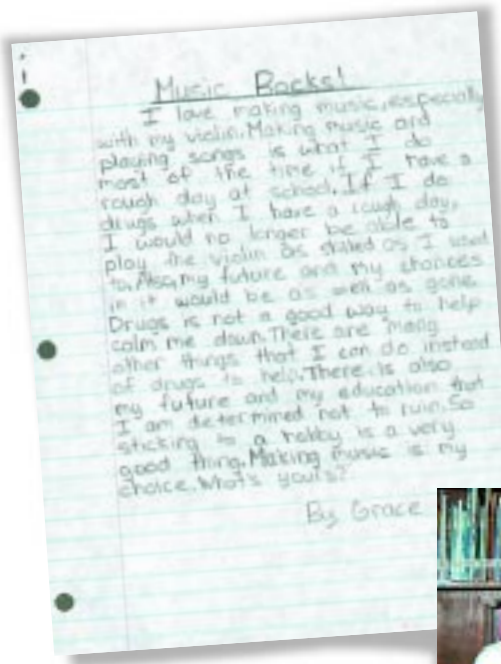
CARL J. BOGER | 12 | TAMPA, FL



SINGING

MY ANTI-DRUG .

“Everybody has something they really love to do. Music is what excites me, what drives me most. I have a passion for singing. All songs are unique, like people; different and unique in their own way. When I sing a song, I put myself in it. I go to another world. Songs bring back memories – people you knew, events. They remind you of your best and worst times. Like a mental photo album.”



SPEAKING OUT

MY ANTI-DRUG .



MUSIC

MY ANTI-DRUG .

GRACE CHEN | 11 | GLENN DALE, MD

When you Smoke so does your money

Are you a smoker? Chances are you haven't thought about how much that habit costs. If you smoke 2 packs a day, here is what your wallet doesn't get to see.

1 Week - \$35
1 Year - \$1,825
2 Years - \$3,650
5 Years - \$9,125
10 Years - \$18,250
20 Years - \$36,500

Is it really worth it?

THE ARTWORK TO THE LEFT WAS DESIGNED BY THE HENDERSONVILLE, TENNESSEE FFA CHAPTER FOR A NATIONWIDE PUBLIC SERVICE ANNOUNCEMENT CONTEST, SPONSORED BY THE NATIONAL FFA ORGANIZATION. THE DESIGN WON FIRST PLACE FOR PRINT ADVERTISEMENTS.



HOW ABOUT Friends

SWIMMING

MY ANTI-DRUG .

RACHEL ACEVEDO | 10 | ALTAMONTE SPRINGS, FL



MI FAMILIA

MY ANTI-DRUG .

A mi me gusta mucho el Arte, deportes y ver television. Le ayudo a mi mamá en la casa y luego me gusta jugar un rato con mi hermanito. Hací que todo el tiempo tengo mi mente ocupada con la escuela y con mi familia.

MARCO CASTEÑEDA | 14

FARIBAULT, MN

PHOTOGRAPHY

MY ANTI-DRUG .

SYDNEY STEELY | 11 | MURFREESBORO, AR



FRIENDS

MY ANTI-DRUG .

Friends having fun going to have a hot dog in a Bun. We're going to my house I scared them with a play mouse playing my Playstation and listening to my radio station. We're going to her house. She might scare me with a play mouse. Playing her Nintendo 64. We ate apples down to the core.

LAUREN REED | 10 | OTTAWA, KS

FAMILY

MY ANTI-DRUG .

My mother always said I could be anything I want,
A doctor or a teacher,
A therapist or preacher,
I could sell real estate,
Or a host of a TV show, that's on real late,
A reporter on the news,
Or a detective looking for clues
I have so many opportunities headed for me,
I believe my mom when she,
Says I could waste my whole life,
And turn happy times into strife,
By using alcohol or drugs,
Would kill me like you'd squash a bug,
My anti-drug is what lies ahead,
My future, my life,
My family, and friends.

