

## Club Drugs

Am I afraid of drugs? My answer to this question is yes, I am afraid of drugs. I am afraid of the unfamiliarity. My knowledge on drugs is limited as I do not take club drugs, nor do I ever wish to. However, I do have an opinion on club drugs and it is no surprise that I highly disapprove. The effects and consequences of taking drugs is understood by many but I'd like to know the reason behind a person taking drugs. I will discuss the different reasons I believe and the reasons I have researched.

I believe peer pressure and insecurities play a big part in the reasoning behind club drugs been taking. I don't think friends intentionally pressure a person to take drugs, but as more and more young people get involved with drugs, individuals may feel left out, anxious or even curious. They develop a desire to fit in. An individual may feel uncomfortable as they are not experiencing what their friends are experiencing. Insecurities begin to advance further and eventually a person begins to believe that taking club drugs is the answer. It is sad that this is the way young people think but without a doubt it is because they lack confidence.

There is a significant link between depression and substance abuse. Depression can lead to drug abuse and drug abuse can lead to depression. They come hand in hand. From meeting people and having different conversations about club drugs, I have found that many young people who have experienced mental health issues have turned to drugs. There is no doubt that everybody manages their mental health issues differently, but sadly taking drugs is a coping mechanism for many people. It is their way of self-medicating and relieving any stress, trauma, depression or anxiety in their lives. Club drugs gives you a high and feelings of excitement and relaxation. They can cause you to feel open and unafraid. Young people take drugs to forget their problems and worries.

Being young and free is wonderful. All we want to do is get out into the world and explore. We want to live our lives to the full and experience as much as we can. We are naturally curious people and want to try new things. This is especially true for young people in college. Unfortunately, these new things include club drugs. The amount of young people taking club drugs is on the rise and therefore, it must be getting easier to buy drugs. Club drugs is a popular subject of conversation amongst young people and it is getting more and

more openly talked about. In a strange way, it feels like it's becoming acceptable, as if it's as legal as alcohol. When I hear who takes club drugs from my home town, it scares me. The phrase "everybody is doing it" has been used repeatedly in regards to drugs and is becoming more truthful every day.

A culture associated with drugs has developed in the last while and is definitely growing. Groups of people who enjoy a particular type of music, which to my understanding is techno music, seem to also be involved in club drugs. This type of music, in correlation with club drugs, is becoming more popular. This culture goes to such things as "raves" and "boiler rooms". A rave is when one or more DJs play techno music in a nightclub. A boiler room is a small room usually in a nightclub where techno music is played by DJs. I have been to a rave before and I noticed a lot of people wearing sunglasses. Apparently, this is because they have taken club drugs which causes their pupils to dilate and make the lights extremely bright. I have since stayed away from raves and boiler rooms because I dislike the music and it has become clear that most people are on drugs.

I feel a lot of people who have decided to take club drugs lack knowledge. Club drugs can be extremely dangerous and if you are unaware of what you're about to take or how much you're supposed to take, there can be serious consequences. If I was to ever take a club drug, I'd want to know what exactly I'm taking, where it came from, how much I should take and what effects it will have on me. If I'm being honest, that still isn't enough information for me. Nobody knows how many dealers a drug has gone through, where it has come from or how it will affect you personally. People come across a "bad drug" every so often and result in serious consequences including death. Why would anybody take that risk?

There may be many more reasons why a person would take club drugs but these are the main reasons I feel club drugs are consumed: peer pressure, insecurities, depression, anxiety, curiosity, raves and techno music and plain ignorance. There are better ways to get through life than turning to drugs. Unfortunately, I feel the dealing of club drugs has gone too far for anybody to stop it but hopefully more and more young people will become educated and strong enough to resist the temptations out there to take club drugs.