KRISTEN SADALY | 12 | ERIE, PA

CHURCH

MY ANTI-DRUG .

NICHOLE MEADE | 12 | LEBANON, VA



PARENTS

MY ANTI-DRUG .

What makes anyone do drugs?
It's their wrong friend.
It's their bad excuse.
It's their first time.
It's the lack of life.
It's the lack of love.
It's that empty feeling.
It's their parents.
It's an escape.
Whatever, it's wrong!

What stops people – you – from doing drugs?
It's your right friends.

It's your good excuse.

It's every time you turn an offer down.

It's the only way to be cool.
It's that good feeling about yourself, you don't wanna lose.

It's your family.
It's your parents.
It's avoiding the wrong things.
It's your friend's sleep over.
It's your grandma's cheesecake.
It's your teacher's wink.
It's those dinners with your mom.
It's your baby pictures.
It's illegal.
It's your body you don't wanna mess with it.

CATHERINE KOLIMAS | 12
WASHINGTON, DC

DRAWING

MY ANTI-DRUG .

DELIA DEHNEL | 15 | DOVER, NJ



STEPHANIE MENARD | BROOK GRANGER | WENDY THOMPSON
BEAU CHENE, LA

Brook – Living here, there’s not a lot to do. You need to join groups, have friends. It gives you a sense of belonging.
Stephanie – I’ve seen how a lot of people mess up their lives. I want to remember the here and today. I really care about what will happen to us and the younger generation. Wendy – Parents put you on the right path. I listen to my daddy. He wants me to do better than what he did. Brook – They wouldn’t lie to you. You just can’t hurt your family or break up friendships. Stephanie – My parents want what’s best for me. So do my friends. Wendy – Doing the wrong thing can take away everything you’ve worked hard for.

and Family

LITTLE BROTHERS

MY ANTI-DRUG.

Believe it or not, my little brother, Caleb fills the role as my anti-drug.

Caleb Joseph Bennett is the name of my 4 year old brother. A blanket toting, dirtbike riding kid would be the way that I describe him.

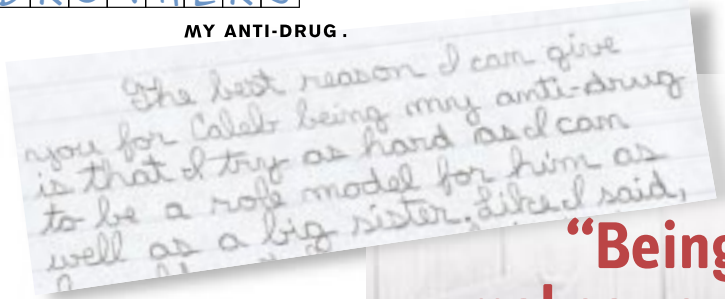
Even though we sometimes don’t get along, I would never even dream of how my life would be without him. Playing basketball, riding bikes, and reading books are a few of the many activities we enjoy doing together.

Instead of calling me Alex, he addresses me as “sister.” Of all the people I know, everyone thinks this is the cutest thing.

Lately I have been showing Caleb how to write his ABC’s. Although sometimes frustrated, he never gives up.

The best reason I can give you for Caleb being my anti-drug is that I try as hard as I can to be a role model for him as well as a big sister. Like I said, I would not know what to do in my life without my little brother to inspire me. I just want to tell him thanks for everything and I love him.

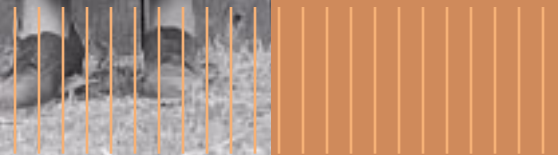
ALEXANDRA JOHNSTON | 13 | ST. MARY, PA



“Being on a team makes you feel like you’re wanted, needed. You need that. Everyone’s part is important.”



BROOK, WENDY AND STEPHANIE ARE MEMBERS OF THE BEAU CHENE FFA CHAPTER. THEY WON A PUBLIC SERVICE ADVERTISING CONTEST EARLIER THIS YEAR, SPONSORED BY THE NATIONAL FFA ORGANIZATION. BELOW IS THEIR BILLBOARD DESIGN, “DRUGS TAKE YOU PLACES.”



HOW ABOUT Sports

“I don’t really talk to people about my feelings. I’m always thinking about football. It makes me feel happy when I’m sad or down.”

— FRANKLIN WRIGHT | BETHESDA, MD

“Football has changed my life in a lot of ways. I’ve had to work hard. I don’t have a father in my life. Since he’s not around, people don’t think that it bothers me. I try to get over it, but you wonder what it would be like. Some people think that football is just a game. It’s really the only thing in my life. The game is important, but it’s all the other things that come before the game. Discipline. Leadership. How the team comes together. Working hard. Having fun. I made a promise to myself that I would be good, no matter if I’m big or small. Some kids just want to play in high school. I want to play forever.”

FOOTBALL

MY ANTI-DRUG.

BASKETBALL

MY ANTI-DRUG.

JORDAN HARDIN | 10 | PEORIA, IL



PHOTOJOURNALISM

MY ANTI-DRUG.

Drugs never fit into my equation of taking a good picture. They would slow down my reactions, and in an activity where speed is crucial, I’m certain that the “moment” would fly right by me if I were hampered by drugs.

Whenever I see any of my photos published, a smile of pride always appears on my face. I am certain that if I were to ever use drugs, the quality of my photographs would diminish greatly, along with my smiles.

There is no substitute for the extra bounce in my step or happiness that photography gives to me. My love for finding the “moment,” is enough reason for me to not use drugs.

ALEXANDRA KENIG | 17 | AUSTIN, TX



and Fun

BALLET

MY ANTI-DRUG .

JANELLE MAR | 14 | MODESTO, CA



Ballet

Strong muscles and flowing grace,
a lot of technique builds the base.
A healthy body with slippers snug,
are all a part of my "anti-drug."

With ballet classes hours a day,
I have no time to be laid outlay.
Ballet challenges your mind and body too,
throughout every step there's something new.

Opportunities come to share with others.
The joy found in dancing and yet another
face is smiling; that's when you know,
deep down in their hearts, you've touched their soul.

In my schedule, drugs are not,
ballet fills the empty moments without a doubt.
No one asks me to try drugs anymore,
because they know I've got big plans in store.

This is my "anti-drug" with reason enough,
ballet keeps me from smoking or taking a puff.
There's too much of life I want to see,
so I will forever be, drug-free.

SOCCER

MY ANTI-DRUG .

The Sound of My Anti-Drug
I hear

the roaring of the fans
the bang of the soccer ball
the running of the kids
the whistle being blown
the huffing and puffing of the players
calling off the field
crying of the hurt players
the clapping of hands
the swaying of the net
the falling of the goalie saving the game
the sound of my anti-drug.

MELISSA FLYNN | AGE 11 | LOUISVILLE, KY



ROCK CLIMBING

MY ANTI-DRUG .

STEPHEN CLAYTON | 16 | AUSTIN, TX



CROSS COUNTRY

MY ANTI-DRUG .

I don't smoke cigarettes. I prefer to smoke
the competition. That's why I run.

JAMES SCHLEICHER | 16 | AUSTIN, TX

GYMNASTICS

MY ANTI-DRUG .

I think kids, especially girls, should be in sports because it makes you feel good about yourself. Sports teaches you many things about life. You don't get bored and have a lot of time to get into trouble and take drugs. It also teaches you to work in a team and to learn how to get along with your teammates. It keeps your mind alert and your body physically fit. The coaches are my mentors and help me to be the best I can be.

KIMBERLY PUCKETT | 11 |
UPPER MARLBORO, MD

BASKETBALL

MY ANTI-DRUG .

You can learn how to do neat tricks like
making the ball go through your legs or
making someone think that you're going
left instead of right. If I did drugs I wouldn't
be able to be a basketball player.

DIPO ADEDEJI | 11 | GLENN DALE, MD



10 Things Every Teen Should Know About Marijuana

1. Marijuana is illegal. Using, holding, buying, or selling marijuana can get you suspended or expelled from school. This will hurt your chances of getting a job in the future.

2. Marijuana can cause you to “self-destruct.” Resist peer pressure. Marijuana may make you feel part of the crowd for a while—but who needs friends who could self-destruct at any moment?

3. Marijuana diminishes abilities. Marijuana reduces your ability to do things that require coordination and concentration, like sports, dancing, acting, and studying.

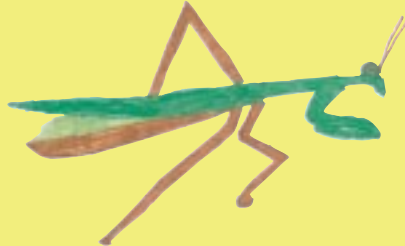
4. Marijuana sells you short. Think about what you’re doing if you wear T-shirts, hats, pins, or jewelry with a pot leaf/joint/ blunt on them. Do you want to promote something that can

make you forget things? Or make it difficult to drive a car? Do you really want to be the victim of promotional techniques designed to put money into somebody else’s pocket?

5. Marijuana limits you. Do the right thing. Using marijuana hurts your education, family ties, and social life.

6. Marijuana impairs your thinking and judgment. It’s a risky business. Car crashes, violence, and sexually transmitted diseases, including HIV/AIDS, are all possibilities when you use marijuana.

7. Smoking marijuana does not make you cool. Get with the program. Contrary to what you might hear in songs or see on TV or in the movies, smoking marijuana does not make you cool. It makes your clothing and body reek.



8. Marijuana is addictive. You can get hooked. Many users report that, over time, they require more of the drug to get the same effect.

9. Marijuana is not an escape. Talk about your problems. Using marijuana won’t help you escape your problems; it will only create more. Don’t believe people who say that marijuana is no big deal, or that it will make your life better.

10. Everyone is not “doing” marijuana. You don’t need it. If you think “everybody’s doing it” you’re wrong. 72 percent of 12-17 year olds have never tried marijuana. Marijuana won’t make you happy or popular, or help you learn skills you need as you grow up. You can do that with the help of friends, family, and other adults you trust.

DRAWING

MY ANTI-DRUG .

Bugs

Bugs bugs little creatures
Beady eyes and other features.

They’re creepy crawly little thangs
I don’t like them, some Have fangs.

They’re big, they’re small some are tall
gross and dirty, I hate them all.

Spiders, earwigs, beetles, bugs
Tiny, miniature, little thugs.

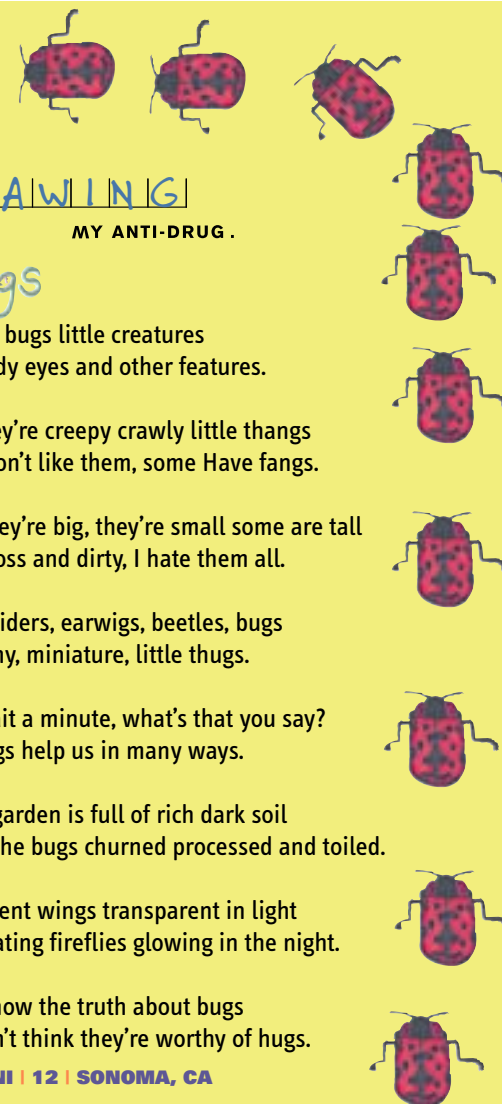
Wait a minute, what’s that you say?
Bugs help us in many ways.

My garden is full of rich dark soil
Dirt the bugs churned processed and toiled.

Iridescent wings transparent in light
Illuminating fireflies glowing in the night.

Now we know the truth about bugs
But I still don’t think they’re worthy of hugs.

BRETT LUCHINI | 12 | SONOMA, CA



Participating Schools and Youth Groups

(AS OF OCTOBER 30, 2000)

ALBERT LEONARD MIDDLE SCHOOL, NEW ROCHELLE, NY
ANNUNCIATION CATHOLIC ACADEMY, ALTAMONTE SPRINGS, FL
ARCHBISHOP CHAPELLE HIGH SCHOOL, METAIRIE, LA
ARROWHEAD ELEMENTARY SCHOOL, UPPER MARLBORO, MD
BERRY ELEMENTARY, WALDORF, MD
BOYS & GIRLS CLUBS OF EAST CENTRAL ALABAMA, JACKSONVILLE, AL
BURLINGTON-EDISON HIGH SCHOOL, BURLINGTON, WA
CENTRAL ELEMENTARY, FRANKLIN PA
DISCOVERY JUNIOR HIGH SCHOOL, FARGO, ND
E. HARTFORD-GLASTONBURY MAGNET SCHOOL, EAST HARTFORD, CT
ELLEN GLASGOW MIDDLE SCHOOL, ALEXANDRIA, VA
ESSEX MIDDLE SCHOOL, ESSEX JUNCTION, VT
FARIBAUT MIDDLE SCHOOL, FARIBAUT, MN
FRANKLIN AREA HIGH SCHOOL, FRANKLIN, PA
FRED M. LYNN MIDDLE SCHOOL, WOODBRIDGE, VA
GLENN DALE ELEMENTARY SCHOOL, GLENN DALE, MD
HANNA BOYS CENTER, SONOMA, CA
HENDLEY ELEMENTARY, WASHINGTON, DC
HIGHCREST ELEMENTARY SCHOOL, WETHERSFIELD, CT
HOLY REDEEMER SCHOOL, WASHINGTON, DC
HOLY TRINITY SCHOOL, WASHINGTON, DC
I.S. 59, QUEENS, NY
IRMO HIGH SCHOOL, COLUMBIA, SC
JACKSON MIDDLE SCHOOL, JACKSON, AL
JAMES S. WILSON MIDDLE SCHOOL, ERIE, PA
LAKEWOOD HIGH SCHOOL, LAKEWOOD, OH
LEBANON MIDDLE SCHOOL, LEBANON, VA
LINCOLN ELEMENTARY SCHOOL, OTTAWA, KS
MARY E. VOLZ SCHOOL, RUNNEMEDE, NJ

MIAMI KILLIAN SENIOR HIGH SCHOOL, MIAMI, FL
MODESTO CHRISTIAN HIGH SCHOOL, MODESTO, CA
MORRIS KNOLLS HIGH SCHOOL, DOVER, NY
MURFREESBORO ELEMENTARY SCHOOL, MURFREESBORO, AR
NEWBURG MIDDLE SCHOOL, LOUISVILLE, KY
NIMITZ ACADEMY, SAN ANTONIO, TX
NORTHGATE HIGH SCHOOL, NEWNAN, GA
PICATINNY ARSENAL TEEN CENTER, DOVER, NJ
PIEDMONT LAKES MIDDLE SCHOOL, APOPKA, FL
PINE BLUFF ARSENAL MIDDLE SCHOOL PROGRAM, PINE BLUFF, AR
PLEASANT VALLEY HIGH SCHOOL, BROADHEADSVILLE, PA
POINTER RIDGE ELEMENTARY SCHOOL, BOWIE, MD
PREPARATORY SCHOOL OF THE DISTRICT OF COLUMBIA, WASHINGTON, DC
RANDOLPH ELEMENTARY SCHOOL, RANDOLPH AFB, TX
SACRED HEART ACADEMY, TAMPA, FL
SAGUARO HIGH SCHOOL, SCOTTSDALE, AZ
SLEEPY HOLLOW SCHOOL, ORINDA, CA
ST. BONIFACE SCHOOL, ERIE, PA
ST. JOHN’S CATHOLIC SCHOOL, MCLEAN, VA
ST. MARY’S AREA MIDDLE SCHOOL, ST. MARY, PA
ST. STANISLAUS, ERIE, PA
SUMMIT MIDDLE SCHOOL, BOULDER, CO
THE MIRIAM SCHOOL, ST. LOUIS, MO
THE REDEEMER SCHOOL, WASHINGTON, DC
URSULINE ACADEMY, WILMINGTON, DE
VON STEUBEN MIDDLE SCHOOL, PEORIA, IL
WASHINGTON INTERNATIONAL SCHOOL, WASHINGTON, DC
W. MACK LYON MIDDLE SCHOOL, OVERTON, NV
WESTLAKE HIGH SCHOOL, AUSTIN, TX
WESTLAKE MIDDLE SCHOOL, ERIE, PA
WILLIAM ALEXANDER MIDDLE SCHOOL, BROOKLYN, NY



Check out www.whatsyourantidrug.com to find out more about this nationwide initiative.

National and Local “My Anti-Drug” Partners

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NATIONAL ASSOCIATION OF STATE ALCOHOL/ DRUG ABUSE DIRECTORS/NATIONAL PREVENTION NETWORK
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NATIONAL EDUCATION ASSOCIATION
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS
NATIONAL FFA ORGANIZATION

NATIONAL GUARD BUREAU
NATIONAL INDIAN CHILD WELFARE ASSOCIATION
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THE WB NETWORK
YAHOO!LIGANS
US HISPANIC LEADERSHIP INSTITUTE
YMCA OF THE USA
YOUTH SERVICE AMERICA

THIS SPECIAL SUPPLEMENT IS BROUGHT TO YOU BY THE NATIONAL YOUTH ANTI-DRUG MEDIA CAMPAIGN, A PROGRAM OF THE WHITE HOUSE OFFICE OF NATIONAL DRUG CONTROL POLICY, WITH BIPARTISAN SUPPORT OF THE UNITED STATES CONGRESS.

THANK YOU TO THE FOLLOWING INDIVIDUALS FOR REVIEWING AND SELECTING THE ENTRIES FOR THIS SUPPLEMENT.

DONELLE BLUBAUGH, DIRECTOR OF CURRICULUM, CABLE IN THE CLASSROOM
ALEX CALI, STUDENT, CUNNINGHAM PARK ELEMENTARY SCHOOL

JOHN W. KING, STUDENT, CUNNINGHAM PARK ELEMENTARY SCHOOL

SIS WENGER, EXECUTIVE DIRECTOR, NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS, AND LIFETIME MEMBER, NATIONAL ASSOCIATION OF STUDENT ASSISTANCE PROFESSIONALS

DESIGN BY EASON ASSOCIATES, INC., WASHINGTON, DC

COVER PHOTOGRAPH BY LAURA MILLER, BROOKLYN, NY

BLACK AND WHITE PHOTOGRAPHY BY CADE MARTIN, WASHINGTON, DC

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